



The Pod

Community Supported Agriculture Newsletter

World PEAS is a program of the New Entry Sustainable Farming Project

Wednesday July 21, 2015

Your Donated Shares

When World PEAS shareholders are out of town or unable to pick up their share, they have the option to donate their produce to Lowell's Women, Infant & Children (WIC) Nutrition Program office in the city of Lowell. CTI Women, Infant and Children's (WIC) Program is a free nutrition program for Massachusetts families that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services. WIC's goal is to keep pregnant and breastfeeding women, and children under age 5 healthy. WIC is a unique program, which provides links to health and social service agencies, as well as food and nutrition services to low to moderate income people in critical stages of growth and development. WIC and World PEAS began their partnership in 2010 to deliver unclaimed shares from our weekly distribution to the WIC office for distribution to WIC clients. In 2014, we donated 114 small shares and 9 large shares from CSA customers who were unable to collect their shares. This amounted to \$2,913 worth of produce donated on behalf of our shareholders to clients receiving WIC services.

Thus far, World PEAS has donated 12 small shares, 1 Large Share, and 1 Egg Share to the WIC office each week with any extra produce donated in bulk. Marianne Fullam, Senior Nutritionist & Nutrition Consultant at the Lowell WIC office, is a big fan of the World PEAS vegetable and fruit donations. With 60+ clients passing through their office daily, the vegetables and fruits allow WIC staff to organize interactive nutrition and food education activities. WIC staff engage young children by singing the vegetable ABC's before discussing the produce items in donated shares. Parents and children are encouraged to look, touch, smell and taste each vegetable or fruit. Kids especially love talking about carrots and how eating carrots can help you see in the dark. WIC staff also provide important food safety recommendations to their clients, as well as recipes that include World PEAS produce as ingredients. Marianne organizes cooking demos to help familiarize folks with seasonal vegetable preparation. Most clients walk away with at least three items of produce for personal consumption, while certain coveted items like watermelon are raffled off to interested families.

Marianne believes the World PEAS donations introduce parents and children to a diverse selection of seasonal vegetables and fruits that they can later find at local farmer's markets. In fact, many of our World PEAS farmers are weekly vendors at the Lowell farmer's market! As a result, World PEAS donations are an important resource for the WIC office. World PEAS donations create opportunities to develop interest and participation in Lowell's local food system at no cost to the WIC office or their clients. With this in mind, we want to say thank you to all those who have donated their shares thus far and encourage all shareholders to please get in touch in advance with Mary Alice, World PEAS CSA Coordinator, to make sure your shares are donated appropriately. Don't let your shares go to waste- DONATE!

Produce this week:

Swiss Chard • Lettuce • Summer Squash • Cucumbers • Beets or Carrots New Potatoes • Basil Blackberries

Also in Large Shares

Snap peas

Crop Information:

New Potatoes



New potatoes are freshly harvested young, or small, potatoes. They are the same varieties as their larger counterparts, but are harvested earlier in the season when they are sweet than their older counterparts. Also, because these potatoes are harvested young, their skins are very tender and flaky. For this reason, farms don't wash off the potatoes. By keeping the dirt on, it actually helps keep the potatoes fresh longer. It's best to wash the potatoes just before use, rather than washing when you get home (since some of the skin will flake off and you lose that protective coating). New potatoes usually are not peeled, since the skins are so tender.

Due to their small size, new potatoes are particularly suited for roasting or boiling. They work very well in potato salads, boiled and served with some chopped fresh herbs and butter, or roasted in the oven.

Handling: Wash potatoes right before using them, removing any "eyes" or green spots (although these are rare on new potatoes).

Storing: Store with dirt in paper bag in the fridge. New potatoes do not last as long as regular potatoes, so use them within 1-2 weeks.

Freezing: Do not freeze potatoes—they become watery.

Basic Roasted Beets

Adapted from Chow.com

Ingredients:

3 medium-sized beets

1 tablespoon Olive Oil

Salt

Freshly ground black pepper

Optional – crumbled goat cheese, fresh herbs

Preparation:

Pre-heat oven to 375F and arrange a rack in the middle. Rinse beets and trim off leafy tops. Scrub the beets to remove any dirt and chop into 1 ½ inch chunks. Toss in olive oil and season lightly with salt, pepper, and herb of choice [if desired]. Wrap the beets completely in aluminum foil and place in the oven. Roast until tender and easily pierced with a knife, about 45-60 minutes. Serve warm and top with crumbled goat cheese and leftover herbs for a delicious, classic combination.



Easy Tzatziki Recipe

Adapted from Foodnetwork.com [Ina Garten's recipe]

About the recipe:

Tzatziki is a traditional Greek sauce made with yogurt, cucumbers, and herbs. It's fresh, tangy flavor offers a perfect counterpoint for grilled meats. Tzatziki can also be used as a dip or to top white fishes, sandwiches and burgers. Try adding a drizzle of olive oil and 2 tablespoons chopped fresh mint to the tzatziki and use it to top crudities. We hope you enjoy experimenting with this tasty sauce!

Ingredients:

1 cup Greek whole milk yogurt

1 cucumber, seeded, finely grated and drained

2 cloves garlic, finely minced

1 teaspoon lemon zest

1 tablespoon fresh lemon juice

2 tablespoons chopped dill [fresh or dried]

Kosher salt and freshly cracked black pepper

Directions

Drain some of the water from the cucumber by wrapping it in a paper towel and letting sit for 2-3 minutes. In a medium bowl, whisk together yogurt, cucumber, garlic, lemon zest, lemon juice, and dill. Season with salt and pepper. Chill for at least 2-3 hours before serving to let the flavors set.

Blackberry-Cantaloupe Salad

Adapted from marthastewart.com

Ingredients:

2 cups blackberries

½ cantaloupe, cut into 1-inch pieces

1 tablespoon sugar [optional]

1 teaspoon peeled & grated ginger

½ teaspoon grated lime zest

1 tablespoon lime juice

2 tablespoons thinly sliced fresh mint leaves

Preparation:

In a large bowl, combine all ingredients, except for mint. Cover and let stand for 30 minutes [or refrigerate for up to 2 days]. Stir in mint just before serving.

