



The Pod

Community Supported Agriculture Newsletter

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

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Meet Your Farmer, Kate Kennedy

"Queen of the Shun-pikers" was a nickname Kate Kennedy earned from a friend of hers at massage school. "I favor back roads and circuitous routes; I like the long way round. You encounter interesting people and places that way," says Kate, "In a way, my driving style is exactly how I found farming."



Kate came to New Entry two years ago with great enthusiasm, and very little formal farming experience. "The whole experience has been intensely illuminating," remarks Kate, "I've been accumulating vast amounts of information on many levels. It is certainly the most interesting work I've ever done. I'm thankful for my varied career path. Many of my previous jobs' skills have been called into play at the farm." Kate's non-linear career path includes time spent in the music industry, practicing massage therapy and reiki, working at an educational research facility, coordinating conferences, and being a mom. "Mom is the most important piece. As any Mom will tell you, you are constantly juggling multiple needs at once." Kate has a very eclectic resume, but she feels it has prepared her for the many facets that require managing on a farm.

So, you may ask, what is WitchGrass Farm? WitchGrass Farm is a small New England farm specializing in medicinal and culinary herbs, and unusual cut flowers. "Food should be alchemical. A mixture of nutritious, delicious and energetically invigorating for both your body and soul," states Kate. "Don't tell anyone, but I practice reiki on the plants when no one is looking." Kate feels that to nourish yourself your food should speak to your body on every level from its visual appeal to its taste, to how it's raised. Raising food as organically and sustainably as one can is important to both our health and the health of the planet.

And is it a wise choice to name your farm after a tenacious weed? "A wise choice to name the farm after a tough weed, every farmer and gardener's nemesis? Probably not, at least that's what a sane person would say," laughs Kate, "but I like to think that witchgrass will lend it's spunk and vitality to the farm's inner workings."

Produce this week:

Amaranth or Kale • Lettuce
Summer Squash • Radishes
Kohlrabi • Green Onions • Parsley
Raspberries

Also in Large Shares

Arugula • Snap Peas • Cucumbers

Crop Information:

Kohlrabi



Kohlrabi is a plant in the cabbage family that slightly resembles turnips and can be substituted for them in most recipes. The bulbous stem of kohlrabi yields a crisp flesh that can be eaten raw or lightly cooked. The young leaves can be used like any cooking green. The bulbs are either green or purple, depending on the variety. The origins of kohlrabi is a little uncertain. We know it existed in the 1st century AD because Apicius, who wrote the oldest known cookbook on cooking and dining in imperial Rome, mentions the kohlrabi in his preparations. Kohlrabi found its way into Northern India in the 1600's where the Hindus considered it an important staple of their diet along with rice and greens. More recently, this unassuming vegetable is found in the cuisines of Israel, China and Africa

Handling: Separate bulb from greens. Smaller bulbs do not need to be peeled. For large bulbs, peel with sharp knife or vegetable peeler.

Storing: Kohlrabi can be stored in the vegetable bin for up to a week.

Freezing: Cut off tops and roots and wash well. Slice ¼-inch thick or dice into ½-inch cubes. Blanch diced or sliced kohlrabi in boiling water for 1 to 2 minutes. Pack in containers, leaving ¼ inch head space. Seal, label, and freeze.

Crop Information

Amaranth



Amaranth, also known as callaloo or pigweed, belongs to the *Amaranthus* genus of herbs and comes in a myriad of colors. The leafy variety grown by our farmers comes in green, purple, red, and gold. It is cultivated in many countries throughout the world, concentrated in tropical and warm temperate climates. Amaranth is an ancient food of the Aztecs and Mayans of Central America and of ancient India as well. Some species are weeds, while others are consumed as vegetables and cereals. All parts of the amaranth plant are edible. The leaves of the particular variety cultivated by our farmers are fragile and should be cooked right away. Use amaranth as you would spinach, Swiss chard or kale. The young amaranth leaves require less cooking than spinach, have a more mellow flavor and lend a pleasant pink tint to soups and stew. For salads, use the tiniest leaves in small quantities.

Health Benefits: Although it is fairly low in calories, amaranth provides a significant amount of protein. It also is a good source of iron, magnesium, vitamin B6, phosphorus, and folate.

Handling: Older or tough parts of the stems should be removed; otherwise, the entire plant is edible. Rinse well before cooking. Amaranth can be stir-fried, cooked in soups, steamed, and, in its youngest, most tender form, eaten raw in a salad.

Storing: Pluck off any blemished or discolored leaves and keep the rest refrigerated for 3-4 days. Wilted greens are often just dried out which can still occur even if the greens remain in constant refrigeration. Revive them by submerging the wilted greens in cold water and putting it in the refrigerator overnight.

Freezing: Boil trimmed amaranth for 2-4 minutes and cool in ice water. Strain greens and place in freezer bags.

Sautéed Kohlrabi with Onions & Cream

Adapted from marthastewart.com

Ingredients:

Cubes of peeled kohlrabi
Thinly sliced white onion
Unsalted butter
Finely shredded kohlrabi leaves
Heavy cream
Salt and pepper
Grated nutmeg

Preparation:

Cook kohlrabi and onion in butter over medium-high heat until almost tender. Stir in kohlrabi leaves, and cook until wilted. Add a generous splash of heavy cream, and cook for a few seconds to reduce. Season with salt, pepper, and nutmeg. Serve with chicken, pork chops, or steak.

Tip: For a healthier option, try adding a splash of vegetable or chicken stock instead of the heavy cream.

Raspberry-Filled Molten Chocolate Cupcakes

Adapted from MarthaStewart.com

Ingredients:

1/2 cup granulated sugar
6 tablespoons unsalted butter room temperature
4 large eggs
1/2 cup all-purpose flour (spooned and leveled)
Pinch of salt
11 ounces semisweet chocolate, melted (2 1/2 cups chopped)
18 raspberries (36 if they are small)
Confectioners' sugar, for serving
Vanilla ice cream (optional)

Preparation: Preheat oven to 400 degrees. Line 12 cup standard muffin tin cups with paper liners. In a large bowl with a mixer, beat butter and sugar on medium high until light and fluffy, about 2 minutes. Add eggs, one at a time, beating well after each addition. With mixer on low, beat in flour and salt. Beat in chocolate until just combined.

Divide half the batter among cups, add two raspberries to each, and top with remaining batter. Bake until tops are just set and no longer shiny, 10 to 11 minutes, let cool in pan on a wire rack, 10 minutes. Remove from pans, dust with confectioners' sugar, and top with ice cream, if desired.

World PEAS Summer Salad

Ingredients:

1 head lettuce
4-5 radishes, sliced
1 kohlrabi, cut into 1/2-1/4 inch cubes
1/2 cup olive oil
2-3 tbsp. apple cider or balsamic vinegar
2-3 green onions, sliced or chopped
1 cup finely chopped parsley
Kosher salt
Freshly ground black pepper

Preparation:

Wash lettuce well and tear or chop into smaller pieces suitable for a salad. Add sliced radishes and kohlrabi cubes. To make the dressing, whisk together the chopped parsley and green onions with 1/2 cup olive oil and 2-3 tbsp. vinegar of choice. Add kosher salt and pepper to taste.

Tip: Try adding a handful of young amaranth leaves for added flavor.