

# The Pod

## Community Supported Agriculture Newsletter

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

Wednesday August 19, 2015

### Meet Your Farmer: Seona Ban Ngufor

Immigrating to a completely foreign country and culture is a challenge that offers no easy solutions. Trying to take with you a hobby as strenuous and demanding as farming is an even greater challenge. For Seona Ban however, she has not only become a successful immigrant from Cameroon, but a successful farmer as well. Although farming in New England was much different from the year round growing weather in her native country, Seona, thanks to the help of New Entry, planted a seed of ambition in her new home soil.



"I just chanced [upon] seeing a [New Entry] sign in downtown Lowell," Seona said, grateful for the lucky encounter which enabled her to pursue her farming interests in earnest. Now, six years later, Seona has become a successful farmer. She currently is renting land in Groton and looking for a plot somewhere a little bit closer to Lowell where she can establish herself permanently.

Seona credits New Entry with helping her in many aspects of the farming process, especially crop planning, business planning, and finding a market in which to sell her produce. She began her farming endeavors on a starter plot provided through the New Entry program. "They helped with so many things," says Seona, who has definitely benefitted from the help.

Over the past couple years, she has had great success growing a variety of produce, but her greatest success has come with tomatoes, eggplants, collard greens, and cabbage. For this year's upcoming growing season, Seona would like to continue building on her success with her group of staple plants, as well as expand into growing varieties of peppers and even bok choy.

Outside of the growing and planting process itself, Seona participates in the World PEAS food hub. She states that not only is it good to be a part of because she is able to spread her wealth of healthy, organic and locally grown produce to the immediate community, but she also doesn't have to bring any vegetables back home with her! Seona believes it truly is "a great idea."

Over the past six years, Seona has not lost her desire or passion for farming in the slightest. She believes it truly is vital for communities close by and across the country to buy and consume fresh, organic produce. As for herself, Seona says that her favorite part of farming, besides the memories it brings back of Cameroon, has been the process of working in the field and harvesting her plants.

### Produce this week:

Chinese Broccoli • Carrots • Sweet Corn • Garlic • Green Pepper  
Heirloom Tomatoes • Cantaloupe

#### Also in Large Shares:

Cherry Tomatoes • Basil

#### Crop Information:

#### Heirloom Tomatoes



The tomato genus originated in the South American Andes, with evidence suggesting the tomato was domesticated in Mexico. In the 17th century, the tomato was introduced from Europe to Asia and later to the United States, Africa, and the Middle East. Heirloom tomatoes are particularly prized for their flavor and their historical interest. The word heirloom indicates that the variety of tomato is open-pollinated and originated before 1940. Heirlooms also cannot be hybrid tomatoes, meaning plants which are cross-pollinated to try to encourage or breed for specific traits, such as disease resistance or longer shelf life. Since heirloom tomatoes are not cross-pollinated, they are often far more delicate fruits. They blemish and spoil far more easily than their hybrid counterparts, but their flavor just cannot be beat! So be gentle with your lovely heirlooms and eat them quickly once you pick up your share.

**Handling:** To eat raw, remove stem, wash, and slice.

**Storing:** Tomatoes will last up to 1 week stored at room temperature and longer if still ripening. Not fully ripe tomatoes will continue to ripen at 60-75 degrees out of the sun. Do not store whole tomatoes in the refrigerator- only use the fridge to store tomatoes once they have been cut.

# Chinese Broccoli with Oyster Sauce & Fried Garlic

*Adapted from [seriouseats.com](http://seriouseats.com)*

## Ingredients:

1 whole head of garlic, peeled • Kosher salt • 1/4 cup vegetable or peanut oil • 1 teaspoon sesame oil • 1 tablespoon oyster sauce • 10 ounces of Chinese broccoli

## Preparation:

1. Transfer garlic to the bowl of a food processor or mini food processor. Pulse until garlic is very finely chopped but not a paste, about 12 short pulses, scraping down sides as necessary. Add 1/4 teaspoon salt and toss to combine.
2. Set a fine mesh strainer over a heat-proof bowl. Heat 1/4 cup of oil in a small saucepan over medium heat until shimmering. Add garlic and cook, stirring. Garlic should maintain a very gently bubble. If bubbling vigorously, reduce heat. Cook, stirring constantly, until garlic is pale golden brown, 6 to 8 minutes, then immediately strain [do not overcook, garlic will continue to darken as it rests]. Transfer garlic to a paper towel-lined plate to cool. Reserve fried garlic and oil separately.
3. In a small bowl combine 1 teaspoon of reserved garlic oil, sesame oil, and the oyster sauce. Mix well until combined and then add 1 tablespoon hot water. Stir and set aside. Reserve remaining garlic oil for another use.
4. Bring a large pot of water to boil. Add the Chinese broccoli and until just tender, 4 to 5 minutes. Drain very well on paper towels or in a salad spinner and place on a serving platter. Drizzle the mixed oyster sauce on top and sprinkle with the fried garlic. Serve immediately.

# Hearty Veggie Fried Rice

*Adapted from [thekitchn.com](http://thekitchn.com)*

## Ingredients:

1 1/2 tablespoons olive oil  
1/2 cup chopped onion  
1/2 cup chopped scallions  
1 cup fresh corn kernels (about 1-2 ears of corn)  
3 garlic cloves, minced  
1 cup diced carrots  
1-2 chopped green peppers  
1 tablespoon minced ginger  
1/2 tsp red pepper flakes

## Directions:

Heat oil in heavy medium skillet over medium heat. Add onion; sauté 3 minutes. Add garlic, ginger, and red pepper flakes; sauté until fragrant (about 30 seconds longer). Add carrots and stir fry for 30 seconds, until carrots are bright orange. Toss in green peppers and corn, stir fry for about a minute. Pour in one more tablespoon oil and swirl around veggies. Add rice and scallions, stir fry for 2 minutes, breaking up the rice with a wooden spoon so that it is heated all the way through. Sprinkle with salt and white pepper and pour in the soy sauce around the edges of the pan. Mix all ingredients together in the skillet and add nuts if desired. Finish by scrambling an egg into the rice and veggie mixture, stirring on medium-low heat until the egg is no longer wet. Take off heat and add minced cilantro if desired.

## For the rice

2 tablespoons grapeseed or vegetable oil  
4 cups cold cooked rice  
1/2 tsp salt  
1/4 tsp ground white pepper  
2 tablespoons soy sauce  
1 large egg, beaten  
1/4 cup toasted pine nuts, almonds, or peanuts  
2 tablespoons minced cilantro

# Tomato-Melon Gazpacho

*Adapted from Mark Bittman for [NYTimes.com](http://NYTimes.com)*

## Ingredients:

1 1/2 pounds tomatoes, about 3 medium or 2 large  
1 3-pound cantaloupe  
5 tablespoons olive oil  
10 leaves basil  
Salt and freshly ground black pepper  
Juice of a lemon

## Preparation:

Core, peel and seed tomatoes; cut flesh into 1-inch chunks. Seed melon, and remove flesh from rind; cut into chunks. Place a tablespoon of olive oil in each of two 10- or 12-inch skillets and turn heat under both to high. Add melon to one and tomatoes to the other, and cook, stirring, until they become juicy, no longer than 2 minutes.

In a blender or food processor, puree melon with tomatoes, 1 1/2 cups water and basil, along with some salt and pepper. Stir in remaining olive oil. Chill, add lemon juice to taste and adjust seasoning. Serve.

