



# The Pod

## Community Supported Agriculture Newsletter

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

Wednesday September 2, 2015

## Meet Your Farmers: Rob Fortune and Steve Fowler

In May of 2012, Steve Fowler and Rob Fortune came to Lowell for New Entry's Explore Farming workshop. They were strangers at the time, both interested in starting their own vegetable farm business. A year later, after graduating from the Farm Business Planning Course, they

launched Beyond Seasons Farm as a joint venture and went on to have one of the most successful first seasons of any New Entry graduate.



Rob and Steve both live on the North Shore (Gloucester and Marblehead, respectively), so although they needed land to start their farming venture, New Entry's incubator training farm sites in Dracut, Mass., were a bit too far away. Instead, Steve and Rob were the first farmers to put down roots at Arrowhead Farm, New Entry's newest incubator farm site in Newburyport, Mass.

Collaborating with New Entry's Technical Assistance Coordinator, Eero Ruuttila, they got right to work, building a new produce wash station (including a washing machine converted into a giant salad spinner), setting up an innovative sprinkler irrigation system, and constructing a walk-in cooler for post-harvest storage. In addition to their half-acre of vegetable crops, Rob and Steve partnered with Arrowhead Farm's owner, Dick Chase, to plant another half acre into a low-maintenance cover crop of oats and peas, improving the soil and producing a high-value specialty product – pea tendrils – in the process.

On the other half acre, Beyond Seasons Farm did something seemingly small but a bit unusual for a small diversified vegetable farm in these parts: They didn't grow tomatoes. In fact, they spurned the nightshade family altogether – no peppers or eggplants either. Instead, they asked former World PEAS CSA Coordinator Kate Petcosky what she was having trouble sourcing, and built that demand into their crop plans. They focused largely on greens, selling lots of baby greens and braising greens to the CSA. In addition to greens and pea tendrils, they did branch out into other crops like beets and zucchini, and still managed to deliver several hundred pounds of sweet potatoes for World PEAS.

Steve and Rob are back at Arrowhead Farm this year, now with a full acre at their disposal. With more land and two strong seasons under their belt, we are very excited about the wonderful quality and quantity of produce they have delivered this year!

## Produce this week:

Long Beans • Arugula (*small only*)  
Summer Squash • Green Peppers  
Lemongrass • Slicing & Heirloom  
Tomatoes • Tomatillos • Raspberries

### Also in Large Shares:

Baby Salad Greens • Heirloom  
Tomatoes

## Crop Information:

### Long Beans



Long Beans are an ancient vegetable, with wild varieties of these plants still growing in tropical Africa, where they were likely introduced from Southeast Asia. The long bean is also known as the long-podded cowpea, asparagus bean, snake bean, or Chinese long bean. They have a very pronounced flavor and have a distinctly beany taste, and are not sweet like the green bean. Long beans work best briefly steamed, stir-fried, or braised, but also hold up well when added to stews. If you want them to be more juicy, blanch before stir frying. Long beans should be cut into 1-2 inch lengths for cooking. They should be stir fried or boiled, rather than steamed, which tends to make them too soft.

Long Beans, like other beans, belong to the family of plants known as legumes (Leguminosae or Fabaceae). They are not closely related to other beans such as pole beans, bush beans, snap beans or haricots (French beans), all of which belong to a different genus altogether. Long beans are more closely related to black-eyed peas, and may in fact simply be varieties thereof. However, in most recipes, long beans may be used in place of these other beans, although they are slightly less sweet and flavorful.

**Handling:** Break off dry ends. Rinse and shake dry. Snap in half crosswise or cut diagonally.

**Storing:** Store in the refrigerator, unwashed in a plastic bag for up to five days..

# Myanmar Style Long Bean Salad

*Adapted from "An Introduction to Myanmar Cuisine"*

## Ingredients:

*1/2 lb. long beans cut thinly lengthwise and across into 2" pieces*  
*1 1/2 cups peanut oil*  
*2 shallots, very thinly sliced*  
*2 tbsp. finely chopped roasted peanuts*  
*4 1/2 tsp. fish sauce*  
*1 tbsp. fresh lime juice*  
*2 tsp. sugar*  
*Salt*

## Preparation:

Bring a pot of salted water to a boil. Add long beans, cook until crisp-tender, about 1 minute. Drain long beans; rinse under cold running water; set aside. Heat oil in a small pot over medium heat until temperature reaches 325° on a deep-fry thermometer. Add shallots and fry, stirring, until golden, 3-4 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate. Reserve the frying oil. In a medium bowl, toss together the long beans, peanuts, fish sauce, lime juice, sugar, and 1 tbsp. of the frying oil [reserve remaining oil for another use]. Season the salad with salt to taste. Sprinkle shallots on top of the salad just before serving.

# Stuffed Green Bell Peppers

*Adapted from food.com*

## Ingredients:

*2 green peppers*  
*3/4 lb. chopped beef*  
*1/2 cup chopped onion*  
*16 oz. tomatoes, diced*  
*1/2 cup long grain rice*  
*1/2 cup water*  
*1 tsp. salt*  
*1 tsp. Worcestershire sauce*  
*1 cup cheddar cheese, shredded*

## Directions

Cut tops from green peppers; discard seeds and membranes. Chop enough of the tops to make 1/4 cup, set aside. Cook the whole green peppers, uncovered in boiling water for about 5 minutes; invert to drain well. Sprinkle insides of peppers lightly with salt. In a skillet cook ground beef, onion and 1/4 cup chopped pepper till meat is browned and vegetables are tender. Drain off excess fat. Add undrained tomatoes, uncooked rice, water, salt, Worcestershire, and a dash of pepper. Bring to boiling, reduce heat. Cover and simmer about 20 minutes or till rice is tender. Stir in cheese. Stuff peppers with meat mixture. Place in a 10x6x2 baking dish. Bake, covered in a 350 degree oven for 30 minutes



# Lemongrass, Lime & Basil Lemonade or Mojito

*Adapted from thekitchn.com*

## Ingredients:

*2 stalks lemongrass*  
*1/4 cup + 2 teaspoons sugar*  
*2 limes, sliced into 8 lime wedges*  
*Large handful fresh basil*  
*8 ounces white rum [optional]*  
*Club soda, as required to top up [optional]*  
*Ice, to serve*  
*Lemongrass stalks, trimmed [optional, to use as stir sticks]*

## Preparation:

First, make the lemongrass simple syrup. Chop the lemongrass stalks into 1-inch pieces, and bruise using a mortar and pestle. Place them in a pot with 1 cup of water and 1/4 cup sugar. Bring to a boil, then reduce the heat and simmer for 2 minutes. Turn off the heat and let the syrup infuse for about 2 hours, or allow to cool and refrigerate for 24 hours.

Strain the syrup, pressing down on the lemongrass stalks to extract maximum flavor. Chill until ready to use. Once the syrup is strained, it will also keep in your fridge for a couple of weeks.

*If making mojitos:* To build each cocktail, arrange 4 cocktail glasses on a work surface and place 1/2 teaspoon sugar in each glass. Add 1 lime slice into each glass along with a handful of Thai basil, and muddle together. Pour in 2 ounces rum and 2 ounces lemongrass syrup. Top with ice and club soda. Stir and serve.

*If making lemonade:* Pour lemongrass syrup into a large pitcher. Muddle a handful of basil with a mortar and pestle and add to syrup. Add sparkling water to taste and more sugar if desired. Top with ice and several slices of lime.