



# The Pod

## Community Supported Agriculture Newsletter

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

Wednesday September 9, 2015

### Meet Your Farmers: Martyn Botfield & Ted Fox

Long-time friends Martyn Botfield and Ted Fox were looking for a change of pace and a career shift. Both had worked in fields of science and were tired of the long commute into Boston every day, so they decided to combine their efforts in farming. Their plot at New Entry's Ogonowski Memorial Fields Incubator Farm, combined with a personal farm property in Concord, MA, sets them apart from other New Entry farmers.



Ted and Martyn are currently in the midst of their first season, and are experimenting with numerous strains of tomatoes and lettuce to find which varieties will benefit their future business the most. They want to know which crops and which varieties will allow them to extend the growing season as much as possible while still considering which types are most popular with customers. Currently, they have planted 72 varieties of salad greens and are taking careful notes about how temperature and sunlight effect germination and growth rates.

Both Ted and Martyn's families are very supportive of their farm endeavors and love it when they bring work home with them—especially when it's the fruits of their labors! Ted takes home many tomato varieties for taste testing and his family is more than happy to serve as the judge.

Despite the challenge of keeping up with their families and full time jobs in addition to managing their farm, Ted and Martyn have enjoyed a successful season thus far. They have expanded from their two quarter-acre plots into an additional row in the greenhouse at New Entry's incubator farm. Ted and Martyn have also been able to harvest enough tomatoes, carrots, cucumbers, summer squash, snap peas, lettuce, kale and Swiss chard to become a frequent supplier of World PEAS. They have donated much of their extra produce to local food banks—and of course to their grateful families!

After graduating from the incubator farm site, Ted and Martyn hope to find their own land to farm—somewhere between five and twenty acres—and dedicate their full time and attention to this endeavor. Their goal is to create a year-round farming business model and eventually be able to expand into wholesale markets. With the quality of their produce, careful attention to detail, and strong passion during their first season, we are confident they will succeed!

### Produce this week:

Bok Choy or Chai Sim • Garlic  
Garlic Chive • Eggplant •  
Sweet Corn • Heirloom Tomato  
Cherry Tomato • Ground  
Cherries

### Crop Information:

#### Ground Cherries



Ground cherries – also known as ground tomatoes, husk cherries, winter cherries, or strawberry tomatoes – are in the nightshade family and are closely related to tomatillos. These small, golden fruits have a very characteristic flavor that is often described as a combination between strawberry, melon, and tomato. Sounds strange, but they are sweet and delicious! Ground cherries are native to Central America (like the tomato) and were first cultivated in the pre-Colombian era. They are a tasty snack when pulled out of their papery husk and eaten whole and raw. They are also a great addition to any number of sweet and savory dishes. Try dicing them up in salsa or adding them to a fruit pie. Look at the recipe section below for other suggestions!

**Handling:** Peel back the papery husk and pluck out the golden fruit before eating or cooking with ground cherries.

**Storing:** Ground cherries will store for up to 3 days unrefrigerated while still in their husks. After being husked, they will store five to seven days in the refrigerator.

# Grilled Eggplant with Tomato, Basil & Feta

*Adapted from “Real Simple”*

## Ingredients:

- 1 ½ pounds eggplant (about 1 large, 2 medium or 3 small), trimmed, cut lengthwise into 1-inch-thick slices*
- Coarse salt*
- 1 tablespoon extra-virgin olive oil, plus more for brushing*
- 2 cups cherry tomatoes (about 10 ounces), halved*
- 1/4 cup pine nuts, toasted*
- 1 ounce feta cheese, crumbled (about 1/4 cup)*
- Pinch of red-pepper flakes*
- 1/4 cup packed fresh basil leaves, torn if large*

## Preparation:

Generously season eggplant slices with salt. Place vertically in a colander, overlapping them. Let stand 30 minutes; rinse and pat dry.

Preheat grill to medium-high. Liberally brush cut sides of eggplant with oil. Grill, turning once, until tender, about 4 minutes a side. Mix tomatoes, pine nuts, feta, red-pepper flakes, and oil; season with salt. Spoon over eggplant; top with basil.

# Slicing Tomato & Ground Cherry Appetizer

*Adapted from reluctantentertainer.com*

## Ingredients:

- 3-4 slicing tomatoes (any size works)*
- 1 pint ground cherries*
- Sea salt*
- White pepper*
- Cayenne pepper (optional)*
- Rice vinegar*
- Fresh, sliced basil (optional)*

## Preparation:

Cut the tomatoes into thin slices and place on a large serving platter as if preparing a Caprese salad. Husk ground cherries and cut in half. Scatter sliced ground cherries over the sliced tomatoes. To season, sprinkle sea salt, white pepper, cayenne pepper and a small amount of rice vinegar over tomatoes and ground cherries. Top with sliced, fresh basil if desired.

# Stir-Fried Garlic Chives with Chili

*Adapted from epicurious.com*

## Ingredients:

- 1 tablespoon peanut oil*
- 1 bunch green garlic chives, cut into 1 1/2-inch pieces*
- 1 teaspoon dried hot red pepper flakes*
- Rounded 1/4 teaspoon salt, or to taste*
- Accompaniment: steamed white rice*

## Preparation:

Heat a heavy skillet over high heat until a drop of water vaporizes instantly upon contact. Add oil, swirling to coat wok evenly, and heat until hot and just smoking. Add chives and red pepper flakes and stir-fry, letting chives rest on bottom and sides of wok several seconds between stirs, until chives are tender and slightly browned, 2 to 4 minutes. Stir in salt. Serve over rice.