



The Pod

Community Supported Agriculture Newsletter

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

Wednesday September 3, 2014

Meet Your Farmer, Steve Fowler & Rob Fortune

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 graduates.

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 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 previous World PEAS CSA Coordinators what they have 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 last season.

Steve and Rob are still at Arrowhead Farm in 2014, now with a full acre at their disposal. With more land and with a strong first season under their belt, they have been doing a great job providing the CSA with crops like beets, carrots, celery, arugula, and summer squash.

In your share:

Garlic Chives • Long Bean
Green Pepper • Cherry Tomatoes
Sweet Corn • Arugula • Hot Pepper
Slicing Tomatoes • Pears

Also in large shares: Green Beans

Crop Information: Pears



The common pear is native to Europe; the Chinese sand pear is native to the Orient. Both species are extensively cultivated for their fruit in cool, humid, temperate regions throughout the world. Asian pears are crunchier and often sweeter than their American counterparts. Originally grown in Russia's Caucasus Mountains, pears spread over time to locales as diverse as China, Chile, South Africa, France, Argentina and Australia, as well as the United States.

Handling: Pears should be washed and eaten whole or cut around the core. The pear's skin contains fiber and antioxidants and should be eaten along with the flesh.

Storing: Pears ripen best at room temperature. If you want to keep them a few days you have to keep them in a dark and cold place. If you want to hasten ripening, place under-ripe pears in a fruit bowl at room temperature near other ripening fruit like bananas, which naturally give off ethylene and will help speed up the ripening process.

Freezing: Wash and cube pears. Lay down on cookie sheets and freeze. Once frozen, store in bulk in plastic containers.

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. 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. 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. They are most valued for their retention of color and texture when used in stews and other slow-cooked dishes.

Chinese and Southeast Asians eat the leaves and beans of the many types of long beans, including varieties with names such as Fowl's Gut Bean, Asparagus bean and Yak's Tail. Long beans are good source of protein, vitamin A, thiamin, riboflavin, iron, phosphorus, and potassium, and a very good source of vitamin C, folate, magnesium, and manganese.

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.

Freezing: Cut them to about 2 inches and then blanch them. Put them in freezer bags and place them in the freezer. When you're ready to cook them, do not thaw first, but add them straight to your cooking pan frozen.

Sweet Corn Relish

Adapted from eatingwell.com

Ingredients:

3 ears corn, [about 3 cups kernels]
3/4 cups finely diced sweet onion
3/4 cup finely diced green pepper
1/4 cup finely chopped flat-leaf parsley, [.5-1 bunch]
1.5 tablespoons lime juice
1.5 tablespoons extra-virgin olive oil
Salt to taste

Preparation:

Microwave corn, in the husks, on High until steaming and just tender, 7 to 9 minutes. When cool enough to handle, remove the husks and silk. [Alternatively, bring a large pot of water to a boil. Remove husks and silk from the corn and boil until just tender, about 5 minutes.] Slice the kernels from the corn using a sharp knife. Combine the corn kernels, onion, parsley, lime juice, oil and salt in a medium bowl. Serve at room temperature or cold.

Stuffed Bell Peppers

From Sparkrecipes.com

Ingredients:

4 large green bell peppers
1 cup of cooked brown rice
1 lb 93% lean ground turkey
2 garlic cloves
1/2 cup chopped onion
1 can diced tomatoes [with italian seasoning is better]
tomato sauce - enough to cover the bottom of a casserole dish
2 tbsp canola oil
salt and pepper to taste

Preparation:

Preheat oven to 400 degrees F. Cut bell peppers in half lengthwise; discard seeds and membranes. Place in a casserole dish - the bottom of the dish should be covered with a thin layer of tomato sauce. In a pan, add canola oil and sautee the onions until translucent [5-7 minutes]. Add minced garlic and cook for 2 minutes. Then add the ground turkey and brown.

In a large bowl, combine the cooked ground turkey, brown rice, and diced tomatoes. Add salt and pepper to taste. Scoop mixture into each bell pepper half. Bake, covered, for 30 minutes. If desired, uncover, sprinkle mozzarella cheese on top, and bake an additional 5 minutes.

Number of Servings: 4

Glazed Chinese Long Beans

From foodnetwork.com

Ingredients:

1/2 pound Chinese long beans
2 tablespoons butter
2 tablespoons sliced scallion
1 tablespoon freshly minced ginger
1 tablespoon minced garlic
Pinch red pepper flakes
1/2 cup chicken stock
1 tablespoon honey
1 tablespoon sesame oil
Salt and freshly cracked black pepper
2 tablespoons sesame seeds, optional

Directions:

In a large pot of boiling water, blanch long beans for 2 minutes until slightly tender. Allow to cool. In a large skillet over medium-high heat, add butter. Add scallions, ginger and garlic. Mix together. Add red pepper flakes and long beans. Allow to cook for a few minutes. Stir in chicken stock, honey and sesame oil. Season with salt and pepper, to taste, and add sesame seeds, if desired. Mix together.