



The Pod

Community Supported Agriculture Newsletter

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

Thursday September 10, 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 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:

Water Spinach • Beets
Summer Squash • Slicing
Tomatoes • Tomatillo •
Sweet Corn • Green Pepper
Lemongrass • Peaches

Crop Information:

Water Spinach



Water spinach is not a relative of traditional spinach, but rather a swamp-thriving native of tropical India [it can also be cultivated on dry land]. Water spinach - also known as water morning glory, swamp cabbage, or water convolvulus - is a versatile vegetable used in almost every Asian cuisine. Water spinach is an herbaceous aquatic or semi-aquatic perennial plant of the tropics and subtropics. Almost all parts of the young plant tissue are edible, but the tender shoot tips and younger leaves are preferred. In Asia, water spinach is stir-fried, most often with fermented white bean curd, shrimp paste, or garlic. Use all of the leaves and the top half of the stems.

Handling: Wash water spinach well, shake dry and break into bite-sized lengths, discarding any tough lower stems.

Storing: Store water spinach in a bag in the refrigerator. It can go bad quickly, so use within 2-3 days. Stems may last up to a week.

Tomato-Beet Salad Recipe

Adapted from marthastewart.com

Ingredients:

*1 bunch scrubbed small or medium beets
1.5 pounds tomatoes (slicing or heirloom)
1/4 cup crumbled feta
1/4 cup fresh cilantro leaves
1/4 cup extra-virgin olive oil
Salt and pepper*

Directions:

Preheat oven to 400 degrees. Seal beets in a foil packet. Roast on a rimmed baking sheet until tender, 75 minutes. When cool, rub beets with a paper towel to remove skins; slice. Slice large tomatoes, and halve cherry tomatoes, then arrange with beets on a platter. Top with feta, cilantro, and olive oil; season with salt and pepper

Stir-Fried Water Spinach

Adapted from Connie Trang for Cooking Live

Ingredients:

*1 1/2 cups vegetable oil
1 large clove garlic, peeled and minced
1 pound water spinach, stems trimmed, washed, drained, and halved crosswise
Freshly ground, black pepper
1 tablespoon preserved bean curd or fish sauce*

Directions:

Heat the oil in a wok over high heat and stir-fry the garlic until fragrant and lightly golden, about 1 minute. Add the water spinach, season with pepper, and stir-fry until wilted, about 3 minutes. Add the bean curd, stir-fry until it is evenly distributed, then cover and cook until done, 2 to 3 minutes more.

Grilled Apples with Cinnamon-Sugar Butter

Adapted from foodnetwork.com

Ingredients:

*1 stick unsalted butter, at room temperature
1 teaspoon cinnamon sugar
2 tablespoons granulated sugar
Pinch salt
4 apples, halved and cored
Canola oil
Mint leaves, for garnish*

Preparation:

In a small bowl add the butter and stir until smooth. Add the cinnamon sugar, granulated sugar and salt and mix until combined. Heat grill to high. Brush peaches with oil and grill until golden brown and just cooked through. Top each with a few teaspoons of the butter and garnish with mint leaves.