

# Enterprise Farm News

Week of January 11, 2010



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Dear members,

We've got a great story to share with you this week. As we mentioned in our year-end "thank you" email (which you hopefully received), we've been donating produce to the Northampton Survival Center, our local food pantry, with over 1,500 pounds donated over the holidays.

But beyond donating extra produce that we have on hand at the farm, we also see an opportunity to make use of the freshly picked veggies that are deemed unfit for sale at grocery stores for cosmetic reasons, and end up going to waste.

This week we put that plan into action, buying 550 pounds of so-called "number two" potatoes from a local grower, who was unable to sell them to the grocery stores because they're apparently too small. We picked up the potatoes last week, cleaned them up and donated them directly to the Survival Center this morning.

Your investment in our farm has made this process possible, and we hope to ramp it up in the future—our long-term goal is to be able to purchase entire pallets of "number two" produce from the farms we work with in the South, for donation.

Speaking of "number two" produce, you may have heard talk of how we should expect to see a price spike in orange juice at the store, as a result of the recent frosts in Florida. Interestingly, we spoke with Mary of Eagle's Nest (our citrus grower) who gave us the real scoop.

Apparently, almost all of the oranges used to make OJ are, in fact, "number two" grade citrus that can't be sold as fruit in the stores. Mary was recently so desperate to unload her "number two" grade oranges that she ended up selling them *at her cost* to a juicer. So, when you hear talk of OJ price spikes due to a shortage of oranges, know that it has nothing to do with true availability, and everything to do with stores and distributors making a profit.

Meanwhile, this is the point in the year when the growing season starts to make its way further North. We've been sourcing much of the Southern produce from Florida (the furthest point for our "foodshed") but in the coming months you can expect more and more fruits and veggies from Georgia, the Carolinas, etc.

## **Please let us know about your plans for summer!**

Believe it or not, we start planting in the greenhouses in 6 weeks, and we need to fill out seed orders, plan greenhouse space, and map field plans. But first we need to know approximately how many members we should anticipate, so we can plan accordingly.

Please click the link below to tell us whether you're planning on continuing the farm share next summer:  
<http://www.surveymonkey.com/s/S5TFBRQ>

Even if you think you're not re-joining, or you're not sure, please take a second (literally!) to let us know — or Farmer Dave is threatening to grow 75 acres of Dandelion greens for the share!



## **THIS WEEK'S SHARE**

This list includes all items that you may receive be in this week's share. Specific items in your share depend on your share size and pickup location. All items are certified organic, unless otherwise noted.

- Onions (**conventional**) — *Long Plain Farm, Whately, MA*
- Green/Red Chard — *Lady Moon Farms, Fla*
- Green Kale — *Lady Moon Farms, Fla*
- Greenleaf lettuce — *Lady Moon Farms, Fla*
- Baby spinach — *Equinox Farms, Sheffield Mass.*
- Baby arugula — *Equinox Farms, Sheffield Mass.*
- Citrus (Tangelos) — *Eagles Nest, Fla.*
- Apples (**low-spray/IPM**) — *Clarkdale orchard, Deerfield, MA*
- Sweet potatoes — *Eastern Carolina Organics*
- Rutabaga — *Deep Root, VT*
- Carrots — *Winter Moon Farm, Hadley, MA*
- Yellow squash — *Somerset Farms, FL*
- Eggplant — *Somerset Farms, FL*
- Green beans — *Homestead Organics, FL*
- Avocado — *Homestead Organics, FL*

# Eggplant and Spinach Lasagna

From [www.aubergines.org](http://www.aubergines.org)

## Ingredients:

10 ounces spinach  
1 medium eggplant, sliced thinly lengthwise  
1 egg or egg white  
1 cup lowfat ricotta cheese  
1/4 cup feta cheese  
2 tablespoons shredded parmesan (optional)  
16 ounces tomato sauce  
garlic, basil, pepper, italian spices

## Directions:

Lightly salt sliced eggplant and set aside.

In a bowl, mix spinach, ricotta, feta, egg and spices.

Spray an 8x8 (preferable glass) pan with non-stick spray. Rinse eggplant and pat dry. Lay 3 or 4 slices of eggplant in the bottom of the pan (whatever fits). Put about 1 cup of spinach mixture on top and spread out to cover eggplant. Repeat layers, ending with spinach until eggplant and spinach are used up (I think about 3 layers total does it). Pour tomato sauce over top, and let it run down sides. Sprinkle with parmesan if using it, and bake at 375 for 30-40 minutes, until a knife cuts through easily, indicating that the eggplant is cooked. Let rest about 5 minutes before serving.

Makes 4 large or 6 small servings.

