

Enterprise Farm News

Week of January 18, 2010

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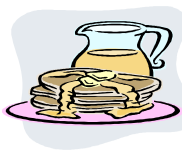
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Dear members,

This week's newsletter is about Pancakes, Pirates, and The Emergency Produce System.

We're finalizing the details of our **"Locally Grown" Pancake Breakfast** to benefit the **Northampton Survival Center**. We're all getting really excited—not to mention hungry!—for this coming Saturday! It will be right here at **the Food Shed from 9am until 12 noon**. Don't forget to buy your tickets in advance as we most likely will sell out this week! You can reserve tickets by calling 413-665-8608, or buy tickets online at: <http://enterpriseproduce.com/news-events/>.



This week's box is a test of the **Emergency Produce System**. What would happen if the trucks actually stopped rolling in from California or Florida did totally freeze out? What would we eat? What would be available? How would we make the best of it? While that's not likely to happen any time soon, we decided to take a look at what we could do just in case. So for this week's box we shopped around the neighborhood and designed the box with these questions in mind.

We also decided to test the Emergency Produce System based on the good feedback we have been getting from all of you. First, given the cold weather problems in the South, our fellow farmers' offerings have been thin and we've noticed some quality problems (frozen eggplant) with some items from there. We also realized given that it is winter, many of us are looking for something different than zucchini, summer squash, and tomatoes at this time of the year. So testing the Emergency Produce System is our way of dealing with those issues and getting back to our roots...ha ha

However, being the renegades that we are, we decided to stick Grapefruit in the box this week. After all, every pirate book that Farmer Dave reads to his five-year-old son, Asa, has a mention of citrus. **Pirates**, and then Colonials, have coveted citrus to prevent scurvy for hundreds of years and consequently citrus has been shipped up the east coast since the early 1800's whether by land or by sea.

Growers Report

Given that the days are getting longer and spring is right around the corner (in Florida at least) we will be starting to update you on new crops from down south as well as what is happening on our farm. For this week we are sad to report that we will be receiving the last load of avocados from Homestead Farms in Florida. As the harvest heads north we will have to say goodbye to some goodies and wait again until next season.

-Farmer Dave



THIS WEEK'S SHARE

This list includes all items that you may receive 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.

- Yellow Onions (**conventional**) — *Long Plain Farm, Whately, MA*
- Baby Spinach—*Equinox Farms, Sheffield, Mass.*
- Salad mix — *Equinox Farms, Sheffield Mass.*
- Apples (**low spray / IPM**)—*Bashista Orchards, Southamptn, Mass.*
- Barley (**conventional**) — *Four Star Farms, Northfield, Mass.*
- Butternut Squash—*Czajkowski Farm, Hadley, Mass.*
- Parsnips — *Deep Root, VT.*
- White Potatoes—*Lester and Mark Craig, PEI, Can.*
- Celeriac—*Full Bloom Farm, Whately, Mass.*
- Carrots—*Long View Farm, Hadley, Mass.*
- Pink Grapefruit — *Spooners Organics, Fla.*

Root Vegetable Gratin

Root vegetables lend themselves perfectly to being thinly sliced, layered, and baked until tender. Gratins can be elegant side dishes or casual weeknight suppers. Note: If you use onions or leeks cook them until tender before adding to gratin.



Peel root vegetables and slice them thinly (a mandoline works perfectly for this, but a sharp knife and steady hand works just fine).

Layer vegetables in a buttered baking dish. Sprinkle with salt, pepper, nutmeg (optional), and/or cheese every layer or two.

Pour in a cup of broth, cream, or half-and-half if you like.

Top gratin with freshly shredded cheese, chopped nut, and/or fresh bread crumbs.

Bake at 375 until tender and browned, 45 minutes to an hour.

Carrot Muffins

From Epicurious.com

Yield: Makes 18 muffins

2 cups all-purpose flour

2 teaspoons baking soda

2 teaspoons cinnamon

1/4 teaspoon salt

1 1/4 cups sugar

1/4 pound carrots

1/2 cup pecans

1/2 cup raisins

1/4 cup sweetened flaked coconut

3 large eggs

1 cup corn oil

2 teaspoons vanilla

1 Granny Smith apple



Preheat oven to 350°F. and oil eighteen 1/2-cup muffin cups.

Into a large bowl sift together flour, baking soda, cinnamon, and salt and whisk in sugar. Coarsely shred enough carrots to measure 2 cups and chop pecans. Add shredded carrots and pecans to flour mixture with raisins and coconut and toss well.

In a bowl whisk together eggs, oil, and vanilla. Peel and core apple and coarsely shred. Stir shredded apple into egg mixture and add to flour mixture, stirring until batter is just combined well. Divide batter among muffin cups, filling them three fourths full, and bake in middle of oven until puffed and a tester comes out clean, 15 to 20 minutes.

Cool muffins in cups on racks 5 minutes before turning out onto racks to cool completely. Muffins keep in an airtight container at room temperature 5 days.