

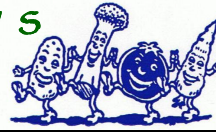
Enterprise Farm News

Week of March 8, 2010

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Dear members,

In the spirit of Reduce-Reuse-Recycle, we've started a trial of reusable, returnable plastic CSA boxes for all our Western Massachusetts farm shares.

Using these boxes will help reduce packaging, along with its associated waste and cost. Let us know how they're working for you! Also, our local home-delivery customers can add another "cycle" to the mantra: The Northampton-based Pedal People are gearing up to do *all* of our home deliveries by bicycle. **Reduce-Reuse-Recycle-Cycle**. Thanks, Pedal People!

Speaking of buzzwords, it's time we got around to a little clarification of terms. As you know — and as we've experienced lately — the labeling of food is sometimes a real challenge to understand! While words like "healthy," "natural," and "farm-fresh" are used in advertising to convey certain qualities without much meaning, we have come to rely on National Organic Standards to regulate and accredit food producers who follow organic practices. But other terms abound. Here is a breakdown:

Certified Organic produce is grown according to the [National Organic Standards](#) and is certified by an accredited third-party agency. It is illegal under the National Organic Standards to identify organic produce as non-certified organic. Growers grossing less than \$5000 a year may identify as Exempt Organic.

Enterprise Farm and all of our own produce is Certified Organic by Baystate Organic Certifiers.

Sustainable agriculture, while an unregulated category, implies environmentally-conscious practices. Many growers advertise "sustainably-grown" products when they have close relationships with their customers and do not feel the need for commercial certification.

Certified Naturally Grown is a term used by some farmers who do not find certain aspects of the Organic Standards to their liking. Their produce is second-party certified (farms and stakeholders inspect each other) to [CNG](#) standards. CNG produce cannot be labeled "organic."

Conventionally-Grown is a catch-all phrase referring to produce grown under a wide range of practices. **IPM** is a subset of conventional agriculture, signifying Integrated Pest Management practices. There is no certification process for IPM.



WGBY Wine and Food Lovers' Weekend

Dave and I attended the WGBY Wine and Food Lovers' Weekend tasting event this past Friday. We spoke to many people from all around. We were also told by many that we had the best samples at the event. Those samples included a Winter Wheat Berry Salad with beets and carrots and a Barley Cranberry Sour Cream Cake (definitely the overall favorite). Bonnie L'Etoile, of Four Star Farms, also a farm share member, was kind enough to make all the cake for us. Thanks Bonnie!! Her recipe is featured this week.

Goings-On About the Farm

This week, the greenhouse has been home to broccoli seeding by the thousands, plus shallots, chard, cabbage, celery, celeriac, and flowers. We're sharing some of our greenhouse resources and collaborating with organic farm the Next Barn Over for some seed-starting. Kacie is busy mapping out the



pick-your-own gardens. We're excited to be offering peas, beans, flowers, cilantro and other herbs for CSA members to harvest this summer!

facebook

Follow our farm store, the Food Shed, on Facebook! If you're a FB user, just look for "The Foodshed at Enterprise Farm." We regularly post updates on new products and Foodshed events, plus photos from our little store.

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 the share size and pickup location. All items are certified Organic, unless noted.

- Zucchini: *Somerset Organics, Florida*
- Green/Red Chard: *Lady Moon Organics, Florida*
- Lacinato Kale: *Lady Moon Organics, Florida*
- Grapefruit: *Spooner's Farm, Vero Beach, Florida*
- Apples (**CV/IPM**): *Bashista Orchards, Southampton, MA*
- Greenleaf/Redleaf Lettuce: *Lady Moon Organics, Florida*
- Flat Parsley: *Lady Moon Organics, Florida*
- Celeriac: *Full Bloom Farm, Whately, MA*
- Baby Spinach and Salad Mix (**sustainable**): *Equinox Farm, MA*
- Beets (**transitional**): *Winter Moon Farm, Hadley, MA*
- Sweet Potatoes: *East Carolina Organics, North Carolina*
- Red Potatoes: *Prince Edward Island, Canada*

Recipes for This Week's Share:

Cranberry Sour Cream Cake *with barley flour*

Recipe Courtesy of Bonnie L'Etiole

Owner, Four Star Farm / Enterprise Farm Share Member

Topping:

1/2 cup brown sugar

1/2 cup chopped nuts

1/2 teaspoon cinnamon

3 Tablespoons softened butter or margarine

Thoroughly combine above ingredients

Cake:

1 1/2 sticks butter

1 1/2 cups sugar

3 eggs

1 1/2 cups sour cream

1/2 teaspoon almond extract

1 can whole cranberries (16oz.) drained or 1-14oz jar orange cranberry sauce/relish

3 cups ***Four Star Farms barley flour***

1/4 teaspoon salt

1 teaspoon baking soda

1 teaspoon baking powder

Heat oven to 350 degrees

Beat butter, sugar and eggs together. Combine flour, salt, baking soda, and baking powder together. Combine sour cream, almond extract and cranberries, add alternately with dry ingredients to the creamed mixture. Spread topping in bottom of 10" Bundt pan. Spread 1/2 batter in pan over topping, spread cranberries over batter in pan then pour in remaining batter. Bake at 350 about 1 hour, or until cake taster (or toothpick) comes out clean.