

Enterprise Farm News

Week of March 29, 2010

Mailing Address: 75 River Rd,
South Deerfield, MA 01373

413.665.8608

www.enterpriseproduce.com
farmshare@enterpriseproduce.com



Dear Members,



Where would we be without you? Members, you are the stars in our nebula. The music to our song. Yes, you put the “C” in our C.S.A!

We’re happy to welcome two brand-new members to the Enterprise community. Congratulations to Ananda and Shawn, local farmshare members, on the birth of their third baby boy! And to Jacob and Robin of Four Star Farm, on the birth of their very first! We can’t wait to meet the little guys.

This time of year is both bracing and refreshing for the renewal that it brings. Here at the farm, we’re in the process of birthing a few projects of our own. One evolving project is that of the “Member Services Department,” which is basically a skills bank for members. There is such a depth and breadth of talent among our membership! We would like to provide a way for people to share and exchange these talents within the community. We also like the option of bartering for farm shares in particular situations where members have skills that complement our needs at the farm.



For example, local farmshare family Wes & Katy Smith will be helping us with some bulldozer work out on our main farm road. Member Jiyanna Vaguedes will be lending much-appreciated help in the Food Shed during farmshare pick-up days. And member-photographer Jim Gipe came to the farm for a daylong time-lapse photo shoot at last week, which will soon be uploaded to our website. The Member Services Department will make membership more affordable for some families. It will most definitely enrich life for the Enterprise crew and the wider community. So, if you want to add your offering to the skills bank, just let us know. If there is sufficient member interest, we could even create a member-skills directory as a resource for all. For those of you interested in helping out email



shelly@enterpriseproduce.com

Notes from The FoodShed Initiative

Summer Tour

We have fallen in love with a cute little Bluebird bus, and all signs point to having her at the farm within a couple of weeks. Thanks to all who sent leads on possible vehicles! Once we have her on site, we’ll start the work of renovating for curbside market duty. “...the bus come by and I got on / that’s when it all began...”
—The Grateful Dead

Violet the Angora rabbit charmed both children and adults (and ate an impressive amount of cabbage leaves!) in a special appearance at the Enterprise Food Shed last Saturday.



Farmshare member Rose G. recently sent us an update on her work with the group Groundwork Lawrence. This group, whose slogan is “Changing Places, Changing Lives,” is attempting to create a fruit orchard in a currently vacant lot in the city of Lawrence, MA. They will receive free fruit trees if their project gets enough votes (clicks) on the “Communities Take Root” website. You can help their cause by following directions on the [Groundwork Lawrence website](#). Or visit “Communities Take Root” directly, and look for Groundwork Lawrence in the project directory. They are the only candidates in Massachusetts. Good luck, Rose and friends!

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.

- Kale, Hanover Salad: *East Carolina Organics, N. Carolina*
- Rainbow Chard: *Lady Moon Organics, Florida*
- Baby Arugula (sustainable): *Equinox Farm, MA*
- Salad Mix (sustainable): *Equinox Farm, MA*
- Greenleaf Lettuce: *Lady Moon Organics, Florida*
- Romaine Lettuce: *Lady Moon Organics, Florida*
- Grapefruit: *Spooner’s Farm, Vero Beach, Florida*
- Apples (IPM): *Pine Hill Orchard, Colrain, MA*
- Flat Parsley: *Lady Moon Organics, Florida*
- Parsnips: *Deep Root Organics, Vermont*
- Sweet Potatoes: *East Carolina Organics, N. Carolina*
- Green Beans: *Internatural*
- Yukon Potatoes: *Prince Edward Island, Canada*

RECIPES FOR THIS WEEK'S SHARE

Parsnip Puree

The Enterprise crew recently enjoyed a special meal at Greenfield's [Hope & Olive](#), which included a parsnip puree.

This smooth, sweet & savory concoction makes a fabulous base for any food with authority, or as a dip for roasted veggies.

The recipe here does not represent Hope & Olive's culinary secrets.

It is adapted from [epicurious.com](#).

Delicious!

Ingredients

1 lb parsnips, peeled and sliced

Salt to taste

2 C whole milk or heavy cream

2 sprigs fresh thyme

1 head garlic, cut in half horizontally

4 oz. unsalted butter or extra-virgin olive oil

Ground pepper



Directions

Place parsnips in a pot, season with salt, and cover with water. Place over medium heat and bring to a simmer. Cook until tender, approximately 15 minutes. In a medium saucepan, heat the milk/cream, thyme, and garlic over low heat, and bring to a simmer. Drain the parsnips, reserving the cooking liquid. Place them into a food processor with the butter/oil and a couple tablespoons of reserved cooking liquid. Begin to process, then add the strained milk/cream mixture. Season with salt and pepper to taste, and puree until very smooth.

Grilled Romaine Lettuce

This is another recipe idea inspired by our dinner at Hope & Olive. Evelyn took a bunch of produce that we had delivered fresh from Enterprise to the restaurant, and she created a tableful of really amazing appetizers. Grilled Romaine was one of them. I found an approximation of her technique at [grillinfools.com](#). I know it sounds weird, but try it! You'll be hooked!

Take 1 head Romaine lettuce, rinsed and dried.

Either slice it in half lengthwise (if it is really lush) or keep in one piece.

Drizzle it liberally with olive oil and sprinkle with coarse salt, fresh black pepper, and dust with granulated garlic. Flip and repeat on the other side.

Grate about half a cup of hard cheese like Romano, Asiago, or Parmesan.

Then take it to the grill: Place the Romaine right over the hot side of a medium-hot grill.

Cooking will only take a couple of minutes, so keep checking the underside. Look for the lettuce to blacken a bit. A nice char is the desired re-



sult, without having the lettuce wilt entirely.

After about 2-3 minutes on each side, each will be nicely charred.

Now all you have to do is sprinkle on the cheese, and enjoy!

** Only note is that, since you have not been able to rinse the lettuce all the way down to the base of the ribs, there is likely to be some sand or dirt there. Just be aware when eating!

