

Enterprise Farm News

Week of May 17, 2010



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Dear Members,

This is the LAST EAST COAST FARM SHARE for 2010. We want to thank you all for your support and membership. It was a tough season. However, it's proven to us the strength that we've build to begin to change to food distribution system! We truly appreciate that you have supported us through the thin weeks. One of the biggest achievements of this season are the new relationships we've forged with more grower in the south who want to work with us as well as grow crops specifically as we've requested. There may even be Florida Pineapples in the near future! We've even found more local suppliers than ever before to include in our mix of farmers for next winter. The East Coast Food Shed is growing, and with it we're growing our FoodShed Initiative. We know that our share next winter will be better and that's because of your support and feedback!

At this point we look forward to the summer Local Farm Share season. **The Local season starts June 1. There are still shares available, if you have not yet signed up or have a friend or family member who is interested.** We're really excited about all the new crops we will be growing. We're also excited about being able to control the quality and freshness of the produce more closely since we grow most of what you receive in the box in the Local share. There are still spaces available. If you are interested, we'd love to have you on board. We can also work with your vacation schedules and offer different payment plans if need be.

If you have committed to a summer share, but have not paid yet, please make arrangements as soon as possible. If we do not have payment or have not communicated about payments you may not receive your first weeks share. **Please contact Katey by email, Katey@enterpriseproduce.com, to check your balance or arrange a payment plan for the summer.**

For those of you who prefer to shop at the farmers' markets, please come see us! We'll be at four each week!

2010 Farmers' Market Schedule

**Tuesdays, 1:30pm-6:30pm Northampton, Behinds
Thornes Marketplace**

**Wednesdays, 12pm—6pm, Davis Square at Day and
Hebert Street, Somerville**

**Thursdays, 1pm—dusk, Coolidge Corner at the
Centre St. West parking lot, Brookline**

Saturdays, 7am—12:30 pm, Northampton, Gothic St.

Hi all!

Well, I've been here three short weeks and it's been quite an education and a pleasure. Enterprise Farm is truly a stellar example of an eco-conscious food system with a strong emphasis on local and organic agriculture. The team members are all very passionate and proud about what they do. I am very impressed with each and every one of them. They are the heart of Enterprise Farm.

We are right in the middle of our transition from the winter program to the summer program. The farm is bustling with activity and the greenhouses are emptying out. We will see lots of fresh picked Enterprise Farm produce very soon. This is the last week of the winter CSA. We will take a well deserved week off before the summer CSA starts up again right after Memorial Day. It's not too late to sign up if you haven't already. Tell your friends!

Farmer's markets are in full swing in Northampton, Tuesday afternoons behind Thornes and Saturday mornings on Gothic Street. We'll also be heading out to Somerville on Wednesdays and Brookline on Thursdays very soon. Very exciting!

I would also like to take a moment to wish Dave a very happy 50th birthday!!! You wouldn't think he was a day over 49.

Thank you all for your support. I hope to see you at the farm or the markets.

— Matt, the new operations guy



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.

- Tatsoi: *ECO, North Carolina*
- Yukon Potatoes: Mark & Lester Craig, PEI
- Carrots (**Sustainable**): *Winter Moon, Hadley, MA*
- Dandelion Greens: *Lady Moon Organics, Florida*
- Lacinato/Dino Kale: *ECO, North Carolina*
- Romaine Lettuce: *Lady Moon Organics, Florida*
- Strawberries: *Miles Berry Farm, Georgia*
- Apples (**IPM**): *Pine Hill Orchard, Colrain, MA*
- English Peas: *ECO, North Carolina*
- Snap Peas: *ECO, North Carolina*
- Eggplant: *Somerset Organics, Florida*
- Round Tomatoes: *Somerset Organics, Florida*
- Fiddleheads (**CV**): *Chumutka Farms, Whately, MA*
- Cucumbers: *Somerset Organics, Florida*

Recipes for This Week's Share

Eggplant Curry

Adapted from "Nourishing Traditions" by Sally Fallon

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| 1 large eggplant | 1 medium onion, peeled and chopped |
| 1/2 teaspoon fenugreek seeds | 1/2 tablespoon ground coriander |
| 1/2 tablespoon ground cumin | 1/2 teaspoon turmeric |
| 1/8 teaspoon cayenne pepper | 1/2 teaspoon freshly grated ginger |
| 1/8 cup cilantro, chopped | about 1/4 cup extra virgin olive oil |

Peel and cube eggplant, salt well, let sit, covered, for 1 hour. Rinse in a colander and pat dry with a paper towel or tea towel. Sauté eggplant cubes in batches in olive oil and transfer to a rectangular Pyrex baking dish. Sauté the onions and spices in olive oil until onions are tender. Add remaining ingredients to onions except cilantro. Simmer for a few minutes, stirring, until well mixed. Add to casserole and mix well. Bake, uncovered, at 350 for about an hour. Garnish with cilantro and serve.

Fried Rice with Tatsoi

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| 1/2 cup long-grain white rice | 1/2 lb. tatsoi |
| 1 bunch green onions | 1/2 bell pepper |
| 1.5 tbsp Japanese soy sauce | 2 eggs |
| 1 tsp dark sesame oil | 1 tbsp vegetable oil |
| 1 to 2 large garlic cloves, minced | 2 tbsp fine-diced ginger |



Prepare rice according to directions. Trim and discard base of tatsoi. Cut into thin diagonal pieces. Cut peppers into 1/4 inch slices. Thinly slice green onions. Combine eggs and sesame oil in a small bowl. Heat wok over moderate heat. Pour 1/2 tbsp oil, add eggs and scramble quickly until just barely set. Set aside. Return wok to moderate heat and add remaining oil. Add garlic and ginger, sauté for 1 minute. Add pepper, green onions, and tatsoi. Stir fry for another minute. Add rice. Stir fry for 2-3 minutes. Add soy sauce and eggs. Remove from heat and let stand for 15 minutes.

Dried Fava Bean and Potato Puree with Dandelion Greens

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| 8 ounces dried fava beans* (about 1 1/2 cups) | 1 1/4 cups coarsely chopped peeled Yukon Gold potato |
| 3/4 cup coarsely chopped white onion | 1/2 cup coarsely chopped peeled carrot |
| Pinch of salt | 3 tablespoons extra-virgin olive oil, divided |
| 1 garlic clove, peeled, halved | Large pinch of dried crushed red pepper |
| 1 bunch dandelion greens bottom 2 inches of stems trimmed and discarded, greens cut crosswise in half | |
| Freshly grated Parmesan cheese | |

Place fava beans in medium bowl. Pour enough water over to cover by 2 inches. Cover and let soak at room temperature overnight. Drain fava beans. Peel off outer shell and skin from beans and discard. Place fava beans in large saucepan. Add 8 cups water, potato, onion, and carrot and bring to boil, skimming off any foam that rises to surface with large spoon. Reduce heat to medium; add pinch of salt and simmer uncovered until beans are very soft, stirring occasionally and adding more boiling water as needed to keep beans submerged, about 1 hour 45 minutes. Drain. Transfer bean mixture to processor and puree until almost smooth. Season to taste with salt and pepper. Transfer fava bean puree to bowl. Heat 2 tablespoons oil in large skillet over medium-high heat. Add dandelion greens, garlic, and crushed red pepper; sauté until greens wilt, about 2 minutes. Season to taste with salt and freshly ground black pepper. Place greens atop fava bean puree. Drizzle with remaining 1 tablespoon oil; sprinkle with Parmesan cheese.