

# Enterprise Farm News

Week of June 21st, 2010

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Dear Members and Friends,

This week's share features lots of lovely greens from our own home fields. Enjoy! Also, most of you will find some incredibly tasty popcorn from the Next Barn Over (previously the Food Bank Farm) in Hadley. We've been experimenting with some stovetop popcorn and kettle corn recipes. Do you have a favorite technique? How about favorite popcorn toppings?

Just this week, we received our last farmshare deliveries from southern growers, marking a point of transition for the Local.

On the home farm, we've been flat out with planting since Mother's Day. Now, reaching Father's Day and the summer solstice, we're ready to plateau on the pacing. The basic summer vegetable crops are all in the ground. Next in line for harvest will be more beets, summer squash, zucchini, and a bit later, the cucumbers. Now we turn our focus to plans for fall-harvest crops.

Happy eating!

~ Dave Jackson and the Enterprise Crew

## Organic Produce, Compostable Bags

If you visit us at the farmers' market, you know that we go through a lot of bags in one day. Produce bags, shopping bags. Sure, many folks do arrive to market with their own shopping bags (and this trend is notably on the rise), but who is prepared all the time? And if you want to keep your lettuce fresh in the refrigerator, or you don't want to leak wet broccoli all over your backpack, then a produce bag is pretty useful.

For some time now, we've searched for packaging that is as healthy as the veggies we grow. Our pancake breakfast in January was a successful experiment in compostables; we had virtually no waste at all after the plates, utensils, and cups went into the compost!



Now we've found the biodegradable produce and shopping bags that we've always wanted. They are made from plant-based plastics, which break down completely into harmless organic substances, whether in aerobic conditions (such as the compost heap) or anaerobic conditions (trash or landfill). One more step towards sustainability!

## 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.

- Bunched Beets: *Enterprise Farm*
- Dandelion Greens: *Enterprise Farm*
- Collard Greens: *Enterprise Farm*
- Redleaf Lettuce: *Enterprise Farm*
- Flat Italian Parsley: *Enterprise Farm*
- Red Potatoes: *Hollar and Green, Florida*
- Grape Tomatoes: *Lady Moon Organics, Georgia*
- Popcorn (**Sustainably Grown**): *Next Barn Over, Hadley*
- Strawberries: *Chamutka Farm, Whately, MA*

~Hear ye, Hear ye ~

## The Kids' Garden Event is This Week!

Kids' gardens & ice cream!

Giant puppets & giant pumpkins!



We've been working in the Kids' Garden, creating raised beds in the shape of a pizza. There will be six slices of delicious vegetables and herbs to plant. Come help us with the pizza garden, plant a sunflower, bring home some herbs for your own home garden!

This event will feature \* Mother Earth Journey puppets (MOEJOEs) in a special show at 4 pm.



- Local ice cream (made with Mapleline milk!) from [Maple Valley Creamery!](#)
- Ken, our friend from the New England Giant Pumpkin Association, will be on hand to talk about growing giant pumpkins. Ask him to show you his photo album of monster-cucurbit specimens!

Bring the kids (or just your inner child), sample some top-shelf local ice cream, pick some flowers and sugar snap peas, meet your farmer, enjoy a puppet show, have a blast! And if you miss it on Tuesday, we'll do it again on Saturday the 26th, complete with ice cream, puppets, and pumpkins. Give us a call or check our website if you need directions to the farm.

**Tuesday from 2pm—6 pm.**

**Saturday from 10 am—2 pm.**

See you there!

# Recipes for This Week's Share



## What to Do with Parsley

Parsley, for some, is merely a garnish. But it can also be a tasty and nutritious vegetable in its own right. Here is a [link](#) to some interesting information about parsley, including its nutritional profile and even some medicinal uses.

If you want to make a quick pasta or veggie dish, parsley can be of service. Blended up with some oil, garlic, spices and cheese, parsley makes a delightful pesto! Our Somerville "Farm Share Story" bloggers wrote about just that solution in their "[preponderance of parsley](#)" posting earlier this year.

Finally, there is tabbouleh. This traditional recipe makes good use of parsley's texture and taste. It's a summer salad which only seems to get better as the ingredients meld their flavors together.

If you are avoiding gluten, try substituting quinoa for the bulgur wheat.

## Tabbouleh

Makes about 4 1/2 cups

- 1 cup bulghur wheat
- 1 box grape tomatoes, finely chopped, with their juice
- 1 3/4 cups finely chopped fresh flat-leaf parsley
- 3/4 teaspoon coarse salt
- 1/4 cup extra-virgin olive oil
- \* 4 scallions, finely chopped
- \* 1/4 cup fresh lemon juice
- \* Freshly ground pepper
- \* 2 tablespoons finely chopped mint

Soak the bulghur in cold water for 10 minutes. Drain in a sieve lined with damp cheesecloth, squeezing out all the water. Transfer to a bowl and fluff with a fork.

Stir in the tomatoes w/ their juice, the parsley and the scallions. Add the lemon juice, salt, and oil. Season with pepper. Toss to coat. Just before serving, mix in the mint.



# Recipes for This Week's Share

## Stubb's Barbeque Potato Salad

This next recipe comes from farm share member, Sue Boulanger, who pick up at the farm. She also happens to be Matt, our operations manager, mother. She told us that her husband of nearly 45 years declared that this was the best potato salad she'd ever made!

Adapted from Stubb's Barbeque Cookbook

2 pounds potatoes	4 large eggs
1 tblsp. plus 1 tsp. salt	3/4 cup mayonnaise
2 tblsp. Olive Oil	1/4 cups freshly squeezed lemon juice (about 2 large lemons)
2 tblsp. Stone Ground Mustard	1 clove minced garlic
1 1/2 cups finely diced dill pickles	1 cup finely chopped red onion
2 tblsp. minced fresh parsley	freshly ground black pepper to taste
Paprika for garnish	

Place potatoes and eggs in a large pot with 1 tablespoon salt. Add water to cover by 1 inch. Bring to a boil over medium high heat. Set a timer for 12 minutes. Reduce heat until water just simmers. When the timer goes off scoop out the eggs and plunge them in a bowl of ice water. Continue to simmer potatoes for approximately 20 to 30 minutes more until fork tender. Drain the potatoes in a colander.



While the potatoes cook, combine 1/2 mayonnaise, the lemon juice, mustard, olive oil and garlic in a large bowl. When the potatoes are cool enough to handle but still warm, slip off and discard the skin (Sue left the skins on, I would too). Chop the potatoes into bite size pieces. Stir in pickles, red onion and parsley. Shell the eggs and coarsely chop them. Add to the potatoes with remaining 1/4 cup mayonnaise, 1 teaspoon salt and pepper.

Garnish with Paprika.

## Italian Style Dandelion Greens

1 bunch Dandelion Greens, washed and cut into 1 inch ribbons	
2 tablespoons olive oil	1/2 lemon
1 tablespoon Balsamic Vinegar	2 -3 tablespoons freshly grated parmesan cheese
2-3 cloves garlic, chopped	Salt and Pepper



In a skillet, heat olive oil over medium heat, add garlic, let cook for a couple minutes. Add greens, season with salt and pepper. Once wilted, juice half a lemon over the top, add cheese and Balsamic vinegar.

Garnish with toasted pine nuts if desired.