

Enterprise Farm News

Week of July 5, 2010



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Dear Members and Friends,

We hope everybody had a happy and safe holiday weekend. This is the first time in 7 years that we all had the Fourth of July off (because it fell on a Sunday)!



We're featuring Sweet Corn from Warner Farm in Sunderland this week. Yes! Corn is already here and it's the first week of July! You may know Warner Farm because of Mike's Maze, the corn maze is an annual fall attraction out this way.



Mike's Maze 2009 — Charles Darwin

We've also got Callaloo in the share this week. As we talked about a few weeks ago, Callaloo is a member of the Amaranth family. In some parts of the Caribbean, Callaloo is the dish, in others it's the green. It tastes similar to spinach (and can be used in the same preparation), but is less bitter.



Radicchio is the other green in the boxes this week. It looks like a red and green lettuce, and can be used like lettuce. But it's actually radicchio. Common in Italian and Belgian cooking, this Chicory leaf, it slightly bitter and spicy, especially when

raw, but mellows when cooked.

The other unusual item in the weeks box, which some people may have seen last week as well is Magda Squash. Also known as Cousa squash, this pale green, teardrop shaped middle eastern type slightly sweeter than other varieties, which makes it perfect for grilling. It's also common to cut these squash in half, scoop out the seeds, and stuff with rice, meat and tomato mixtures.



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 otherwise noted.

- Cucumber
- Callaloo
- Radicchio
- Summer Squash
- Zucchini
- Magda Squash
- Snap Peas
- Raspberries (IPM), *Nourse Farm, Whately, MA*
- Sweet Corn (IPM), *Warner Farm, Sunderland, MA*
- Yukon Gold Potatoes, *Hollar and Greene, Florida*

Recipes for This Week's Share

Jamaican Style Sauteed Callaloo

This dish is classically paired with Salt Cod Fritters, you can find a [recipe here](#).

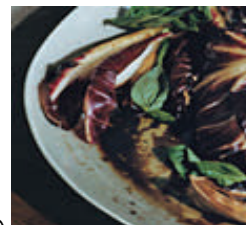
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| 1 bunch callaloo | 1 large onion, sliced |
| 2-3 cloves garlic, diced | 2 tablespoons olive oil |
| 1-2 teaspoons cayenne pepper (to taste) | 1/2 teaspoon crushed red pepper flakes |
| 1 teaspoon dried thyme | salt and pepper |
| 1 large tomato, diced | |

Cut the bottom 1/2–1 inch off the bottom of the callaloo stems. Peel the remaining stems (as you would with broccoli). Slice everything into small ribbons, wash well and spin dry in a salad spinner. In a large skillet (or wok) heat oil. Add onion and garlic, sautee for 3-4 minutes, until onions are slightly translucent. Add callaloo, season with cayenne, crushed red pepper flakes, salt, pepper, and thyme. Allow to wilt. Add tomatoes and cook for 2 more minutes.

Balsamic-Marinated Radicchio with Fresh Ricotta

Recipe from *Gourmet*, May 2009 by Kay Chun

Radicchio is a type of chicory with an alluring bittersweet flavor. The variety called Treviso, so named for its growing region in Italy, has tapering, wine-colored leaves. Its charm increases exponentially when it's cooked—in this case, broiled—and tossed with a sweet balsamic dressing. Fresh basil and a dollop of creamy ricotta round everything out.



Yield: Makes 8 servings Active Time: 20 min Total Time: 1 1/4 hr (includes marinating)

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| 2 tablespoons balsamic vinegar | 5 garlic cloves, smashed |
| 1 teaspoon fresh lemon juice | 1 pound radicchio, quartered lengthwise |
| 1/2 cup basil leaves | 1/2 pound fresh ricotta |
| 1/2 cup plus 2 tablespoon extra-virgin olive oil, divided, plus additional for drizzling | |

Preheat broiler. Whisk together vinegar, garlic, lemon juice, 1/2 cup oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Put radicchio in a 4-sided sheet pan and toss with remaining 2 tablespoons oil. Broil 5 to 6 inches from heat, turning occasionally, until slightly wilted, 3 to 4 minutes. Add hot radicchio to balsamic marinade and gently toss to coat. Cover bowl (to keep heat in) and marinate, tossing once or twice, at least 1 hour. Transfer radicchio to a serving dish, pouring some of marinade over top. Scatter basil over radicchio. Drizzle ricotta with oil in a small bowl and serve with radicchio.

Cooks' Notes: Radicchio can be marinated, chilled after 1 hour, up to 8 hours. Bring to room temperature before serving.