

Enterprise Farm News

Week of April 27 2009



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Dear Shareholders,

It's hot here on the farm; we're having an April heat wave. Plants in the greenhouse have grown inches in the last week, and field plantings are awaiting irrigation, which is being set up today. For some spring cooking ideas, check out the second page of our newsletter for two bok choy salads.

This week also marks the start of our first Farmers' Market, Northampton, Saturday May 2, from 7:00AM to 12:30PM. We will be selling all sorts of veggie and flower garden starts. Enterprise-grown plants for your garden will be available at all our usual farmers' markets for the months of May and June. We will be selling plant starts such as: Spinach, Beets, Arugula, Kale, Broccoli, Cabbage, Brussels Sprouts, Lettuces, Onions, Leeks, Scallions, Tomatoes, Peppers, Eggplant, Basil, Parsley, Cilantro and other herbs. If you would like to buy garden starts from Enterprise, visit the Farmers' Market, or talk to Benneth or Kacie when you are at the farm picking up your share.

A few folks have inquired about U-Pick crops for on-farm shareholders. There will be U-Pick basil, parsley, cilantro, sungold cherry tomatoes, and flowers at the farm during July, August and September. U-Pick hours are TBA and may be extended from regular shareroom pickup hours. This is a good time to mention, please use caution in the farm yard. There are numerous trucks and tractors moving on the farm during any given day. Please caution your children of potential farm hazards and keep an eye on them at all times.

Farm shares are still available, but we will begin to have waitlists for a few pickup sites shortly. If you have friends or family who are planning to sign up for the share, please let them know that spaces are going fast! In addition, if you have not notified us of whether or not you are continuing into the summer, we will no longer be able to guarantee you a summer spot. Please email Jordan at farmshare@enterpriseproduce.com with any questions.

If you would like to help Enterprise get out the word about available shares, we would appreciate you including information about the share in an email list-serve or newsletter. Contact us for a description appropriate to your location. Please email Jordan at farmshare@enterpriseproduce.com.

Cheers,
Farmer Benneth (for Dave, Family and Crew)

'09 FARM SHARE

Enterprise Farm is accepting new members for all drop sites: **Whately, Somerville, Arlington, Dedham, Jamaica Plain, and Boston (Fort Point)**

Certified Organic Vegetables, Whately, MA
Please spread the word!

Enterprise Farmer's Markets 2009

Northampton

Saturdays, May 2 to Nov 14, 7:00AM to 12:30PM
Tuesdays, May 19 to Oct 27, 2:00PM to 7:00PM

Somerville

Wednesdays, May 27th to Nov 25, NOON to 6pm

Brookline

Thursdays, June 18-Oct 29, 1:00PM to dusk

ITEMS IN THIS WEEK'S SHARE

All items in this week's share are organic, except for the onions, which are from a local conventional farm, and the apples which are local low spray/IPM. Shares may differ depending on whether you have a large or small share, and whether you pick up at the farm or in the Metro Boston area.

Spinach, Arugula and Salad Mix, Equinox Farm,
Sheffield, MA (greenhouse)

Lettuce: Lady Moon Farm, FL

Bok Choy and Baby Bok Choy, Lady Moon, FL

Onions, Long Plain Farm, Whately, MA (*conventional*)

Beets, Lady Moon, FL

Cucumbers, Peace River, FL

Parsley, Lady Moon, FL

Green Beans, Alderman, FL

Grape Tomatoes, Alderman Farm, FL

Apples: Pine Hill Orchard, Colrain, MA

Citrus, Red Valencia, Eagle's Nest, FL

Strawberries, Miles Berry Farm, Baxley, GA

Bok Choy Salads

Farmer Benneth's Bok Choy, Fennel, Carrot, and Parsley Salad

Ingredients

1 bok choy or 2 medium to large baby bok choy
3 medium carrots
1 medium to large bulb fennel
1/2 C chopped parsley
1 lemon
4 T Olive Oil
Salt
Pepper

Preparation

- (1) Coarsely chop bok choy, fennel and parsley. Grate carrots. Place all ingredients in a bowl.
- (2) Juice lemon and combine with olive oil. Dress salad ingredients to taste.
- (3) Salt and pepper to taste.

Stir-Fried Lemongrass Beef with Asian Greens

Bon Appétit | August 2001 epicurious.com

Freezing the meat for 30 minutes will make it easier to slice. Serve with a crisp, dry Riesling or beer.

Yield: Makes 6 servings

1 1/2 pounds beef top sirloin, fat trimmed, cut lengthwise in half
3 tablespoons minced lemongrass
4 tablespoons fish sauce
1 1/2 tablespoons soy sauce
1 1/2 teaspoons sugar
3 garlic cloves, minced
4 tablespoons peanut oil
3 tablespoons fresh lime juice
1 large shallot, minced
1 tablespoon minced seeded serrano chile

1 bunch spicy greens such as mustard greens, tat soi or mizuna, torn into 1-inch pieces
1 head of bok choy, torn into 1-inch pieces
2 cups thinly sliced red onions
1 cup (packed) opal basil** or regular basil leaves

Freeze beef 30 minutes. Using large knife, thinly slice beef crosswise. Mix meat, lemongrass, 3 tablespoons fish sauce, soy sauce, 3/4 teaspoon sugar, and garlic in large bowl. Sprinkle generously with black pepper. Let stand at room temperature 30 minutes or chill up to 3 hours.

Whisk 3 tablespoons oil, lime juice, shallot, chili, 1 tablespoon fish sauce, and 3/4 teaspoon sugar in bowl to blend. Season dressing with salt and pepper. Let stand at room temperature 30 minutes.

Place mustard greens, bok choy, onions, and basil in large bowl. Add 3/4 of dressing; toss to coat. Season salad with salt and pepper.

Heat 1 tablespoon oil in heavy large skillet over high heat. Working in 2 batches, stir-fry meat until cooked to desired doneness, about 35 seconds for rare. Add to greens. Add remaining dressing and toss to combine. Serve immediately.