

Enterprise Farm News

Week of August 17, 2009



Mailing Address: 75 River Rd,
South Deerfield, MA 01373
Ph 413 665 8608 Fax 413 665 9873
www.enterpriseproduce.com
farmshare@enterpriseproduce.com

Dear Members,

This week, we've got a real treat: peaches in the shares! The peaches come to us from Bashista Orchards of Southamptton, Mass., the same grower that provided many of the apple varieties for last fall and winter's share.

Bashista is a 3rd-generation family-run orchard that's been growing fruit since 1926. They grow 43 different apple varieties—plus peaches and plums—on 25 acres.

Please note, the peaches are *conventional* — *not organic*. However, Bashista uses IPM (Integrated Pest Management) practices, meaning they have a professional entomologist who scouts the orchard weekly to assess how to best handle whatever pests are present with as little spraying as possible.



In other news...

- We're now offering a **fall season share**, starting Sep. 1 and running through the end of November. If you have friends that go away for the summer and return in the fall, please let them know about this option. As always, we offer a special treat for members who refer a friend.
- If you pick up your share in the metro Boston area, your **corn** will continue to be **sent separately**, as the boxes are too full with other items — not a bad thing! Small shares receive 3 ears of corn, large shares get 6 ears (unless otherwise indicated). Please take only this amount when picking up your share.
- As of this week, the **pick-up time in Somerville (at Kickass Cupcakes) will change to 2-7 pm**. Some of the items in the share are picked the morning of delivery, and this change will allow us more time to get those freshly-picked items into the boxes and still make it to Davis Square with time to spare.



Glenmore on one of our tractors. He's worked at Enterprise for several years, and has his own farm in Jamaica, where he grows yams, bananas, squash and peas.

THIS WEEK'S SHARE

This list includes all the items that could be included this week. What you receive depends on your share size and whether you pick up at the farm or in metro Boston. All items are Enterprise-grown and certified organic, unless otherwise noted.

- Lettuce
- Salad Mix
- Chard
- Baby Bok Choy
- Basil
- Eggplant
- Bell Pepper
- Zucchini
- Summer Squash
- Cucumbers
- Tomatoes
- Onions *Seamus Sullivan, Whately, MA*
- Sweet Corn *Warner Farm, Sunderland, MA*
- Peaches (**conventional**) *Bashista Orchard, S'hampton, MA*

Grilled Baby Bok Choy

From StraightFromTheFarm.net

*A great way to cook baby bok choy on the grill on those hot August days...
this recipe serves 4 so you can reduce the ingredients accordingly if cooking for fewer people.*

Ingredients

- 4 heads baby bok choy
- 2 tbsp fresh squeezed lemon or orange juice
- 2/3 cup extra virgin olive oil
- 2 cloves garlic, thinly sliced (not minced)
- 2 tbsp fresh herbs of your choosing (dill or sage) finely chopped
- Salt and pepper
- 1 tbsp balsamic vinegar or low-sodium soy sauce
- Handful of pine nuts or chopped walnuts (optional)
- Romano cheese, grated (optional)



Preparation

1. Slice heads of baby bok choy in half length-wise (leaves to stem). Rinse in cool water to remove any grit hidden inside. Heat olive oil in small frying pan. Add thinly sliced garlic and stir until just golden brown (about 1 minute). Remove garlic to a paper towel and take pan off heat.
2. Slice off upper dark green parts of the baby bok choy leaves from the lighter heads. Coarsely chop leaves and set to the side. Brush both sides of heads with garlic-infused oil. Place with cut side up and sprinkle with lemon/orange juice, salt and pepper and herbs.
3. Place seasoned heads on pre-heated grill with cut side down. Cover grill for 5 to 8 minutes. Remove cover and turn heads over. There should be a nice golden color starting to appear. Drizzle balsamic vinegar or soy sauce over cut sides of heads. Cover again for 5 minutes.* Remove cover and turn heads one last time back to the cut side. Remove from grill when fork-tender.
4. At this point, head to the stove and heat up the remaining oil in the small fry pan. When hot, add pine nuts or walnuts and toast slightly for a minute or two. Add chopped baby bok choy leaves and salt and pepper. Stir constantly until wilted, but still very green (about 2 minutes). Remove from heat and toss in fresh herbs if desired.
5. To plate up, put heads on plate and top with leaves, nuts and a sprinkle of cheese. Add more balsamic vinegar or soy sauce if desired.

