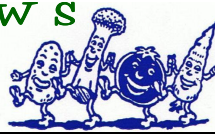


Enterprise Farm News

Week of December 14, 2009

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Dear Members,

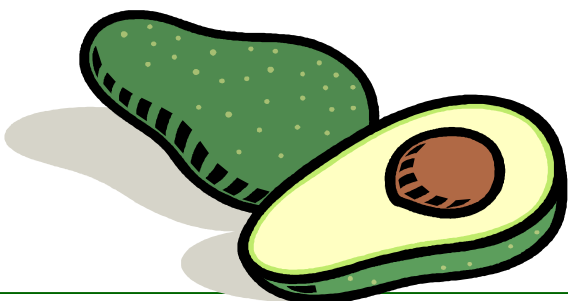
Just a reminder regarding the weeks of Christmas and New Years: shares usually delivered on Thursday will instead be delivered on Wednesday. If you won't be able to pick up your share either of those weeks, you can have a friend pick up the share for you (makes a great gift!) and we'll also instruct all of our drop sites to coordinate donations of leftover shares to local food pantries. Unless you made prior arrangements with us, we cannot pro-rate the price of your share for those weeks.

This week we are featuring some produce from Eastern Carolina Organics. ECO markets and distributes Carolina organic farm produce. They believe that a sustainable food system is based on providing fresh local fruit, vegetables, and herbs while protecting the environment. They are a farmer-owner business. ECO started in 2004 as a project of the Carolina Farm Stewardship Association (CFSA) and a recipient of a \$48,000 Tobacco Trust Fund Commission grant. The goal of CFSA then is our mission now—to support emerging organic farmers and organic tobacco farmers while improving the supply of local organic produce.

In 2005, ECO became a private, grower- and manager-owned LLC with 13 grower and 2 staff owners. Today, ECO works with over 40 growers and 100 customers.



Also, please check out your fellow farm share members blog at <http://farmsharestories.blogspot.com/>



Take action: The U.S. Dept of Justice and the USDA are seeking our comments on consolidation in the food system. We have just two (2) weeks left to tell them what's wrong in our food system and make suggestions for how to fix it. Now is our chance to tell our government what we think about corporate monopolies in the food system. For details, please check out <http://www.foodfirst.org/en/node/2667>.

THIS WEEK'S SHARE

This list includes the items that you may receive in this week's share. Please note, the exact ingredients of your share depend on your share size, which day you pick up, and whether you pick up at the farm or in metro Boston. All items are certified organic, unless otherwise noted.

- Leeks, *Enterprise, Whately, MA*
- Baby Bok Choy, *Enterprise, Whately, MA*
- Green Kale, *Eastern Carolina Organics, NC*
- Red Russian Kale, *Eastern Carolina Organics, NC*
- Collards, *Eastern Carolina Organics, NC*
- Hamlin Oranges, *Eagle's Nest, FL*
- Tangerines, *Eagle's Nest, FL*
- Navel Oranges, *Eagle's Nest, FL*
- Green Beans, *Homestead, FL*
- Avocados, *Homestead, FL*
- Hakurei Turnips, *Eastern Carolina Organics, FL*
- Red Radish, *Eastern Carolina Organics, FL*
- Cherry Tomatoes, *Lady Moon, FL*
- Beauregard Sweet Potatoes, *Eastern Carolina Organics, NC*
- Carolina Ruby Sweet Potatoes, *Eastern Carolina Organics*
- Carrots, *Enterprise, Whately, MA*
- Snap Peas, *Berry Farms, GA*
- Broccoli, *Eastern Carolina Organics, NC*

Rabbit, Carrot, Leek, and Green Bean Ragoût

Recipe Courtesy of Gourmet

- 1 (3-pound) rabbit (thawed if frozen), cut into 8 serving pieces
- 1 tablespoon unsalted butter
- 1/4 cup dry white wine
- 2 cups fat-free chicken broth
- 2 tablespoons chopped garlic
- 1/2 tablespoon fresh thyme
- 1 teaspoon kosher salt
- 1 bay leaf
- 2 red onions
- 3 large leeks, white and pale green parts only, cut into 1/2-inch-thick rounds
- 3 large carrots, cut diagonally into 1/2-inch-thick slices
- 1/2 pound small (1-inch) boiling potatoes (about 8)
- 1/2 pound regular green beans, cut diagonally into 2-inch pieces

Remove fat, kidneys, and liver from rabbit if necessary. Pat rabbit dry and season with salt and pepper. Heat oil and 1/2 tablespoon butter in a wide 6-quart heavy pot over moderately high heat until foam subsides, then brown rabbit in 2 batches, 2 to 3 minutes per side. Transfer as browned to a plate. Add wine to pot and boil 30 seconds. Add broth and deglaze pot by boiling, scraping up brown bits. Mince and mash garlic with thyme and salt and stir into broth with bay leaf and rabbit. Simmer, covered, 40 minutes.

While rabbit is simmering, quarter onions lengthwise, leaving enough of core intact to keep layers together. Soak leeks in a large bowl of water 10 minutes, agitating occasionally to dislodge any sand and letting sand sink to bottom of bowl. Lift leeks out of water.

Scatter onions, leeks, carrots, and potatoes over and around rabbit and continue to simmer, covered, until rabbit and vegetables are tender, 40 to 50 minutes.

When rabbit is almost done, cook beans in a large pot of boiling salted water until just tender, 3 to 5 minutes, and drain in a colander.

Stir beans into ragout, then transfer rabbit and vegetables with a slotted spoon to a deep platter and keep warm. Boil cooking liquid until reduced to about 3/4 cup and whisk in remaining 1/2 tablespoon butter. Pour some of sauce over rabbit and vegetables and serve the rest on the side.

Asian Style Steamed Hakurei Turnips

- 6 Hakurei turnips, tops removed
- 2 cups cold water
- 3/4 cup mirin (fermented rice wine, available at specialty food stores and Asian Markets)
- 1/4 cup white soy sauce

Trim turnips and peel with a vegetable peeler. Cut the turnips into sixths and place them in a saucepan with the remaining ingredients. Cover and bring to a simmer over medium-low heat; cook very slowly for about 15 minutes, or until just tender. Let cool to room temperature in the braising liquid, then drain and serve with steamed or roasted fish.

Snap Peas and Carrots

- 1/2 lb carrots
- 1/4 cup water
- 1/2 cup sugar snap peas, strings removed and snap peas halved lengthwise diagonally
- 1 tablespoon fresh orange juice

1/4 teaspoon sugar

1/2 tablespoon unsalted butter

Special equipment: parchment paper

Put carrots, water, and salt and pepper to taste in an 8-inch skillet, then cover with a round of buttered parchment paper (buttered side down; parchment should be touching carrots) and simmer until carrots are crisp-tender, about 2 minutes. Remove parchment. Add snap peas and increase heat to high, then cook until peas are crisp-tender and liquid is reduced to about 1 teaspoon, about 1 1/2 minutes. Add orange juice, sugar, and butter, swirling skillet to coat carrots and peas, and cook until liquid is reduced to a syrupy glaze, about 30 seconds. Season with salt and pepper.

Crunchy Avocado Salad

1 ripe avocados, peeled, pitted and diced

1/2 pint cherry tomatoes, halved or quartered

1/4 cup pitted nicoise olives, roughly chopped

1/2 cup canned chickpeas, drained, rinsed and drained again

1 tablespoons roughly torn flat-leaf parsley or cilantro

1/4 cup champagne vinegar

1/8 cup extra-virgin olive oil

1 teaspoon ground cumin

1/2 teaspoon smoked paprika

Salt and freshly ground black pepper

2 ounces blue corn tortilla chips

Gently toss the avocados, tomatoes, olives, chickpeas, parsley, vinegar, olive oil, cumin, paprika, salt and pepper in a large bowl. Crumble the chips over the top and serve.