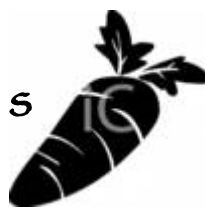


Enterprise Farm News

Week of February 16, 2009



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Dear Shareholders,

CITRUS is back! We now have Red Valencia Oranges and Honey Tangerines in. If you are owed a citrus box for referring someone to the share, contact jordan@enterpriseproduce.com, or to receive your box. If you would like to order a citrus box, contact james@enterpriseproduce.com.

We have a mix of golden and red bunched beets in the share from Florida. The greens as well as the beets are edible, and are similar to chard. There are four beet salad recipes from around the globe in the following pages of the newsletter. Also, check back to the Jan 26 newsletter, on the farm website, for recipes for Sweet Beet Spread, and Julienned Roasted Beets and Carrots with Tart Grapefruit Glaze.

In case you didn't hear, the farm share is now year round, and sign ups for the coming year are now underway! Since the farm share is now year-round, we will give first preference to those who stay with us for the year (June-May), and sell additional summer/winter season shares only as space allows. For current customers, since the farm share is now year-round, unless you let us know otherwise, we will assume that you would like to continue on with your share into the next year. ***If you are not planning on continuing the share past the end of May, please contact us.***

As always, please consider paying for a year, six months, or a few months in one payment, especially at the beginning of new the season. By paying for your share up-front, you're truly investing in our farm, helping us get up and running in the spring, and allowing us to focus on growing rather than administrative tasks.

The main farm share email is now farmshare@enterpriseproduce.com and Jordan is currently the main contact person for anything regarding share signups and payments. Emails for other farm staff can be found at the farm website.

As part of the process of the changing seasons, we will be distributing evaluation surveys at each pickup location over the next few weeks. Please let us know your feedback on which vegetables and fruits you want to see more or less of, how the quality of your produce has been, and anything else on your mind. We appreciate your feedback in this first season of the share program at Enterprise!

Cheers,

Farmer Benneth (for Dave, Family and Crew)

ITEMS IN THIS WEEK'S SHARE

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

Apples:(Empire, Fuji, Mutsu, Golden Delicious): Clarkdale Orchard, Deerfield, MA

Citrus (Red Valencia Orange, and Honey Tangerine): Eagle's Nest, FL

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

Sweet Potatoes (Beauregard, Ruby) Watauga Farm, NC

Potatoes (Red, Yukon, Kennebec) Deep Root, VT

Purple Top Turnip, Somerset Farm, NC

Beets (Red and Gold): Lady Moon Farm, FL

Carrots: Deep Root, Quebec

Kale (Dino, Green and Red), Lady Moon, FL

Parsley (Flat and Curley): Lady Moon Farm, FL

Lettuce: Lady Moon Farm, FL

Zucchini, Lady Moon, FL

Cherry and Grape Tomatoes: Alderman, FL

Beet Salads

Basic Beet Salad with Goat Cheese *adapted from epicurious.com SELF | June 2007*

Yield: Makes 4 servings

Try serving this as is, or on a bed of lettuce, spinach, arugula or salad mix. Beets are high in folate, a vitamin that may help ward off heart disease; this dish delivers 1/3 of your daily requirement.

4 medium red or golden beets (4 ounces each), stems and root ends removed
1/3 cup walnuts, chopped
1 tablespoon balsamic vinegar
Freshly ground black pepper
1 tablespoon sunflower-seed oil
2 ounces lowfat goat cheese

Heat oven to 400°F. Wrap each beet in foil. Roast until soft, about 1 hour. Cool slightly; remove foil. Rub off skins; cut into wedges. Toss with nuts and vinegar. Season with salt and pepper. Add oil; toss. Divide among 4 plates; crumble cheese on top.

Roasted Beet Salad with Oranges and Beet Greens *epicurious.com Bon Appétit | January 2004*

Yield: Makes 6 servings

The delicate beet greens — which are an excellent source of potassium, folic acid, and magnesium — make this dish even more healthful.

6 medium beets with beet greens attached
2 large oranges
1 small sweet onion, cut through root end into thin wedges
1/3 cup red wine vinegar
1/4 cup extra-virgin olive oil
2 garlic cloves, minced
1/2 teaspoon grated orange peel

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.

Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve.

Beet Salads (page 2)

Scandinavian Celery-Root and Beet Salad *adapted from epicurious.com Gourmet | February 2004*

Yield: Makes 8 servings
Active Time: 45 minutes
Total Time: 2 3/4 hours

6 medium beets (2 1/4 lb with greens), trimmed, leaving 1 inch of stems attached
1 (1-lb) celery root (sometimes called celeriac)
2 tablespoons plus 2 teaspoons fresh lemon juice, plus additional to taste
2 tablespoons minced shallot
1/4 cup olive oil
3/4 teaspoon salt
1/2 cup chopped walnuts (2 oz), toasted and cooled

Put oven rack in middle position and preheat oven to 425°F.

Wrap beets tightly in foil to make 2 packages (3 beets in each) and roast until tender, about 1 1/4 hours.

While beets roast, peel celery root with a sharp knife and cut into 1/8-inch-thick matchsticks. Whisk together lemon juice, shallot, oil, salt, and pepper to taste in a large bowl until combined well, then add celery root and toss until coated. Keep at room temperature, covered, until ready to add beets.

Carefully unwrap beets and, when just cool enough to handle, slip off skins and remove stems. Cut beets into 1/8-inch-thick matchsticks and toss with celery root.

Let salad stand, covered, at room temperature 1 hour. Taste salad and season with more lemon juice and salt if necessary, then toss with walnuts.

German Lettuce and Beet Salad with Sour Cream Dressing

Adapted from epicurious.com Bon Appétit | November 1995

Beets--both pickled and boiled--have long been a popular German side dish for meats. The sour cream dressing gets a kick from vinegar and mustard.

2 medium beets (about 8 ounces)
2/3 cup sour cream
2 tablespoons grated onion
1 tablespoon red wine vinegar
1 tablespoon sugar
1 tablespoon Dijon mustard
5 cups (packed) mixed torn lettuces (such as romaine, red leaf and butter lettuce)

Preheat oven to 400°F. Wrap beets tightly in foil. Bake until tender, about 1 hour. Cool; peel beets. Coarsely shred beets.

Whisk sour cream, onion, vinegar, sugar and mustard in small bowl to blend. Season with salt and pepper. Place lettuces in large bowl. Add dressing and toss to coat. Divide salad among 4 plates. Top each with beets, dividing equally.