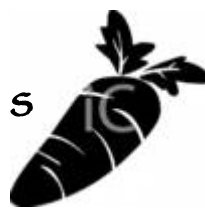


Enterprise Farm News

Week of February 9, 2009



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Dear Shareholders,

This week, you'll be receiving lots of bell peppers! There are two recipes for stuffed peppers on the following pages of the newsletter. As always, if you have recipes you would like to share with other shareholders, send them to us and we will put them in the newsletter.

As we look toward Summer on the farm, we will be opening the greenhouse over the next few weeks, to start plants for our fields, and bedding plants for sale at our Farmers' Markets. Lettuce, kale, flowers and herbs will be among the first crops to get started. We have five greenhouses on the farm, plus one under construction! Two contained Winter salad greens this Winter. All of our greenhouses will contain field transplants this Spring and Summer.

Speaking of the changing season, 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): Clarkdale Orchard, Deerfield, MA
Onions: Long Plain Farm, Whately, MA (*conventional*)
Sweet Potatoes (Beauregard, Ruby) Watauga Farm, NC
Potatoes (Red, Yukon, Kennebec) Deep Root, VT
Rutabaga, Cottles Farm, NC
Purple Top Turnip, Somerset Farm, NC
Beets: Deep Root, Quebec
Celeriac: Full Bloom Farm, Whately, MA
Kale (Dino, Green and Red), Lady Moon, FL
Flat Parsley: Lady Moon Farm, FL
Lettuce: Lady Moon Farm, FL
Eggplant, Lady Moon, FL
Green and Red Pepper, Lady Moon, FL
Zucchini, Lady Moon, FL
Green Beans: Alderman, FL
Cherry and Grape Tomatoes, Lady Moon, FL

Cont...

Stuffed Pepper Recipes

Stuffed Peppers, Iranian (adapted from Madhur Jaffrey's World Vegetarian)

1 Cup basmati rice
1/2 cup red lentils
8 bell peppers
3 tablespoons olive oil
1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
1 large shallot, peeled and finely chopped
Salt
1 1/2 well-packed cups (1 1/2 ounces) very finely chopped fresh parsley
3/4 cup (1 ounce) very finely chopped fresh chives
2 tablespoons very finely chopped fresh tarragon
2 tablespoons very finely chopped fresh basil
4 1/2 tablespoons tomato paste
1 tablespoon sugar

Combine the rice and red lentils in a bowl and wash in several changes of water. Cover well with water and leave to soak 30 minutes. Drain.

While the rice and lentils are soaking, prepare the peppers. Cut a neat cap off the top (stem end) of each one, rather like a big plug. Now clean the insides of all seeds and ribbing. Cut off any seeded area that is attached to the caps.

Once the soaking is over, put the oil in a large, nonstick sauté pan and set over medium-high heat. When hot, put in the onion, garlic, and shallot. Stir and fry for about 5 minutes, or until the onion is soft and golden. Now put in the drained rice and lentils and stir gently for a minute. Now add 1/2 cup of water and 1/2 teaspoon salt. Stir gently, staying on medium-high heat until all the water is absorbed, about 2 minutes. Add another 1/2 cup of water and another 1/2 teaspoon salt and stir very gently until all the water is absorbed, being very careful not to break the rice grains. Repeat this one more time, putting in just a scant 1/2 teaspoon of salt the last time around. Once the water is absorbed, put in the parsley, chives, tarragon, and basil. Stir to mix and turn off the heat. Taste, adding more salt if you need it.

Put the tomato paste in a bowl. Add the sugar and 1 1/2 teaspoons salt. Slowly add 3 cups of water, stirring as you go.

Preheat the oven to 350F.

Stand the peppers in a baking tray. Fill each one 3/4 full with the rice mixture. Stir the tomato mixture and pour 4 tablespoons in each pepper. Now close each pepper with its own cap. Pour a few tablespoons of the tomato mixture at the bottom of the pan and put the peppers in the oven. Bake about 1 1/4 to 1 1/2 hours, or until the peppers are soft. Baste frequently with the tomato mixture, adding more to the bottom of the pan when it is needed. Serve hot or at room temperature.

Couscous and Feta Stuffed Peppers epicurious.com SELF | September 2000

- 1 1/4 cups chicken or vegetable broth
- 2/3 cup couscous
- 4 large bell peppers
- 2 tsp olive oil
- 1/2 cup chopped onion
- 12 oz zucchini and/or summer squash quartered lengthwise then sliced across thinly
- 1/2 tsp fennel seeds
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1 cup cherry tomatoes, cut in half
- 15 oz canned chickpeas, drained and rinsed
- 4 oz crumbled feta cheese (about 1 cup)

Preheat oven to 350°F F. Coat a small baking dish with oil or cooking spray. Bring the broth to a boil in a saucepan, add the couscous, cover the pan and remove it from the heat. Meanwhile, bring a large pot of water to a boil. Cut the stems and top half inch off the bell peppers and scoop out the seeds and membranes. Boil trimmed peppers for 5 minutes, then drain them upside down. Heat oil in a nonstick skillet. Add onion, zucchini, yellow squash, fennel seeds, oregano, and salt. Cook, stirring frequently, for 5 minutes or until vegetables are softened. Remove from heat and stir in the tomatoes and chickpeas. Using a fork, scrape the couscous into the skillet and toss with the vegetables. Stir in the crumbled feta. Place peppers upright in the baking dish and fill them with couscous. Bake 15 minutes. Serve immediately.