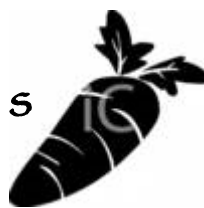


Enterprise Farm News

Week of January 19, 2009



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Dear Shareholders,

continued from column 1...

This week we are offering dandelion greens from Florida. A favorite crop of ours in the summer season here at Enterprise, dandelion is considered a bitter green and should be used in recipes that compliment this flavor. We've offered a few recipes for salads and sautés on the second page of the newsletter.

The dandelion we grow here at Enterprise is a cultivated variety, Catalogna (*Chicorium intybus*). It is an "Italian" dandelion, not a true dandelion (*Taraxacum officinale*), but a member of the Chicory family that appears similar to field dandelions. Dandelion has a high value in our field rotation, since many of our crops are in the Broccoli/Cabbage *Brassica* family, or the lettuce family. Thus, a Chicory family crop adds balance to the rotational schema.

Another little reminder about payments. Please consider paying off the season in full, as it saves significant amounts of administrative time on the farm, which frees us up for other farm tasks, like ordering seed for this summer. If you are paying monthly, please make your February payment on time by mailing it to the farm, at 75 River Rd, South Deerfield, MA 01373, or bringing it to your pickup. In general, before the first of each month, you may choose to either mail your payment to us, or leave your payment with the share-room or drop-site coordinator when you pickup your share. There should be an envelope for payments with the sign-in clipboard.

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We are still accepting shareholders for Winter and Summer! To show appreciation for those of you offering extra support to the farm by referring your friends to the CSA, we are offering a **free box of citrus** to any customer who signs up a friend for any of our drop sites. Refer a friend for the Winter and receive a 1/2 box of citrus, refer a friend for both the Winter and Summer CSA, and receive a full box of citrus! In general, citrus boxes can still be ordered via james@enterpriseproduce.com.

Cheers,
Farmer Benneth

(For Farmer Dave, Family and Crew)

ITEMS IN THIS WEEK'S SHARE

All items in this weeks share are organic, except for the apples, which are IPM. Shares may differ depending on whether you have a larger or small share, and whether you pick up at the farm or a drop spot.

Citrus: Eagle's Nest, FL
Apples (Fuji, Davey, Mutsu): Clarkdale Orchard, Deerfield, MA
Avocados, Homestead, FL
Green Beans, Homestead, FL
Salad Mix, Enterprise Farm, Whately
Sweet Potatoes: Beauregard, O'Henry, Ruby, Faucette Farm, NC
Red Potatoes: Deep Root, VT
Kennebunk Potatoes: Watauga, NC
Carrots : Deep Root, VT
Beets: Deep Root, VT
Celeriac: Full Bloom Farm, Whately, MA
Parsnip: Deep Root, VT
Swiss Chard, Lady Moon Farm, FL
Curly Green Kale: Cottles Farm, NC
Dino Kale: Lady Moon Farm, FL
Lettuce: Lady Moon Farm, FL
Cherry and Round Tomatoes, Lady Moon, FL

Italian Dandelion Recipes

Curried Greens with Golden Onions and Cashews

Gourmet | January 2001— www.epicurious.com

Active time: 50 min Start to finish: 50 min

Yield: Makes 4 servings

This recipe is very adaptable. You can use whatever quantities of mustard and dandelion greens and spinach you happen to have on hand—just keep the total amount of greens the same.

1 large onion, cut lengthwise into 1/4-inch-thick wedges
6 tablespoons olive oil
2 teaspoons curry powder
1 teaspoon ground coriander
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1 teaspoon mustard seeds
1/4 teaspoon cayenne
1/2 cup coarsely chopped salted roasted cashews (4 oz)
1 lb spinach, tough stems discarded (6 cups)
3/4 lb mustard greens, stems and center ribs discarded (5 cups)
3/4 lb dandelion greens, tough stems discarded (4 cups)
1/2 cup water

Cook onion with salt to taste in 3 tablespoons oil in a 10-inch heavy skillet over moderate heat, stirring occasionally, until deep golden and some wedges are crisp, 15 to 20 minutes. Meanwhile, stir together spices.

Add cashews to onion and cook, stirring occasionally, until nuts are 1 shade darker, about 3 minutes. Stir in 1 1/2 teaspoons spice mix and cook, stirring, until fragrant, about 30 seconds. Remove skillet from heat.

Heat remaining 3 tablespoons oil in a 5-quart heavy pot over moderately high heat until hot but not smoking, then cook remaining spice mix, stirring, until fragrant, about 30 seconds. Immediately stir in the 3 greens and water and cook, stirring occasionally, until most of liquid is evaporated and greens are tender, 3 to 5 minutes. Season with salt.

Dandelion Salad with Pomegranate Seeds, Pine Nuts, and Roasted Delicata Squash

Bon Appétit | November 2005 — www.epicurious.com

An elegant starter or side.

Yield: Makes 8 servings

6 tablespoons pomegranate juice
1 1/2 tablespoons balsamic vinegar
1 1/2 tablespoons red wine vinegar
7 tablespoons extra-virgin olive oil
2 tablespoons butter, divided
2 unpeeled medium delicata squash or 1 medium acorn or carnival squash, halved, seeded, cut into 24 wedges total
1 pound dandelion greens, thick stems trimmed, leaves cut into 2-inch lengths (about 12 cups)
1 1/2 cups pomegranate seeds
1/4 cup pine nuts, toasted

Whisk pomegranate juice and vinegars in bowl. Gradually whisk in oil. Season with salt and pepper. Rewhisk before using.

Melt 2 teaspoons butter in heavy large nonstick skillet over medium-high heat. Add 1/3 of squash wedges. Cook until browned on both sides, about 5 minutes total. Transfer squash wedges to rimmed baking sheet. Repeat 2 more times with remaining butter and squash wedges. Sprinkle squash with salt and pepper. (Can be prepared 6 hours ahead. Let stand at room temperature.)

Preheat oven to 450°F. Transfer squash to oven; bake 20 minutes.

Mix greens, pomegranate seeds, and pine nuts in large bowl. Toss with half of dressing. Divide among plates; top with squash. Drizzle with dressing.