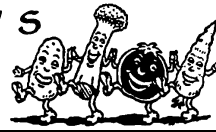


# Enterprise Farm News

Week of June 29, 2009



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Dear Shareholders,

Yummm.... Garlic scapes, what are those? Garlic Flowers! The green, curly vegetable in your share this week is the flower of the garlic plant. Each garlic bulb grows in the ground attached to one stalk, and at the top of the stock in June sprouts a green curl, known as the "scape" Farmers and gardeners everywhere harvest their scapes as a routine practice that sends the plant energy towards the bulb, rather than towards flower production.

The scapes may be enjoyed in any recipe that calls for garlic, raw or cooked. Try it in sauces, marinades, salad dressings or pesto. Try tossing it on the grill whole at this weekend's barbeque. To store the scapes, place them in a sealed plastic bag in your refrigerator. They will store for 10-14 days.

This week, check out July 4th slaw recipes on the second and third pages of the newsletter. We've included four recipes to try, from traditional (with mayonnaise) to creative. Alternatively, try substituting the Napa cabbage in your share in your favorite slaw recipe. Another summer salad option is the Napa and Red Cabbage Salad recipe in the June 8th Newsletter. [www.enterpriseproduce.com/news-events/newsletters.htm](http://www.enterpriseproduce.com/news-events/newsletters.htm)

This weekend past weekend, Enterprise Farm participated in the Franklin Land Trust 21st Annual Farm and Garden Tour. This is the first year that Enterprise participated in the event. Farms and gardens of the area were open Saturday and Sunday to tour-goers learning about area farms and land protection.

A reminder, this Tuesday, June 30, during share pickup at the farm, we will be planting the next stage of the Enterprise Farm **Kids' Garden**. Kids and adults of all ages are welcome to join in! We will be planting a pie-shaped **pizza garden** with tomatoes, peppers, onions and herbs!

Happy Summer,

Farmer Benneth (for Dave, family and crew)



Garlic plants with the curly scape, twisting in a characteristic shape.

## ***ITEMS IN THIS WEEK'S SHARE***

*All items in this week's share are organic. Shares will differ depending on whether you have a large or small share, and whether you pick up at the farm or in the Metro Boston area.*

Lettuce, Enterprise Farm, Whately, MA  
Napa Cabbage, Enterprise Farm, Whately, MA  
Kale, Enterprise Farm, Whately, MA  
Garlic Scapes, Enterprise Farm, Whately, MA  
Parsley, Enterprise Farm, Whately, MA  
Salad Turnip, Enterprise Farm, Whately, MA  
Radish, Enterprise Farm, Whately, MA  
Zucchini & Squash, Enterprise Farm, Whately, MA  
Green Beans, Cottles Organic, NC  
French Fillet Beans, Cottles Organic, NC  
Peppers, Somerset, GA  
Purple Top Turnip, Cottles Organic, NC  
Beets (loose, red), Somerset, NC  
Sweet Potatoes, Cottles Organic, NC  
Blueberries, Cottles Berry Nursery, NC  
Strawberries, Chamutka Farm, Whately, MA  
Melon, Lady Moon, GA

## ***Creamy Coleslaw***

Gourmet | August 2004 [www.epicurious.com](http://www.epicurious.com)

Yield: Makes 8 servings

### ***Ingredients***

1/2 cup mayonnaise  
1/4 cup sour cream  
2 tablespoons cider vinegar  
3/4 teaspoon sugar  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
2 lb green cabbage, quartered, cored, and thinly sliced (8 cups)  
3 medium carrots, shredded

### ***Preparation***

Whisk together mayonnaise, sour cream, vinegar, sugar, salt, and pepper in a large bowl until combined well, then toss with cabbage and carrots. Let stand, uncovered, at room temperature, tossing occasionally, until wilted, about 30 minutes. Serve at room temperature or chilled. Coleslaw can be made 1 day ahead and chilled, covered.

## ***Cabbage and Corn Slaw with Cilantro and Orange Dressing***

Bon Appétit | July 2007 [www.epicurious.com](http://www.epicurious.com)

Yield: Makes 8 servings

### ***Ingredients***

1/3 cup frozen orange juice concentrate, thawed  
1/3 cup unseasoned rice vinegar  
1/3 cup canola oil or vegetable oil  
2 (8-ounce) bags coleslaw mix  
4 ears of fresh corn, shucked, kernels cut from cob  
2 medium carrots, peeled, coarsely grated  
1 medium red bell pepper, stemmed, cored, cut into thin strips  
6 medium green onions, thinly sliced  
1/2 cup chopped fresh cilantro

### ***Preparation***

Whisk orange juice concentrate, rice vinegar, and canola oil in small bowl. Season with salt and pepper. **DO AHEAD**  
*Dressing can be made 1 day ahead. Cover and refrigerate.*

Combine slaw mix, corn kernels, carrots, red bell pepper strips, sliced green onions, and chopped cilantro in large bowl. Toss with enough dressing to coat. Season slaw to taste with salt and pepper. Let stand 15 minutes for flavors to blend. Toss again and serve.

## *Grilled Asian Flank Steak with Sweet Slaw*

Bon Appétit | June 2008 [www.epicurious.com](http://www.epicurious.com)

Yield: Makes 4 servings

### *Ingredients*

1/4 cup soy sauce  
5 tablespoons vegetable oil  
5 teaspoons minced peeled fresh ginger, divided  
1 garlic clove, pressed  
1 1 1/2-pound flank steak  
3 tablespoons sugar  
3 tablespoons seasoned rice vinegar  
2 red jalapeños, thinly sliced into rounds  
5 cups thinly sliced Napa cabbage (about 9 ounces)  
3/4 cup chopped green onions, divided

### *Preparation*

Prepare barbecue (medium heat). Mix soy sauce, oil, 3 teaspoons ginger, and garlic in resealable plastic bag. Add flank steak and seal bag; turn to coat. Let stand at room temperature 30 minutes, turning occasionally.

Stir sugar and vinegar in small saucepan over medium heat until sugar dissolves; remove from heat. Add jalapeños and remaining 2 teaspoons ginger. Place cabbage and 1/2 cup green onions in medium bowl.

Pour vinegar mixture over and toss to coat. Season with salt and pepper. Let stand while grilling steak, tossing occasionally.

## *Grilled Asian-Style Salmon with Cabbage and Mint Slaw*

Bon Appétit | September 2003 [www.epicurious.com](http://www.epicurious.com)

Yield: Makes 4 servings

### *Ingredients*

1 cup (packed) fresh mint leaves  
2 tablespoons chopped peeled fresh ginger  
2 tablespoons soy sauce  
2 tablespoons rice vinegar  
2 tablespoons oriental sesame oil  
4 6-ounce salmon fillets with skin  
4 cups thinly sliced Napa cabbage

### *Preparation*

Prepare barbecue (medium-high heat). Thinly slice enough mint to measure 2 tablespoonfuls. Place in bowl. Whisk in next 4 ingredients. Set dressing aside.

Place salmon in glass pie dish. Add 4 tablespoons dressing and turn to coat. Sprinkle salmon with salt and pepper. Marinate salmon 15 minutes. Grill fillets until barely opaque in center, about 4 minutes per side.

Meanwhile, toss sliced cabbage with remaining mint leaves and remaining dressing. Season to taste with salt and pepper. Divide slaw among 4 plates. Place salmon atop slaw and serve.