

# Enterprise Farm News

Week of March 10, 2009



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Dear Shareholders,

Well, it's mud season on the farm, that's farm talk for "spring." The farm yard around the greenhouses and barn is a bustling mud pit. Mud aside, by the end of this week, three of our greenhouses will be full with farm fresh items coming your way starting in June! We're now seeding lettuce, chard, dandelion, flowers and herbs.

As you might have noticed, spring is a challenging time to source a variety of veggies and fruit for the share. The local storage crops are now six months old, and local farms lack offerings. Our greenhouses have been cleared of winter greens to make way for May and June field transplants. In addition, the Florida produce season is still going, but is past its peak and offers a limited rotation of items. Farmers in Georgia are planting greens now for harvest in May, with North and South Carolina to follow.

What produce will be available for the remainder of spring then? Most of the produce this spring will be coming from Florida, Georgia and North Carolina until June when our local supply kicks back in. March will bring a repeat of familiar items from February, such as Florida Chard, Kale and Lettuce, along with Green Peppers, Zucchini, Onions and Citrus, with occasional green beans and eggplant. By April, we may see colored bell peppers and acorn squash from Florida, alongside blueberries, strawberries and melons from Georgia. June will kick off the local season with Lettuce, Kale, Collard, Chard and Spinach from our own fields!

We are offering a few more weeks of local storage apples, with a mix of apples last week and this week from Bashista Orchard, in Southampton, MA and from Pine Hill Orchard in Colrain, MA.

In addition, this week we offer a simple recipe for Bok Choi and/or other Asian greens. If you haven't tried cooking Bok Choi before, check this recipe out.

Thank you to all the shareholders who have been with us this winter, but who won't be continuing on through the summer. We appreciate your early support of the year round farm share program at Enterprise! It wouldn't have been possible without you! Equally, for those of you staying on into the coming year, we are looking forward to continuing to provide high quality fruits and vegetables all year long.

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 onions which are from a local conventional farm, and the apples which are IPM. Shares may 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.*

Onions: Long Plain Farm, Whately, MA (*conventional*)  
Sweet Potatoes (Beauregard, Ruby) Watauga Farm, NC  
Potatoes (Red, Yukon, Kennebec) Deep Root, VT  
Carrots: Deep Root, Quebec  
Kale (Dino, Green and Red), Lady Moon, FL  
Collards: Lady Moon, FL  
Bok Choy: Lady Moon, FL  
Swiss Chard: Lady Moon, FL  
Parsley (Flat and Curley): Lady Moon Farm, FL  
Lettuce: Lady Moon Farm, FL  
Green Pepper, Alderman, FL  
Zucchini. and Summer Squash, Alderman, FL  
Cherry and Grape Tomatoes: Alderman, FL  
Citrus (Red Valencia Orange and Honey Tangerine),  
Eagle's Nest, FL  
Apples (Red Delicious, Granny Smith, Macintosh, Gala,  
Empire), Bashista's Orchard and Pine Hill Orchard, MA

## ***Stir-Fried Asian Greens with Chiles and Garlic*** Epicurious | December 2006

Yield: Makes 4 servings

Adapted with permission from *Cradle of Flavor: Home Cooking from the Spice Islands of Indonesia, Malaysia, and Singapore* by James Oseland, © 2006 W.W. Norton & Company, Inc.

There are, I think, few things more purely satisfying than quickly stir-fried Asian greens. Indonesian cooks agree: Meals in the country are unthinkable without greens on the table. They're so popular that market vendors often sell as many as 15 different kinds, from the tender mustard shoots known as sayur sawi, similar to bok choy, to bitter young papaya leaves (daun papaya), which are stir-fried along with their small white flowers. On our shores, young, tender Asian greens with slender stems — such as water spinach, bok choy, baby bok choy, choy sum, and baby kai lan — work best for stir-frying. Chinese and Southeast Asian markets will likely carry at least two of these varieties at any given time; farmers' markets will have them stocked in the summer months (and year-round in places with temperate climates such as Southern California and Florida). Always buy unblemished greens that have no signs of yellowing, and cook them as soon as possible — they don't store well.

### **Ingredients:**

- 1 medium-size bunch (about 13 ounces) tender Asian greens, such as bok choy, baby bok choy, baby Shanghai choy, choy sum, baby kai lan, or water spinach
- 3 tablespoons peanut oil
- 4 cloves garlic, peeled, bruised until juicy with a flat side of knife, and coarsely chopped into 3 or 4 chunks
- 1/4 teaspoon salt
- 1 to 2 fresh red Holland chiles or other hot fresh red long chiles, such as Fresno or cayenne, stemmed and sliced on the diagonal into thin pieces (optional, but the chiles add appealing color and gentle heat; see Cook's Note, below)

### **Preparation:**

1. Cut the cleaned greens into pieces 2-1/2 to 3 inches long. If any of the stems are particularly wide — say, more than 1 inch — or are tough or sinewy-looking, cut them in half lengthwise. If you're using baby bok choy or baby Shanghai choy, you can either leave the heads whole or cut them in half lengthwise — it's up to you. Spin the greens dry in a salad dryer or set them aside to air-dry on a kitchen towel or paper towels; they needn't be bone dry — a little dampness won't matter.
2. In a wok, 12-inch skillet, Dutch oven, or soup pot (any pot large and wide enough to comfortably hold the greens will do), heat the oil over medium-high heat. When it's hot but not smoking — it should appear shimmery — add the garlic, the salt, and, if using, the chiles. Sauté, stirring until the garlic just begins to lose its rawness, about 1 minute. (Try not to let the garlic turn golden or golden brown, which would give this dish an inappropriate roasted taste.)
3. Add the greens. Raise the heat slightly and immediately begin to vigorously stir-fry the greens around the pot. Continue to vigorously stir-fry the greens until they just begin to go limp but the leaves remain a spring-green color and the stems are still crunchy-crisp, 3 to 4 minutes, depending on the type of greens. Taste for salt, adding only a pinch more if necessary (a little salt goes a long way with greens).
4. Transfer the cooked greens to a large serving platter and serve promptly. Be careful not to pile the greens in a small bowl; since the greens will continue to cook for a minute or two after they're removed from the heat, a serving bowl that crowds them may cause them to overcook and become mushy.

### **Cook's Note:**

Holland chiles (also called Dutch or finger chiles) are the primary hot pepper used in Indonesian cooking. They are ruby red in color and glossy skinned, with narrow, fingerlike bodies that end in sharp points. They're about four inches long (sometimes longer, but rarely shorter) and a half inch in diameter at their thickest point. They have juicy, sweet-tasting flesh and tight, waxy skin that keeps them from spoiling quickly. Holland chiles vary from mildly hot to scorching, but they lose much of their pungency when cooked. They're available year-round in North America, generally imported from the Netherlands. If you can't find them, you may substitute any fresh red chiles such as Fresno, cherry bells, cayennes, Anaheims, huachinangos, jalapeños, or serranos.