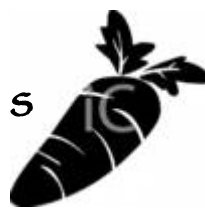


Enterprise Farm News

Week of March 2, 2009



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Dear Shareholders,

It may not feel like spring, but here's some news to warm your heart: We officially opened the greenhouses this week! We're now seeding kale, collards, leeks, onions, shallots, parsley and lettuce for planting here at the farm, as well as bedding plants to sell at our farmers markets and on the farm in the spring. We're also in the midst of transplanting flowers for hanging baskets of Calibrochoa (in mixes of orange, white, yellow, pink and purple) and Petunia (in dark/light pink, and purple).

As you've hopefully heard by now, **the "winter" share season has officially been extended through May**. Most of the produce this spring will be coming from Florida, Georgia and North Carolina until June when our local supply kicks back in. We're excited to have recently partnered with some new farms in the South, and we've got great stuff on tap for the spring shares. Here are a few items you can look forward to:

- Hothouse tomatoes from Vermont
- Spring cabbage (red, green and savoy) from Florida and the Carolinas
- Pink grapefruit from Florida
- Strawberries from Georgia
- Spring potatoes from Florida and the Carolinas
- Field tomatoes and cucumbers from Florida



Seamus and Kacie seeding in our starter greenhouse

Conjecturing that you could all use a few more exciting ways to make use of potatoes and sweet potatoes, this week I included one of my personal favorite recipes, Sweet Potato Quesadillas by Mollie Katzen. Donna Childs, our accountant and a shareholder, contributed a recipe for sausage and potato casserole (for which she suggests the Wells Tavern Farm sausage from Shelburne, Mass., that we have for sale at the farm).

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 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 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 and Baby Bok Choy: Lady Moon, FL
Swiss Chard: Lady Moon, FL
Parsley (Flat and Curley): Lady Moon Farm, FL
Lettuce: Lady Moon Farm, FL
Eggplant, Lady Moon, FL
Green Pepper, Alderman, FL
Cucumber, 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

Sweet Potato Quesadillas

Served with a salad, these make a delectable meal

Prep Time: 20-25 min

Yield: Makes 4 servings

1 1/2 finely chopped onion
2 garlic cloves, minced or pressed
3 tablespoons vegetable oil
4 grated peeled sweet potato (about 3 potatoes)
1/2 teaspoon dried oregano
1 teaspoon chili powder
2 teaspoons ground cumin
Generous pinch cayenne
Salt and pepper to taste
1 cup grated sharp cheddar cheese
8 tortillas (8-10 inch)
Salsa
Sour Cream

Sauté the onion and garlic in the vegetable oil until the onions are translucent. Add the grated sweet potatoes, oregano, chili powder cumin, and cayenne and cook, covered, for about 10 minutes, stirring frequently to prevent sticking. When the sweet potato is tender, add salt and pepper to taste and remove the filling from the heat. Spread one-eighth of the filling and 2 tablespoons of the cheese on each tortilla. Cook the filled tortillas, 2 or 3 minutes on each side. Serve immediately, topped with salsa and sour cream.

Sausage and Potato Casserole by Donna Childs

“Simple, easy, tasty”

1 lb sausage (sweet or hot)
1 large onion
4-6 medium to large potatoes

Brown sausage in large frying pan. If using bulk sausage, just crumble into pan. If using link sausage, cut into 1 inch slices. Stir crumbled sausage to evenly brown or turn slices to brown on both sides while cooking. Remove from heat. **DO NOT DRAIN.** Slice the potato and onion into a large casserole dish. Pour cooked sausage over potato and onion and mix to distribute. Season with salt and pepper. Cook in 350 degree oven for about 1 hour or until potato is fork tender.