

Enterprise Farm News

Week of November 9, 2009

Mailing Address: 75 River Rd.
So. Deerfield, MA 01373
413.665.8608
www.enterpriseproduce.com
farmshare@enterpriseproduce.com



Dear Members,

We've got some fun stuff in this week's box! Enterprise's own **Rainbow Carrots** and **Red Baby Bok Choy**. Which are an interesting twist on the regular Carrots and Bok Choy you're used to. These fun items are a foreshadowing of what's to come next year. We will be planting more varieties and interesting crops in the year to come by popular demand.

Also making an appearance in this week's share will be **Purple Potatoes** from Deep Root Organic Coop in Vermont. Deep Root Organic Coop was the first organic growers' coop in New England. It was also the first growers' coop that Dave joined as a young farmer in the '80s. They have been integral to the success of Enterprise Farm and have really great product. You will see a lot of their roots and storage crops to come in the Winter Share. Farmer Dave says that Purple Potatoes are the **best** potatoes for **mashing!** Aside from being really beautiful, they're super delicious and nutritious!

And, we're excited to include **mizuna** in the share this week, grown by Heavens Harvest, in New Braintree, Mass. Heaven's Harvest is a Certified Organic Farm in Central Mass. which buys a lot of produce from Enterprise Farm all year round. We're happy to include something of theirs in our box for a change!

Finally, we've opened our Food Shed in our Share Room! Tuesdays from 2-6 we will be selling local, organic produce, eggs, cider, honey, maple syrup, meats, and cheese! We opened last week, unannounced to members, and had a successful first day. We will be building up our inventory and getting things ready to start the **Winter Market** which kicks off **Saturday, December 5th from 9am-2pm**. We are very excited to continue to provide truly local products at the store. If you have any product requests please feel free to email Katey at katey@enterpriseproduce.com.

Just a reminder that the fall share ends Nov. 20 and there is no share the week of Thanksgiving.

If you want to join the winter/spring share, please let us know and send in a deposit prior to the 20th, as the farm will be closed during the Thanksgiving week.



Pictures from a couple of Deep Root's farms in Vermont.

THIS WEEK'S SHARE

This list includes the items that you might receive in this week's share. Please note, the exact ingredients of your share depend on your share size and whether you pick up at the farm or in metro Boston. All items are Enterprise-grown and certified organic, unless otherwise noted.

- Leeks
- Rainbow Carrots
- Cabbage
- Red Baby Bok Choy
- Greenleaf Lettuce
- Romaine Lettuce
- Red Chard
- Green Chard
- Butternut Squash, *Full Bloom Farm, Whately, MA*
- Mizuna, *Heavens Harvest, New Braintree, MA*
- Purple Potatoes, *Deep Roots Organic Coop, Vermont*
- Apples (*conventional*) *Bashista Orchard, Southampton MA*

Cabbage and Kielbasa Soup

Ingredients

- 1/2 a head of cabbage, quartered and cored
- 1 pound carrots, peeled (or well cleaned) and cut into bite sized pieces
- 2 leeks, cut and well cleaned
- 1 Kielbasa , cut into bite sized pieces
- 2 pounds of potatoes,, cleaned and cubed
- 2 bay leaves
- 2 tablespoons of Italian Seasoning or Herbes de Provence
- Salt and Pepper
- Chicken or Vegetable Stock, low sodium
- Olive Oil

In a large pot, heat 2-3 tablespoons of Olive Oil over medium to medium-high heat add Kielbasa and brown. Slice the cabbage into quarter inch ribbons. In a sauce pot, bring water to a boil and blanch the cabbage for 2-3 minutes, strain and transfer to an ice bath.

When the Kielbasa is browned, about 5-7 minutes, add the leeks, carrots and cabbage. Season with salt, pepper and Italian Seasoning. Add the potatoes. Add enough stock to cover everything, by about an inch. Simmer for 1-2 hours (the longer the better). Enjoy with crusty bread.

Brown Sugared Carrots

Recipe courtesy Alex Guamaschelli

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 to 1 1/2 pounds carrots, all a similar size and thickness, peeled and quartered lengthwise, tops reserved for garnish
- Kosher salt and freshly ground black pepper
- 2 tablespoons dark brown sugar
- 1 tablespoon molasses
- 1/2 to 1 cup water
- 2 tablespoons butter
- 1 sprig rosemary

In a skillet large enough to hold the carrots, heat the olive oil over medium heat. When the oil begins to smoke lightly, add the carrots and season with salt and black pepper. Using a wooden spoon, stir the carrots to coat with the oil and seasonings.

After the carrots have cooked for a few minutes, add the brown sugar and molasses and continue to cook, stirring from time to time. Add a little water so they can become tender without burning the sugar. Continue to cook until tender, about 5 to 8 minutes. Add more water, if needed, but the sauce should be thick enough to coat the carrots and should bubble around the edges of the pan. The carrots should be tender and fairly yielding when pierced with the tip of a knife. Add the butter and the rosemary sprig. Once the butter has melted remove the rosemary sprig and discard. Transfer the carrots to a serving bowl and garnish with chopped carrot tops. Serve immediately or allow to "rest" a little before serving.