

Enterprise Farm News

Week of September 7, 2009



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Dear Members,

This week, we're excited to announce a new enterprise for Enterprise Farm! We're officially joining forces with Valley Green Feast (VGF), a locally-owned home delivery service operating in Western Mass. since May of 2008.

VGF's mission is to create a more sustainable community and to help people to live more healthfully. From its beginning, the company has worked to support local agriculture by sourcing local and organic produce and sustainably produced meat, cheese and milk from as many growers and producers as possible.

Working more closely with VGF will allow us to offer local home delivery, and will give us the opportunity to forge stronger connections with even more Valley growers.

Speaking of home delivery: If you have friends who live in the metro Boston area and want a farm share but can't make it to the share pick-up, we offer home delivery via bicycle from Metro Pedal Power. Check them out at <http://metropedalpower.com/>.



Also this week:

- Kacie has been working on dried flower arrangements, and they look amazing. Contact kacie@enterpriseproduce.com to place an order.
- A little teaser for the winter farm share: Avocado season started this week in Florida!
- For the first time this season, we'll be including apples in the share this week. They come to us from Clarkdale Orchards, a fourth-generation fruit farm located right up the road from our farm in Deerfield, Mass. Please note, the apples are *conventional*, not *organic*. They are, however, grown using Integrated Pest Management (IPM) practices, which minimize the use of spraying. Find out more about Clarkdale at www.clarkdalefruitfarms.com/.

Please note: The corn in this week's share may not fit in the share boxes. If we have to send it separately, each small share will get 3 ears of corn, each large share will get 6 ears. Please take only this amount, so other share members don't miss out on corn!



A view of Clarkdale's barns, from the orchard (L);
Tom and Ben of Clarkdale Orchards (R).

THIS WEEK'S SHARE

This list includes the items that could be in this week's share. The ingredients of your share depends 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.

- Lettuce
- Kale (Lacinato / "Dinosaur")
- Cabbage
- Beets
- Asian Eggplant
- Tomatoes
- Fresh garlic
- Bell pepper
- Sweet Corn, *Warner Farm, Sunderland, MA*
- Potatoes, *Full Bloom Farm, Whately, MA*
- Onions *Seamus Sullivan, Whately*
- Tomatillos *Chamutka Farm, Whately*
- Apples (*conventional*) *Clarkdale Orchards, Deerfield, MA*

Gazpacho

This week's recipe comes to us from a new farm share member, Eva, who picks up her share at the farm in Whately. Eva notes that there are "a million" variations on this cold soup — but this one sounds delicious. Thanks Eva!

Ingredients

- 6 ripe tomatoes (big size)
- 1/2 cucumber
- 1/2 green or red pepper (depending on taste)
- ground cumin, salt and pepper according to taste
- two or three cloves of garlic
- 6 tb olive oil
- 2 tb modena vinegar

Preparation

1. Cut all the vegetables in pieces and blend them. Add oil and vinegar gradually.
2. For a more smooth and fine texture, remove peel or just process the vegetables well and pour juice through a colander.
3. You can also add minced onion and peppers to soup.
4. Serve very cold.

Serves 4

