

Enterprise Farm News

Week of January 18, 2010



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Dear members,

First off, thanks to everyone who has let us know about plans for the summer, it's immensely helpful for us. Thanks to the survey it looks like we'll be close to capacity for our summer/fall 2010 season, which not only makes Farmer Dave very happy but also helps us a great deal with our crop planning. If you haven't yet done so, please take a moment to let us know whether you'll be keeping your share through the summer, at <http://www.surveymonkey.com/s/S5TFBRQ>.

This week we'd like to tell you a bit more about our first annual "**Locally Grown**" **Pancake Breakfast**, taking place here at the farm on **Saturday, January 30th** from 9am-noon.

The breakfast will feature **local ingredients** including: **whole wheat flour** grown and milled at Four Star Farms of Northfield, Mass., **maple syrup** from Bree-Z-Knoll Farm of Leyden, Mass., **sausage** and/or **bacon** from Austin Brothers of Belchertown, Mass., and **apple sauce** made from Bashista Orchards apples, of Southampton, Mass., plus local cider and locally ground coffee. We're also planning to have some of the above farmers here at the farm during the day.

Not only is the Pancake Breakfast a great chance to see where your farm share comes from, meet local farmers and eat great local food, it's also **for a great cause** — all proceeds from the breakfast will be donated to the Northampton Survival Center, our local food pantry.

Tickets are \$10 for adults and \$5 for kids under 12, and we ask that you **purchase in advance** so we can anticipate how many pancakes we'll be making! You can reserve tickets by calling 413-665-8608, or buy tickets online at: <http://enterpriseproduce.com/news-events/>.

Also this week:

This past weekend we hosted a workshop at the farm on nutrient dense crop production. You can learn about re-mineralization at <http://www.remineralize.org>.

Remember to check out our members' blog, with recent posts on veggie mac & cheese, and fried lettuce (!) at <http://farmsharestories.blogspot.com/>.

Crop highlight of the week

This week you'll find a new item in the share, **pink grapefruits!** The grapefruits, like the other citrus you receive in the share, are tree-ripened (not gassed to unnaturally force the ripening process) and they're certified organic. They come to us from Spooners Organics of Vero Beach, Florida, and they're delicious. Enjoy!



Kacie with one of her amazing dried flower garlic braids, which are on display and for sale at the farm

THIS WEEK'S SHARE

This list includes all items that you may receive in this week's share. Specific items in your share depend on your share size and pickup location. All items are certified organic, unless otherwise noted.

- Red onions (**conventional**) — Long Plain Farm, Whately, MA
- Baby Bok Choy — Lady Moon Farms, Fla
- Lacinato / Dinosaur Kale — Lady Moon Farms, Fla
- Collard Greens — Somerset Farms, Fla
- Romaine lettuce — Lady Moon Farms, Fla
- Baby spinach — Equinox Farms, Sheffield MA
- Salad mix — Equinox Farms, Sheffield Mass.
- Flat / Curly Parsley — Lady Moon Farms, Fla
- Pink Grapefruit — Spooners Organics, Fla.
- Apples (**low-spray/IPM**) — Bashista's, Southampton, MA
- Red potatoes — Deep Root, Prince Edward Island
- Beets — Deep Root, VT
- Carrots — Winter Moon Farm, Hadley, MA
- Eggplant — Somerset Farms, FL
- Roma Tomatoes — Homestead Organics, FL

Tofu hoisin with baby bok choy

From: the Mayo Clinic

Ingredients

1 pound firm tofu, drained
3 tablespoons hoisin sauce
2 tablespoons rice vinegar
1 tablespoon firmly packed brown sugar
1 tablespoon soy sauce
1 teaspoon Dijon mustard
1/2 teaspoon chili garlic sauce
1 clove garlic, minced
4 heads baby bok choy, halved
1 teaspoon sesame oil
1/8 teaspoon salt

Directions

Preheat the oven to 450 F. Cut the tofu lengthwise into 4 slices. Cut each slice into 2 triangles. Place the tofu triangles on a plate and cover with plastic wrap. Top with a second plate and a heavy weight and let stand for 10 minutes.

In a small bowl, whisk together the hoisin sauce, vinegar, brown sugar, soy sauce, mustard, chili garlic sauce and garlic. Spread 1/3 of the mixture in an oblong baking dish. Drain the tofu, arrange the triangles in the dish, and top with the remaining hoisin mixture. Bake until heated through, 10 to 15 minutes.

While the tofu is baking, bring 1 inch water to a boil in a large pot fitted with a steamer basket. Add the bok choy, cover and steam until tender, 6 to 8 minutes. Transfer to a plate. Sprinkle with the sesame oil and salt. Serve 2 bok choy halves and 2 tofu triangles on each individual plate.

