

# Enterprise Farm News

Week of October 25th, 2010

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Dear Members and Friends,



Hello! That red radish-looking vegetable in your share this week may look like a radish, but it is actually not! These are scarlet turnips, and they have just started coming in from the

fields. Related to rutabagas but not as starchy, turnips are an excellent source of potassium, vitamin C, and calcium. They will store in the refrigerator for up to 3 months. If you've had bad experiences with bitter turnip in the past, you'll be pleasantly surprised by these! Scarlet turnips are sweeter and milder than the more common white/purple variety. Small ones can be grated or sliced, marinated, and eaten raw in salads. Larger turnips are delicious braised, mashed, and added to roasted roots. This week's share certainly offers a good variety of root vegetables for roasting — and as you may have noticed, we're going through that fall transition between the Local and the East Coast seasons. While still sourcing 100% from local farms, only about half of your produce was grown by Enterprise.

## On the Farm

In addition to harvesting lots of greens and turnips this week, we've been filling the new high tunnel with tiny strawberry plants. They will grow, overwinter, and be warmly sheltered, enough to provide us with sweet deliciousness in the early part of spring. We've also harvested our first ears of popcorn from Tom and Sarah's "renegade acre" in



Hatfield. While decorative and pretty, this corn won't be dry enough for popping until April or May. So for now, we'll just enjoy looking at it. Between the strawberries, the garlic seeding (more about that on page 2), and the popcorn, there is so much looking ahead to the 2011 growing season. **We hope that you will join us for the East Coast Farm Share, beginning December 1st!** Right now is the perfect time to sign up, especially if you belong to a pickup site which fills quickly.

## Reminder: Food Shed Grand Reopening!

If you love to buy locally-grown goodies while picking up your Tuesday share, or if you want to come to the farm on Saturdays for cider donuts, coffee, and some shopping, then you are in luck! Our farm store, the Food Shed, will re-open Saturday, October 30th with some seasonal fun (Guess the weight of our giant pumpkin! Check out the Haunted Greenhouse!).

From November on, you will be able to find your favorite cider, yogurt, honey, maple syrup, eggs, meats, veggies, and other goodies in regular supply through the fall and winter season.

You can even check the Shed's Facebook page to see what's in stock! It's "**The Food Shed at Enterprise Farm**" on FB.



## November Buying Club

This week's newsletter comes to you with an attached Buying Club list. Anyone who is a **current** Enterprise farmshare member may participate in the Buying Club.



November orders are due by Wednesday the 3rd.

Pickup will take place on Saturday, November 13th.

We would like to thank three young men from JFK Middle School in Northampton for helping to arrange products for the October Buying Club pickup. Ezra, Collin, and Sam, we all appreciated your community service!

## THIS WEEK'S SHARE

Our comprehensive list includes all items that you *may* receive in your share this week. Specific items depend upon your share size and pickup location. Unless otherwise noted, all items are certified Organic.

- Macoun Apples (IPM): *Clark Orchard, Ashfield*
- Dino/Lacinato Kale: *ENTERPRISE*
- Red Onion: *Deep Root Organics, Vermont*
- Parsnips: *Deep Root Organics, Vermont*
- Yukon Potatoes: *ENTERPRISE*
- Spinach: *ENTERPRISE*
- Sweet Potatoes: *Czajkowski Farm, Hadley*
- Scarlet Turnips: *ENTERPRISE*

## Garlic Planting Time



This is the time of year when we plant our garlic. Did you know that garlic (*Allium sativum*), a cousin to chives and onions, is actually a perennial grown as an annual? In our climate, it does best when planted in autumn for the next year's season. If you've never tried growing it yourself, all you need is a couple of cloves broken off from the bulb, or head. Here's a useful link to a Canadian [garlic farm](#), whose website offers detailed instructions. Seeding garlic is very rewarding and fun, in that you may plant a clove in the fall and nearly forget about it, only to be greeted in early spring with a lovely shoot of bright green emerging.

This year, we seeded more garlic than ever before. There can never be too much, can there? All day October 20th, we were out there, planting away. And who joined in on the planting crew but Asa Jackson, who happened to be celebrating his 6th birthday. Ah, the tradition of staying home from school to lend a hand on the farm! We all wish you a very happy birthday, Asa. And nice work on the garlic!



Above, you see our intrepid garlic-planting crew, hard at work. In 7 months, this field will be full of green leaves pushing skyward! Right, some shots of birthday boy Asa, working with the crew. But not all work! He also took some time to enjoy playing with little brother Cal.



## Recipe for This Week's Share

### Braised Turnips & Kale

<http://nashvillefarmersmarket.org/recipe/> NFM House Recipe

1/2 tablespoon of butter

1/2 tbspn of garlic, finely chopped

1/2 lb of kale

1/2 lb of turnips (scarlet turnips are a fave!)

1 cup of vegetable stock

Salt & peper to taste

\*\*while recipe calls for braising pan—this dish has been successfully made in a wok & other large, covered skillet

Melt butter in braising pan on medium, add turnips. Cook 10 minutes, stirring occasionally-til turnips take on a golden hue. Add garlic & cook for 2 minutes. Add stock & 1/2 of the kale; increase the heat to medium-high. Cover and cook for 3 minutes until kale is wilted. Uncover & add remaining kale, salt & pepper. Cover & cook for 7 minutes.

# Recipe for This Week's Share

## Parsnip and Apple Soup

Adapted from *Gourmet* | November 1995

In addition to the fried parsnip the executive chef at Ashford Castle, Denis Lenihan, often adorns this soup with a poached carved apple.

### For soup:

1 large boiling potato	2 parsnips (about 1/2 pound), peeled and chopped fine
3 shallots, chopped fine (1/4 cup)	2 tablespoons chopped fresh parsley leaves
1/2 stick (1/4 cup) unsalted butter	2 to 2 1/2 cups chicken broth
1 cup apple cider or juice	1/2 cup heavy cream
1 apple, peeled, cored and cubed	
1 leek (white and pale green part only), trimmed, halved lengthwise, washed well, and chopped fine	

### For fried parsnip:

vegetable oil for deep-frying parsnip      1 parsnip, peeled and cut into thin strips

### Make soup:

Peel potato and cut into 1/4-inch dice. In a heavy kettle cook potato, parsnips, shallots, leek and parsley in butter over moderate heat, stirring, until leek is softened, about 12 minutes. Add apple and cook for 2 more minutes. Add broth and simmer, covered, 20 minutes, or until vegetables are very soft. In a blender purée mixture in batches and transfer to a large saucepan. Stir in cider or juice, cream, and salt and pepper to taste and cook over moderately high heat, stirring occasionally, until heated through. Keep soup warm.

### Make fried parsnip:

In a heavy saucepan heat 1 inch oil to 360°F. on a deep-fat thermometer and fry parsnip strips in batches until golden brown, transferring with a slotted spoon to paper towels to drain. Season fried parsnip with salt.

Serve soup topped with fried parsnip.

