

Enterprise Farm News

Week of November 8th, 2010

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Dear Members and Friends,

Activity around the farm includes picking and packing all that remains in the fields — and you'd be surprised at what



survives a night of frost! Dandelion, collards, kales, and many of our lettuces are still coming in. This week's share highlights local wheat berries from **Four Star Farm** and a variety of delicious fall vegetables.

Frost on mizuna.

Add to that some cukes and grape tomatoes from Bryson, one of our sister farms in Florida, and you have a taste of what the upcoming East Coast Farm Share has to offer.

We're in the final stretch of the Local Farm Share, with **just two weeks to go!**

Greenhouse maintenance and the construction of another transplant house are projects to be completed before the snow flies. Kacie, who worked so hard heading our greenhouse, kids' garden, and U-pick operations this summer, had opportunity to shift gears last week and attend an excellent composting workshop at the [N.E. Small Farm Institute](#). See her notes from the workshop on page 2. Matt, our produce manager, is slowly immersing himself in all that is the East Coast season — the farmers, the crops, and the logistics of bringing fresh produce to our farm share from December until May.

Thanks to all who have signed up in plenty of time for the next season! It might not

be obvious, but your buying power as a farmshare community means very different things from summer to winter. When you joined the Local share in the spring, your investment allowed us to buy seed, staff the farm, and grow the vegetables directly for your enjoyment. By contrast, when you join the East Coast share this fall, your investment is more about collective buying power. Working with our partner farms, both locally and in the East Coast "foodshed," our strong numbers will ensure variety and better prices on everything that goes into the share. It feels so good to offer reliable support to these farmers through the winter. Last year, the economy of scale afforded by our increased membership allowed us to ship "juice-grade" citrus and "B-grade" potatoes up from Florida for our friends at the Survival Center for the holidays.



It's not too late!

There are still spaces available for the EAST COAST FARM SHARE! If we receive your payment by Nov. 15th we can get you started at the beginning of the season. Email Katey at farmshare@enterpriseproduce.com to sign up.

Enterprise Farm & Senior Whole Health Team Up

Beginning in December, Enterprise Farm will team up with Senior Whole Health, an independent health care plan for people eligible for both Medicare and Medicaid, to provide 90 "Senior Share" to residents in three assisted living facilities in Dorchester and Mattapan. Part of our cost share program, which is funded by the Food Shed Initiative and our farm share members, shares will be tailored to the needs of low income seniors focusing on providing local, organic, fresh food to people without access to aid in their health and well being. We're really excited about this project!



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.

- Macintosh Apples (**IPM**): *Cold Spring Orchard, Belchertown*
- Loose Gold Beets: *Winter Moon Farm, Hadley*
- Carrots: *Winter Moon Farm, Hadley*
- Green Cabbage: *Enterprise Farm*
- Collard Greens: *Enterprise Farm*
- Dandelion Greens: *Enterprise Farm*
- Cucumbers: *Bryson Farm, Labelle, Florida*
- Grape Tomatoes: *Bryson Farm, Labelle, Florida*
- Wheat Berries (**CV**): *Four Star Farm, Northfield*
- Russet Potatoes: *Full Bloom Farm, Whately*
- Honeybear Acorn Squash: *Enterprise Farm*



Notes from a Composting Workshop

The [New England Small Farm Institute \(NESFI\)](#) in Belchertown, MA held an Agricultural Composting Workshop on November 3 and 4th. The workshop was hosted by NESFI, MA Department of Agricultural Resources, and MA Department of Environmental Protection. The Instructor, Bob Rynk of SUNY-Cobleskill, New York was very knowledgeable and had hours' worth of PowerPoint presentations about compost science, feedstock recipes, methods, management, uses, regulations and much more.



Those attending included registered composting operations throughout the state of Massachusetts. One of the veteran composters in attendance was Bill Obear, a Whately resident who has been composting for 14 years. Enterprise Farm, represented by Kacie Breault, is not a registered compost operation, but would like to become just that. Other attendees ranged from very large suburban composting operations that take in neighborhood yard wastes and local institutions' food scraps and sell the finished compost back to the community, to on-farm composters that use materials largely from the farm to create compost to be used on-site.

Kacie found the workshop very educational and fun, with some very experienced composters in attendance sharing wonderful compost stories. She learned that Massachusetts and the Northeast are considered some of the composting elite in the country! Another fascinating tidbit to ponder is that compost is like cake; there are many types of cake, and many different recipes for these cakes, and the end result will vary with each different chief... so no two composts will ever taste the same, no cake, well you get the point! Look forward to hearing about Enterprise Farm's composting progress in the future, and don't throw those valuable food scraps in the landfill!

What's a Wheat Berry?

This week members will be receiving Wheat Berries in their shares. Grown by our friends at [Four Star Farm](#) in Northfield, Wheat Berries are a delicious, nutty, whole grain. They can be used in any recipe you would find rice or small pasta, in place of oats for a warm (and filling) breakfast



To cook the wheat berries or barley, simply add one part grain to 3 parts boiling water (or other flavorful liquids) and simmer until tender (between 45 and 90 minutes depending on taste preference). Add water as needed and drain off any excess liquid once cooking is done (or utilize in broth for soups or stews). Pre-cooked wheat berries are great to keep around and add to meals throughout the week.

Some ideas for using wheat berries:

- Mix Wheat berries with raisins (or other dried fruit), almonds, brown sugar and milk for hot cereal
- Make a "fall pasta salad" using wheat berries rather than pasta in your favorite recipe
- Make a pilaf using wheat berries in place of orzo

Recipe for This Week's Share

Feta Wheat-Berry Salad

adapted from *Gourmet* | January 1993

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| 1 cup wheat berries | 1/2 cup diced Feta (about 2 ounces) |
| 1/2 cup thinly sliced red onion | 1/2 cup julienne strips of seedless cucumber |
| 5 tablespoons olive oil | 1/4 cup julienned roasted red pepper |
| 2 tablespoons fresh lemon juice, or to taste | 1 tablespoon red-wine vinegar |
| 1 tablespoon chopped pitted black olives | 1 teaspoon ground cumin |
| 1 garlic clove, minced | dried hot red pepper flakes to taste |
| 1/4 cup mixed minced fresh herbs such as parsley, mint, and dill plus herb sprigs for garnish | |

Bring 3 cups of salted water or stock to a boil, add wheat berries, cover and simmer for 1 hour or until wheat is tender. In a large bowl, combine oil, lemon juice, herbs, vinegar, cumin, garlic, and red pepper flakes. Add the wheat berries, feta, onion, cucumber, roasted peppers, olives, mix everything together. Garnish with herb sprigs.

Gold Beet Carrot Soup

<http://www.eatwiththeseasons.com/beetrecipes.html>

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| 2 medium onions, chopped | 2 tsp olive oil |
| 5 cups water or vegetable stock | 3 gold beets, cubed |
| 4 large carrots, chopped | 1 tsp thyme |
| 3-6 tbsp white miso | |

Saute onions in olive oil until brown at edges. Add gold beets, carrots and water or stock and cook for 30 minutes or until beets feel done. Add thyme and miso to gold beet mixture and puree. Add lemon juice if desired and salt to taste. Serve hot or cold.

