

Enterprise Farm News

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Dear members,

It's time for a price check! Have you shopped for organic produce lately?? The last time we looked, organic green beans were commanding \$6 per pound, summer squash \$4.50. A pound of cukes or tomatoes was going for \$5.00! Given these prices, aren't you glad to know that your farmshare supplies the freshest, in-season produce direct from East coast farmers, at a fraction of the supermarket cost? With your membership, you're not just supporting sustainable agriculture, you're netting great savings. It's like a buying club for you. At the same time, our collective membership has the power to create new models for the food distribution system. Together, we really are changing that system!



Each increase in Farmshare membership enables Enterprise Farm to achieve larger goals related to sustainable practices and food distribution efficiency. Some of our future plans are enumerated on this [page of the Enterprise website](#). We're also committed to providing healthy, fresh food to all people, regardless of socio-economic background. We're very proud of our relationships with [Food For Free](#) (Cambridge, MA), the [Survival Center](#) (Northampton, MA), and the [Brookline Community Foundation](#). The success of our Pancake Breakfast Fundraiser in January was proof that we have increased our ability to make connections between food sources and organizations like the Survival Center. Given the amount of food waste that often occurs in the modern marketing system, this is incredibly satisfying.



Editors Corrections: We have mistakenly listed Equinox Farm and Winter Moon Farm as certified organic in the newsletters. Neither farm is certified organic. Both farms are local, sustainable, all natural farms who adhere to organic practices in nature, however, due to regulations, they cannot be called organic.

Equinox Farm, where our greenhouse greens are grown, has been certified in the past, however due to the nature of his business, selling mostly to restaurants, and to us, he chooses not to certify.

Solstice Farm, Equinox's sister farm from Maine, who we also get greens from occasionally, is certified organic.

Winter Moon, in Hadley, who most of the carrots and beets come from, is in the process of certification, which is considered "transitional".

We'll have more information about the different classifications and terminology in next weeks newsletter.

Our latest inspiration comes from Richmond, Virginia, where a fellow named Mark Lilly has taken the concept of CSA literally on the road with a project called [Farm to Family](#). Check out this feature on the [BBC](#)! Mark's converted an old school bus to carry veggies and other agricultural products to locations throughout the city.

His mission is to promote access to healthy, local agriculture in areas where the farm-consumer link has broken down. Could we forge a similar connection here in Massachusetts? It just might be our favorite new idea of 2010. Stay tuned!



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 the share size and pickup location. All items are certified organic, unless noted.

- Red onion (**conventional**): *Long Plain Farm, Whately, MA*
- Grapefruit: *Spooner's Organics, Vero Beach, FL*
- Sweet Potatoes: *Eastern Carolina Organics, NC*
- Carrots (**sustainable**): *Winter Moon Farm, Hadley, MA*
- Barley (**conventional**): *Four Star Farm, Northfield, MA*
- Flat Parsley: *Lady Moon Organics, FL*
- Dandelion Greens: *Lady Moon Organics, FL*
- Romaine lettuce: *Lady Moon Organics, FL*
- Yukon Potatoes: *Craig Farm, Prince Edward Island, Canada*
- Summer Squash and Zucchini: *Somerset Organics, FL*
- Cherry, Grape, and Round Tomatoes: *Somerset, FL*

Recipes for This Week's Share:



Broiled Grapefruit

Split your grapefruit and pour a bit of maple syrup over each half.
Broil in the oven until the surface begins to brown.
Enjoy for breakfast or dessert... yum!

Sweet Potato Dill Pancakes

Makes about 4 servings

Here's a sweet take on latkes, another way to use those Yukons and Carolina Rubies from your farmshare.

2 eggs
1 Tbsp. minced fresh dill (or 1 tsp. dried)
3/4 lb. sweet potatoes (1 lg. or 2 medium)
1/2 lb. Yukon Gold potatoes (3-4 medium)
sauce, maple syrup
1/4 C finely chopped shallots

Salt and pepper to taste
3-4 Tbsp. flour or cornstarch
Peanut oil
Possible toppings: sour cream, soy



Beat eggs and dill in mixing bowl. Peel and grate the sweet potatoes. Scrub and grate the potatoes. Dump all potatoes onto clean kitchen towels, roll up, and squeeze out excess liquid. Place in bowl. Add shallots, salt & pepper, and 3 Tbsp. flour. Mix well and, if necessary, add enough additional flour so that the mixture holds together lightly when you squeeze a handful of it. Heat a cast-iron griddle or large heavy skillet for several minutes over medium flame. Add a small amount of oil (enough to generously oil the surface), and cook the pancakes in batches: Scoop about 1/3 cup per pancake onto the hot surface and flatten into rough circles. Do not crowd the pan. Fry pancakes until golden brown on one side, carefully flip them, and continue cooking until browned and fully tender. Cakes can be kept hot in the oven. Just place them on a wire rack suspended over a baking sheet. Serve hot with the toppings of your choice.

Adapted from the Madison Area CSA Coalition's From Asparagus to Zucchini, 2004.

Spicy Sautéed Dandelion Greens *

2 lb. dandelion greens, any tough stems removed and leaves cut crosswise into 4-inch pieces
1/4 cup olive oil
2 large garlic cloves, smashed
1/2 tsp. dried hot pepper flakes
1/2 tsp. salt



Cook the greens in 6-8 quarts of boiling, salted water until ribs are tender, 4-5 minutes, then drain in a colander. Rinse under cold water and drain well, gently pressing out any excess water.

Heat the oil in a 12-inch heavy skillet until hot but not smoking, then sauté garlic until golden, over medium heat. Increase heat to moderate-high, then add greens, hot pepper flakes, and salt. Sauté, stirring, until the liquid the greens have given off is evaporated, about 4 minutes.

* Recipe from epicurious.com