

Enterprise Farm News

Week of February 8, 2010



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Dear members,

Running a farm intrinsically brings to our awareness the nuances of a season, the cycles of life, and the links between generations. When Farmer Dave and wife Ainsley became parents six years ago, it reinforced some of those basic values and priorities that go along with organic farming. That is, nurturing and preserving the land. Keeping healthy connections with the community. And finally, ensuring that there are stewards of the land to carry sustainable farming traditions into the future.

These priorities led Enterprise away from a wholesale-oriented farming business of the past, toward the CSA and Farmshare models that we now employ. We really do value having a farm that is accessible to everyone, sustainable and responsive to our members, as well as a satisfying place to live and work. We'd like to acknowledge some of the other family farms that work with us through the Farmshare program, and who share our vision of sustainability.

The bagged baby spinach, salad mix, and arugula you've seen in your share this winter comes to us from **Equinox and Solstice farms** in Massachusetts and Maine, respectively. Ted and Ben Dobson are the father-son team behind these delectable greenhouse-grown salad greens. We adore their greens, and we like that they take back their shipping boxes each week for reuse!

In the fall and winter, we work with Tom Clark and son Ben, of Deerfield's **Clarkdale Orchards**. Their apples have been so varied and delicious this year, but we'll soon be saying farewell, as we've reached the bottom of the apple bin. Bye to the Clarks, until next fall! And congrats to Ben on his upcoming marriage!

Finally, as of March this year, there will be *three* generations of the farming tradition up at **Four Star Farms in Northfield**. Baby L'Etoile will have a lot to learn from grandfather Gene and father Jacob, who supply us with extraordinary local grains and flour from their diversified family farm.

And you, our members! We want to keep you in the family this year. There's a June event in the works, centered around our Kids' Garden. We're busy with greenhouse plans, adding pick-your-own crops to the seed order, and deciding what will be grown for the summer CSA. Won't you plan ahead with us?

Grower's Report: We have 1 acre of land, which a local share member has so graciously asked us to farm. We've already decided to devote it to specialty crops for our CSA—We need your input on what to grow there! Here's your chance to get what you crave in your summer share! Please direct email to Kacie@enterpriseproduce.com and Shelly@enterpriseproduce.com



Carrots and Beets arrive in style (winter style that is) from Winter Moon Farm last Monday morning for last week's CSA pack.

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 otherwise noted.

- Red onion (**conventional**): *Long Plain Farm, Whately, MA*
- Tatsoi: *Eastern Carolina Organics, NC*
- Chard: *Lady Moon Organics, FL*
- Baby Arugula or Baby Spinach: *Equinox, Sheffield MA*
- Redleaf or Greenleaf Lettuce: *Lady Moon, FL*
- Grapefruit: *Spooner's Farm, FL*
- Apples (**IPM**): *Pine Hill Orchard, Colrain, MA*
- Curly Parsley: *Lady Moon Organics, FL*
- Gold Beets: *Deep Root Organics, VT*
- Sweet Potatoes: *Eastern Carolina Organics, NC*
- Yukon Potatoes: *Craig Farm, Prince Edward Island, Canada*
- Carrots: *Winter Moon Farm, Hadley, MA*

Sweet Potato and Beet Chips with Garlic Rosemary Salt

Recipe courtesy Giada De Laurentiis

Ingredients

- 2 sweet potatoes
- 2 beets
- 1 garlic clove, minced
- 1 teaspoon very finely minced fresh rosemary leaves
- 2 tablespoons salt

10 cups vegetable oil

Directions

Special Equipment: V-slicer or mandoline, deep-fry thermometer
Wash the vegetables and dry very well. Set aside.

In a small bowl combine the garlic, rosemary and salt. Set aside.

Warm the oil in a large pot over high heat to 350 degrees F.

Meanwhile, trim 1-inch off the end of each sweet potato. Using the V-slicer or mandoline, slice the sweet potatoes into very thin slices, about 1/8-inch thick. Trim 1-inch off the root end of the beets. Using the V-slicer or mandoline slice the beets into very thin slices, about 1/8-inch thick.

When the oil is hot add about a quarter of the sweet potato slices. Let fry until golden and the bubbling has almost completely subsided, about 2 to 3 minutes. Using a mesh sieve or slotted spoon remove the chips to a paper-towel-lined baking sheet. Sprinkle with some of the garlic, rosemary, and salt mixture. Continue with the remaining sweet potatoes.

Transfer to a serving plate.

Next, fry 1/4 of the beets. Let fry until curled at the edges and most of the bubbling has subsided, about 3 to 4 minutes.

Transfer the beets to another paper-towel-lined baking sheet and sprinkle with salt mixture. Continue with the remaining beets. Let cool and transfer to a serving plate.



Golden Beet, Apple and Arugula Salad

2 Golden Beets, Washed and Shredded

1 Apple, Sliced Thinly

1/2 Red Onion, Sliced Thinly

1 Large Carrot, sliced

1/5 pound Arugula (or Spinach)

1/2 cup Walnuts or Almonds

Combine all ingredients and top with favorite salad dressing (such as Blue Cheese or Italian). Enjoy as a side dish or top with roasted chicken and enjoy as a main course.



Chilled Sesame Ginger Tatsoi

Ingredients

1 1/2 lb Tatsoi; washed & dried

Salt to taste

Black pepper to taste

1/3 c Soy sauce

2 tb Sugar

4 ds Tabasco sauce

1/4 c White vinegar

2 tb Sesame oil

1 tb Ginger; minced

1/4 c Sesame seeds; toasted

Preparation

1. Bring a large pot of salted water to a rolling boil. Add the tatsoi, blanch for 1 minute, drain, immediately plunge into ice water to stop the cooking process, and drain again. 2. In a small bowl, combine the soy sauce, sesame oil, ginger, sugar, vinegar and Tabasco. Mix well, and season to taste with salt and pepper. 3. In a large bowl, combine the tatsoi and dressing, and mix well. Refrigerate until well chilled, garnish with sesame seeds and serve.



Root Vegetable Stew with Herbed Dumplings

This is a wonderfully rich stew adapted from an Eating Well recipe. It is a crowd pleaser and very healthy. It is worth the effort-- but really quite simple to make.

Stew

4 teaspoons extra-virgin olive oil, divided

8 ounces Italian sausage links/crumbled (turkey or pork), hot or sweet

2 pounds assorted root vegetables (carrots, potatoes, sweet potatoes, parsnips, celeriac) peeled and diced

1 large onion, diced

4 cloves garlic, minced

1 tablespoon chopped fresh parsley

4 cups reduced-sodium chicken broth

3-5 cups chopped dark, leafy greens, such as chard

Dumplings

1 1/4 cups whole-wheat pastry flour

1/2 cup cake flour

1 tablespoon chopped fresh sage or rosemary or parsley

1 tablespoon baking powder

1/4 teaspoon salt

2 large eggs, lightly beaten

1/2 cup low-fat milk



Stew:

Heat 2 teaspoons oil in a medium skillet over medium heat.

Add cut sausages or crumbled and cook until browned on all sides, 5 to 6 minutes (meat should be bite sized).

Transfer meat to bowl to be added in later.

If using parsnips, quarter lengthwise and remove the woody core before dicing.

Heat the remaining 2 teaspoons of oil in a Dutch oven over medium heat. Cook onion, stirring occasionally, until barely tender, about 4 minutes.

Add root vegetables and cook for 5 minutes.

Add garlic and parsley and cook until fragrant, about 30 seconds.

Add broth and bring to a simmer, stirring often.

Dumplings:

Meanwhile, whisk whole-wheat flour, cake flour, sage (or rosemary or parsley), baking powder and salt in a medium bowl.

Add eggs and milk and stir until a stiff batter forms.

When the stew reaches a simmer, stir in greens and the sausage and return to a simmer.

Drop the dough, about 1 tablespoon at a time, over the stew, making about 18 dumplings.

Adjust the heat to maintain a gentle simmer, cover and cook undisturbed until the dumplings are puffed, the vegetables are tender and the sausage is cooked through, about 10 minutes.

Serve and enjoy!

TIP: Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife. If you use a vegetable peeler on the tougher roots, peel around each vegetable at least three times to ensure all the fibrous skin has been removed.