

Enterprise Farm News

Week of June 1st, 2010



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Dear Members,

Welcome to the first week of the Local farmshare season. We are glad to have you on board!

Last week saw us doing some major work in our "U-Pick" gardens. As the summer progresses, there will be peas for you to harvest yourself, as well as berries, flowers, and herbs!

If you've seen us at the farmers' market, you know that Enterprise greens have been coming on strong in the latter part of May. This week's share features our own lettuce and baby bok choy. We've also included first-of-the-season organic blueberries from North Carolina, and the first acorn squash harvest from Florida.



Above left: Our first crop of lettuce goes home with some very happy Northampton market shoppers.
Right: A field of dandelion greens in the early morning sun.

If you are new to our farmshare program and have any questions or confusion about how it works, please do not hesitate to call or e-mail us. We want to make the transition to the new season as seamless as possible. Thank you, and here's looking forward to a bountiful summer ahead!

~ Dave Jackson and the Enterprise Crew

Here's Matt by the cold frame, prepping some potted lavender and other herbs for the farmers' market.



Introducing the Kids' Garden

Tuesday, June 22 marks the beginning of Enterprise Farm's Kids' garden. We are excited to host MOther Earth JOURney puppets (MOEJOS), who will present their show, using large -scale papier-mâché puppets, at 4 o'clock. In case of inclement weather, the show will be held indoors.



Additionally, we are pleased to welcome giant pumpkin expert Ken to discuss his methods of growing record-breaking (and scale-breaking) cucurbits. He will bring for your perusal a photo album of his behemoth gourds! Enterprise Farm will have giant pumpkin seeds in peat pots for the little ones to take home. If Tuesday doesn't work for you, no problem! We are also gladly hosting MOEJOS

and Ken on Saturday June 26th. All are welcome to help transplant starts into the kids' garden which includes a "pizza garden" shaped like a pizza, each slice representing a special pizza ingredient. Garden-fresh refreshments will be served on both days. Come join us!



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.

- Baby Bok Choi: *Enterprise Farm*
- Lettuce (Redleaf/Greenleaf/Romaine): *Enterprise Farm*
- Salad Mix: *Enterprise Farm*
- Romano Beans: *Mt. Vernon, Georgia*
- Yukon Gold Potatoes: *Craig Farm, PEI, Canada*
- Grape Tomatoes: *Somerset Organics, Florida*
- Zucchini: *Cottle Farm, North Carolina*
- Acorn Squash: *Somerset Organics, Florida*
- Bunched Beets: *Lady Moon Organics, Florida*
- Blueberries: *Eastern Carolina Organics, North Carolina*
- Dandelion Greens: *Enterprise Farm / Lady Moon, FL*
- Vidalia Onions: *Bland Farm, Georgia*

Recipes for This Week's Share

What Are Romano Beans?

Romano beans are a form of flat snap bean which originate in Italy.

They are flattened, rather than rounded, and meant to be eaten whole, just as we would eat other summer green beans. Their flavor is tender and mild.

Romanos are often braised with other summer vegetables and eaten as a side dish. They are also delicious roasted or grilled. To prepare, snap off the ends and rinse the pods to remove any dirt. Cook them lightly to retain their crunchy texture, or cook until extremely tender if you please. But beware: If you cook them too long, Romano beans will turn into a tasteless mush!



Casserole of Beets and Onions

From the Idylwilde Farms Cookbook by Audrey Stoddard, published by Idylwilde Farms

2 lb. medium-size beets

2 medium sweet white onions, chopped

2-4 Tbsp. butter

Sour cream to garnish

1 Tbsp. finely chopped fresh parsley

1 Tbsp. finely chopped fresh dill

salt & pepper to taste

Wash the beets, cut off the leafy stems, cover in a pot with water, and simmer until tender, about 40 min. Drain, cool, and slip the beets out of their skins.

Saute the onions in the butter until soft. Stir in the parsley, dill, salt & pepper. Slice the beets. Put a layer of beets in a lightly-buttered casserole dish. Add a layer of onions. Keep layering until you have run out of beets and onions.

Reheat in the oven when you are ready to eat. Serve with a dollop of sour cream.

** Soup note: If you save the water in which you cooked the beets, you can puree the casserole leftovers with the beet water — Instant beet soup! Add some milk, yogurt, or sour cream to the puree.*