

Enterprise Farm News

Week of June 6th, 2010

Mailing Address: 75 River Rd,
South Deerfield, MA 01373

413.665.8608

www.enterpriseproduce.com
farmshare@enterpriseproduce.com



Dear Members and Friends,

You may be wondering, why am I still getting stuff from along the East Coast? Well, there are several reasons, the first relating back to the crazy, unpredictable, and unseasonably cold weather in the South this past winter. Those of you who were members over the winter know all about it. It was a very difficult growing season in the South this year, and availabilities were minimal. So one reason we are still working with our friends down south is because they finally have a wider selection of produce available and we wanted to send it to our carry over and returning members.

The second reason is variety. By working with our East Coast partner farms, we can offer more of a “grocery” box. In other words, more than just lettuce and greens. We’ve found that people really enjoy getting a mix and felt that, even though it is the first week of the “Local” season we still wanted to offer a well rounded box.

The third reason we source produce from other farms is very closely related to the first two, and that is because we don’t consider the farms we work with all the way up and down the East Coast to be much different than we are ourselves. They are all reputable farms with great products. By working together we can create a more interesting and appealing box for our customers. Don’t forget, this is what we eat too! And we don’t want to get too hung up on any one product either.

Finally, we are working our way to a 100% local box. Last week it was around a 60:40 East Coast to Local ratio. Already this week it’s flip-flopped to a 40:60 East Coast to Local ratio. By July 1 it will be entirely local produce. That also has to do with farming in Massachusetts. We feel like by that point we’ll be able to build some awesome boxes from our own product as well as from other farms in Massachusetts. Don’t worry, we’re working our way back to 100% Local produce in the share!



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.

So you’re new to Cooking Greens...

A lot of people who join a farm share for the first time are not familiar with cooking greens, like kale, collard greens, Swiss chard, mustard greens ect. These dark leafy vegetables are packed full of vitamins and minerals. They contain high amounts of vitamins A and C, calcium, iron, folic acid, protein, fiber and potassium. They range in texture and flavor. In general, the colder the weather, the sweeter the green, though they grow all season— Literally they are one of the first things we pick in the spring and the last in the fall. They range in texture and flavors, from bitter to pungent to spicy, depending on the type of green. Most people prefer to cut the stems out, as they are less tender and more toothy, but you’ll have to experiment to decide what you like. Swiss chard, for example has a more delicate steam, where as Dino kale has a tougher stem. Once you experiment with cooking them a few different ways, you’ll find what you prefer. But the possibilities are endless.

Greens should be stored in the crisper drawer of your refrigerator and have an average shelf life of 3-7 days depending on the type of green. If you find your greens look “waggy” after too long of a stay in the fridge, you can trim the bottoms of the stems and soak them in cold water to bring them back to life. As with all produce, you should wash greens well before cooking.

The most basic thing to do with any cooking green is to sauté it with onions and garlic and season to taste with salt and pepper (hint: adding salt to the cooking process will help eliminate some of the bitterness). You can add seasoning to your taste to transform your greens (try soy sauce for an Asian themed meal or Cayenne and Cumin for a spicy alternative). Many people also steam or blanch (submerge quickly in boiling water) their greens, for a quicker, more tender texture. Use any sort of stock to add more complex flavors. Lemon and parmesan make a great “Italian” style green. Cook bacon, salt pork or pancetta, then sauté the greens in the reserved fat, add a dash of vinegar at the end for a Southern Style side dish. Add to mac and cheese or spaghetti for more kid friendly version. Greens make great additions to soups, stews or au gratin dishes! Enjoy!

- Green Chard, *Enterprise Farm*
- Dino (Lacinato) or Green Kale, *Enterprise Farm*
- Bunched Arugula, *Enterprise Farm*
- Easter Egg Radish, *Enterprise Farm*
- Greenleaf or Romain Lettuce, *Enterprise Farm*
- Blueberries, *Eastern Carolina Organics, NC*
- Carolina Ruby Sweet Potatoes, *Eastern Carolina Organics, NC*
- Cucumbers, *Eastern Carolina Organics, NC*
- Grape Tomatoes, *Lady Moon, Florida*
- Green Beans, *Internatural, Homestead, Florida*

Recipes for This Week's Share

What Are Easter Egg Radishes?

Easter Egg Radishes are a small sweet and spicy Spring Radish. They are named for their egg like shape and bright pink, red, purple and cream colors. They are crunchy and delicious raw. You can also serve them cooked. Add them to salads or serve with veggie dips as part of a crudité's. Classically, they are sliced thinly and served on buttered toast with a pinch of salt and pepper. Make an orange-honey drizzle to add to the toast to satisfy your sweet tooth.



Orange-Honey Drizzle: Combine 3 tablespoons raw honey, with 1/4 teaspoon orange zest, 3 teaspoons freshly squeezed orange juice, salt and pepper.

Cherry Tomato and Kale Pasta

1 (8 ounce) package uncooked farfalle (bow tie) pasta
1 bunch roughly chopped kale
4 cloves garlic, chopped
8 ounces feta cheese, crumbled

1 tablespoon olive oil
1 pint cherry tomatoes
1 pinch ground cayenne pepper
Salt and Pepper to taste



Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat oil in a skillet over medium heat. Stir in cherry tomatoes, sauté for 5-8 minutes. Add kale and garlic. Season with cayenne pepper, salt and black pepper. Cook until vegetables are tender and tomatoes burst. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Kale Chips

1 bunch Kale, cleaned, stems removed, and dried
Salt and Pepper

Olive Oil
Cayenne Pepper to taste

Preheat the oven to 350. In a bowl, toss the kale, a few tablespoons of olive oil (start light, you can always add more) salt, pepper and cayenne pepper. Lay the kale out on a cookie sheet and bake for 10-15 minutes, or until the edges are brown, but not burnt. Enjoy with Tabouleh Salad or plain. It's the closest Kale will ever be to a Potato Chip!

