

# Enterprise Farm News

Week of July 26, 2010



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Dear Members and Friends,

Aside from the standard field maintenance and harvesting, a good deal of activity on the farm is now geared towards fall. We're planting crops like beets and carrots, planning for that transition between fresh and storage vegetables. It's not too soon to sign up for the "East Coast" season, which starts in December! As our farmshare program grows, we do end up with wait-lists for some pickup sites. Just a simple e-mail to Katey will reserve your share.

Speaking of fall and winter, we've been very keen on extending our growing season into the winter. This involves growing produce in greenhouses, which we have. But they are not designed to be four-season houses; a shift in design is necessary. So last week, the crew from Deerfield Greenhouse Builders helped us to make that shift.



< The photo at left shows some of the ventilation technology used in our standard greenhouses. Fans and vents are built into the ends of the houses to help regulate temperature.

The photo at > right shows Jilmar helping with the new "ridge vent" the DGB guys installed on our largest greenhouse. This system is a vast improvement upon the fan-driven ventilation in so many ways: It's quieter, it creates better air flow, and it's way more energy-efficient. The ridge vent, driven by a small motor and feedback from a thermostat, simply opens and closes to regulate internal temperatures. This house was covered with two layers of plastic which will hold a pocket of air as insulation, effectively enabling us to grow produce in the dead of winter. Just consider the possibilities!



## Buying Club News

A movement has grown among our staff and members to start a bona-fide buying club. Would you like to have access to wholesale pricing on local cheeses, eggs, yogurt, milk, meat, pickles, kombucha, and other favorites? How about bulk produce for canning or freezing? Working together, we would increase our buying power and get some really good values on these items. We propose a meeting sometime in August, to work out the logistics and make an initial order. Interested? Call Jiyanna or Shelly at the farm, or send an e-mail to [shelly@enterpriseproduce.com](mailto:shelly@enterpriseproduce.com).

## ***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.

- Basil: *ENTERPRISE*
- Loose Beets: *ENTERPRISE*
- Collard Greens: *ENTERPRISE*
- Greenleaf Lettuce: *ENTERPRISE*
- Redleaf Lettuce: *ENTERPRISE*
- Romaine Lettuce: *ENTERPRISE*
- Patty Pan Squash: *ENTERPRISE*
- Summer Squash: *ENTERPRISE*
- Zucchini: *ENTERPRISE* (see page 2 for recipes)
- Corn: *CZAJKOWSKI FARM, Hadley, Ma*
- Green Beans: *WARNER FARM, Sunderland, Ma*
- Wheat Berries: *FOUR STAR FARMS, Northfield, Ma* (see page 3 for recipes and cooking instructions)

# Recipes for This Week's Share

## Mannie's Cold Zucchini Salad

Recipe from Drumlin Community Farm, From Asparagus to Zucchini

Zucchini

Minced Garlic

Canola Oil

Red Wine Vinegar

Slice zucchini into thin strips lengthwise. Fry lightly in hot oil until soft throughout. Transfer zucchini to a bowl; salt lightly. Discard most of the oil in the pan. Add generous amounts of garlic and sauté lightly. Add 1/4 inch of red wine vinegar to the pan and bring to a quick boil. Toss sauce with squash. Cover and refrigerate; serve in a few hours.



## Double Chocolate Zucchini Cake

Recipe from Scotch Hill Farm, From Asparagus to Zucchini

3/4 cup Oil

3 tablespoon coca or carob powder

1 1/4 cups sugar

1/2 teaspoon baking powder

2 eggs

1 teaspoon baking soda

1 teaspoon vanilla

1/2 teaspoon each cinnamon and cloves

2 cups grated zucchini

2 1/2 cups flour

1/2 cup sour milk or buttermilk

small bag of chocolate or carob chips

Heat oven to 350 degrees; grease a 9-by-13-inch pan. Mix all ingredients and bake 30-35 minutes.



## Garbanzo Bean and Zucchini Salad

Recipe by Giada De Laurentiis

Vinaigrette:

2 tablespoons fresh lemon juice

1/4 cup extra-virgin olive oil

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Salad:

1 cup garbanzo beans (substitute Wheat Berries)

1/2 cup corn, sliced off the cob

2 medium zucchini, diced into 1/4-inch pieces

1/2 small red onion, thinly sliced, rinsed

5 lettuce leaves, cut crosswise into 1/2-inch strips

1-ounce Parmesan, crumbled into 1/4-inch pieces

For the Vinaigrette: In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper until combined.

For the Salad: Place the garbanzo beans, zucchini, corn, red onion, and lettuce in a large salad bowl. Pour the vinaigrette over the salad and toss well. Garnish with the crumbled Parmesan cheese and serve.



# What to do with Wheat Berries

Wheat berries can be used almost anywhere you would use rice or small pasta. We have been known to use them on top of salads rather than bread croutons. You can prepare large portions ahead and keep for up to a week.

To cook the wheat berries or barley simply add one part grain to 3 parts water (or other flavorful liquids) and simmer until tender, approximately 45 minutes. Your personal preference for tenderness regulates the cooking time. Add water as needed and drain off any excess liquid once cooking is done (or utilize in broth for soups or stews).

Enjoy! ~ The L'Étoile's at Four Star Farm

## The L'Étoiles' Wheat Berry Salad

1 cup wheat berries

1 cup finely diced red onion (1 onion)

2 tablespoons balsamic vinegar

1/2 red bell pepper, small diced

Salt and Pepper

6 tablespoons good olive oil, divided

3 scallions, minced, white and green parts

1 carrot, small diced

Place the wheat berries and 3 cups of salted water in a saucepan, bring to a boil then reduce heat and simmer over low heat until cooked, approximately 45 minutes, or until they are soft. Drain.

Sauté the red onion in 2 tablespoons of olive oil over medium-low heat until translucent, approximately 5 minutes. Turn off the heat and add the remaining 4 tablespoons (1/4 cup) of olive oil and the balsamic vinegar.

In a large bowl, combine the warm wheat berries, sautéed onions, scallions, red bell pepper, carrot, salt and pepper to taste. Allow the salad to sit for at least 30 minutes for the wheat berries to absorb the sauce. Season, to taste, and serve at room temperature.

## Grilled Summer Vegetable Wheat Berry Salad

1 zucchini

1 eggplant

4 portabella mushrooms

1 red bell pepper

3 tablespoons toasted pine nuts

Olive oil spray

3 tablespoons garlic powder

1 yellow squash

4 tomatoes

2 1/2 cups cooked wheat berries

4 ounces fresh mozzarella, sliced

3 tablespoons chopped basil

approximately 1 cup balsamic vinaigrette

salt and pepper to taste

Heat/precook an outdoor grill. Slice zucchini, squash, and eggplant into long 1/2-inch thick "planks."

Cut tomatoes in half. Remove stems from mushrooms. Cut pepper into quarters; discard core and seeds. Spray veggies with light coating of oil. Sprinkle with garlic powder; season with salt and pepper. Grill until lightly charred and barely tender. Chop and place in large bowl with wheat berries, cheese, nuts, and basil. Toss with vinaigrette. Season with salt and pepper.