

Enterprise Farm News

Week of August 16th, 2010



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Dear Members and Friends,

You may be surprised to learn that, even at the height of summer, Enterprise Farm remains an active part of that East Coast farm network that we call our “foodshed.” Winter members will remember the colorful, tasty root crops we enjoyed last year via Vermont’s Deep Root Organics. How about those organic avocados from Homestead, Florida that were ordered by the case? Well, this week we served as a hub within the foodshed, helping both of those sister farms to get their latest crops on the road. Homestead had loaded a fresh harvest of avocados onto a northbound truck, and it stopped here. Once that truck had docked and unloaded, we sent it back with some Deep Root corn and Enterprise peppers, filling a niche in the Florida market where those vegetables have already had their season.



With the bounty of luscious tomatoes available this summer, we had to ask ourselves: What fresh salsa doesn’t love a little guacamole? We hope you enjoy your share.

If, for whatever reason, you disagree with the avocado decision —perhaps it offends your more locavore sensibilities — please do not hesitate to let us know how you feel. The farm is just an e-mail or a phone call away! Looking back on our short history as a community-supported farm (two years this summer, after 20-plus years focusing on wholesale organics), we realize just how important member feedback is for our vision and development. Every time you share your enthusiasm, concerns, requests, and ideas with us, you are helping to shape this farmshare to more closely meet member needs. We’ve had the opportunity to work with some stand-alone C.S.A.s lately, and we’re simply amazed at the models they’ve created. Making the transition from wholesale and retail to member-supported is an ongoing learning experience. In the process, a fabulous community has grown up around our farm! We’re honored to have you along for the journey.



Fresh-picked flowers on farm share day.

Speaking of Ripening...

Increasingly, local members have been noticing a new shape making its appearance in the summer share room. It’s true, Dave and Ainsley are expecting a baby!

Asa and Cal’s little brother is due sometime in September, and Ainsley manages to look cool and fashionable even in this summer’s heat. “Jackson Five,” we can’t wait to meet you!



Have You Heard?

The Sustainable Business Network of Greater Boston is hosting a [Local Food Festival](#) along Fort Point Channel, on Saturday, October 2nd. Our Mobile Market Bus will be at the event for all of you to see! The Bus project has gotten off the ground entirely through the investment of our farmshare community. Thanks to your support, we’ll soon be bringing local produce to neighborhoods that don’t normally have access to fresh food. We are so proud to be fulfilling this mission through the farmshare program. Please come, enjoy the festival, check out the bus, and say hello!

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.

- Avocado: *Homestead Organics, Florida*
- Green Beans: *Warner Farm, Sunderland*
- Collard Greens
- Lemon Cucumber
- Eggplant (Italian-style, Asian-style, or Rosa Bianca)
- Watermelon
- Red Onion
- Green Bell Pepper
- Field Tomatoes

Recipe for This Week's Share

Caponata

This recipe comes from Jamie Oliver at the Italian Chef (www.italianchef.com)

Jamie says: "This is a fantastic dish from southern Italy that's eaten as a warm vegetable side dish or a cold antipasto. Sicilians are really proud that it's made with produce from their island. All the different methods of making it are more or less the same - the thing that makes it special, though, is the quality of the eggplants, tomatoes, and vinegar... Don't be tempted to cut the eggplant chunks too small or they will take on so much oil that they will become heavy."

Ingredients: Olive oil

2 nice large purple eggplants, cut into large chunks

1 heaping teaspoon dried oregano

sea salt and freshly ground black pepper

1 small red onion, peeled and finely chopped

2 cloves of garlic, peeled and finely sliced

a small bunch of fresh flat-leaf parsley, leaves picked and stems finely chopped

2 tablespoons salted capers, rinsed, soaked, and drained

a handful of green olives, pits removed

2-3 tablespoons best-quality herb vinegar

5 large ripe tomatoes, roughly chopped

optional: 2 tablespoons slivered almonds, lightly toasted

1. Get yourself a large pan, pour in a couple of glugs of olive oil, and place on the heat. Add your eggplant chunks and oregano, season with a little salt, and toss around so the eggplant is evenly coated by the oil. Cook on a high heat for around 4 or 5 minutes, giving the pan a shake every now and then. (Depending on the size of your pan you may need to cook the eggplant in batches.)
2. When the eggplants are nice and golden on each side, add the onion, garlic, and parsley stems and continue cooking for another couple of minutes. Feel free to add a little more oil to the pan if you feel it's getting too dry.
3. Throw in the drained capers and the olives and drizzle over the herb vinegar. When all the vinegar has evaporated, add the tomatoes and simmer for around 15 minutes or until tender.
4. Taste before serving and season if you need to with salt, pepper, and a little more vinegar. Drizzle with some good olive oil and serve sprinkled with the chopped parsley leaves and the almonds if you like.