

Enterprise Farm News

Week of August 2nd, 2010

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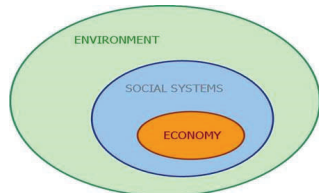
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Dear Members and Friends,

Have you heard about the United Farm Workers' "[Take Our Jobs](#)" campaign? It's caused enough of a stir that comedian Steve Colbert featured UFW leader Arturo Rodriguez on his [show](#) last month and volunteered to try his hand at farm labor. This interesting campaign addresses (with humor, thank goodness) the politics of labor, unemployment, and food production in the United States. Food production is never a simple situation. Whether it's migrant workers cutting conventional lettuce in California or local interns staking organic tomatoes in Massachusetts, farm workers have some of the toughest jobs going. It's seasonal, and at the height of that season you're working from dawn to dusk. Forget clocking out at 5 pm; Mother Nature is your boss. You invest time and talent in the seeds and soil, then you just have to wait. Planting time? Then you plant until you're finished. Cucumbers ripe? They must be picked. Weeds? Hoe them. The larger the farm and the more diverse the cropping, the longer the daily to-do list. Getting the work done means the difference between recouping your investment and seeing it all go to waste.

Adding another layer, we consider that popular buzzword, "Sustainability." While sustainable farming practices ensure living soils and healthy food, it's not always easy being "green." At Enterprise, we believe in sustainability for its own good. But watching some excellent farmers struggle and others not make it at all, it does beg the question: Who benefits from this much-touted sustainability? Certainly, our ecology benefits, as do consumers. Our workers enjoy better health. But especially in a depressed economy, we worry about the financial sustainability of small farms. At Enterprise, we have a year-round program which buffers in the lean seasons. But in the name of farm workers everywhere, we endeavor to see a definition of the "S" word which includes the people who work so hard to bring us our food.



Q. How do you make a million dollars farming?
A. Start with two million. (Dave's favorite joke!)

* Food Access * Food Access * Food Access *

The Foodshed Initiative is still going strong, with plans to have the Bus (our produce vehicle) ready for September. We have a permit to accept food stamps, but one stumbling block remains, and that is the prohibitive cost of a portable card-swipe machine. **Here's your chance to help!**

Sign up for the East Coast (Dec-May) Farm Share by September 1st, and \$5 of your payment will go towards purchase of the machine.

Thanks for your support. Together we'll make it happen!

August 1-7 is National Farmers' Market Week

There is so much fresh, delicious produce at its peak right now, it's just the time for market shopping. It's also a good time to thank our barter-members Dave and Marsha, who contribute time, energy, skills, and knowledge every week at the Enterprise market stands. You guys are the best! Everyone can celebrate this week by visiting a local market. Get out there, meet your farmers, and enjoy the incredible bounty!



Drive-up window
The bumblebee stops
For a snack
- Farmshare member Karen Reynolds

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.

- Currants (**IPM**): *Nourse Berry Farm, Whately*
- Dandelion Greens: *ENTERPRISE*
- Red Kale: *ENTERPRISE*
- Lemon Cucumber: *ENTERPRISE*
- Eggplant: *ENTERPRISE*
- Lettuce (Iceberg/Redleaf/Romaine): *ENTERPRISE*
- Bunched White Onions: *ENTERPRISE*
- Curly Parsley: *ENTERPRISE*
- Green Bell Peppers: *ENTERPRISE*
- Summer Squash: *ENTERPRISE*
- Zucchini: *ENTERPRISE*

Recipes for This Week's Share

Ever wonder what other members are doing with their farm shares, well this week all of our recipes were submitted by members! Thanks for making my job easy!

Lemon Confetti Slaw

Shared by Local Farm Share Member Jessie Tropp, she says it's slightly sweet, slightly tart, and wonderfully colorful.

1 medium head red cabbage (or half red and half green), shredded	2 large carrots, shredded
1 red bell pepper, shredded	1 yellow bell pepper, shredded
Mix dressing and toss into salad:	
1/4 cup mayonnaise	2 tsp sugar or other sweetener
Thin with a bit of milk to make it the consistency of heavy cream	4 - 6 tbsp fresh lemon juice

Zucchini Hotcakes

Another recipe shared by Jessie Tropp

2 cups grated zucchini, pressed dry	2 tablespoons grated onion
1/4 cup grated parmesan cheese	1/2 cup flour
2 eggs	1/4 teaspoon oregano
2 tablespoons mayo (optional, but it does add a nice flavor)	black pepper to taste

Mix all ingredients. Fry large spoonfuls in a bit of oil in skillet, over medium heat, till golden brown on each side. Serve with tomato sauce or sour cream and chives. Serves 2 as a main course.

Joe's Overnight Pickles

This recipe comes from Sue Bolanger, a local member. She also happens to be Matt, our Operations Manager, mother. She says: Joe was a Polish guy from Leeds, Ma. He would make these and bring them to the American Legion in Haydenville for everyone to snack on. I had them at his home as an appetizer with crackers. He gave me the recipe and I have been making them since Matt was a little boy. Family members look forward to these every year!

1 cup white vinegar	6 cups water
1/4 cup sugar	1/4 cup salt

Bring to a boil and let cool.

Add: 1 tbsp. pickling spice and 1 tbsp. mustard seed.

15 to 18 cucumbers, sliced, 1 onion, and as much garlic and dill as you want.

Layer cucumbers, onions, garlic and dill in a gallon jug in multiple layers.

Pour liquid into jar and refrigerate overnight. Keep refrigerated.

*Katey's note: Sue made us a gallon of these last week—they're almost gone. We'll take more next week, Sue—Thanks!

Recipes for This Week's Share

Oatmeal with Wheat Berries

This recipe comes from Boston member Jen Davis-Kay, here's what she had to say about it:

I was nervous about the wheat berries, because I don't really like cracked wheat salad, and a few spoonfuls of tabouli are usually enough for me. But I do love hot cereal in any form, and I poked around for a good recipe. I cooked the wheat berries first, one part wheat berries to three parts water, which I boiled for an hour. (It was too much water, so I just drained it.) This recipe didn't use all my cooked wheat berries, but I've got them in my freezer and can easily thaw what I need when I want more cereal!

1 1/4 cup oatmeal

1/2 cup raisins (optional)

2 cups milk (I used nonfat)

dash of salt

1 1/4 cups cooked wheat berries*

Put the oatmeal, raisins, milk, and salt in a big, microwave-safe bowl, and microwave for 3-6 minutes (check after three minutes - you want the oatmeal to have absorbed most of the milk). Add the wheat berries and microwave another couple of minutes, till your cereal has reached the texture you like. Let stand one minute, then add whatever sweetener you like. (I like to challenge the great health benefits of this recipe by then adding lots of brown sugar and half-and-half - but oh my is it good! And believe you, you won't be hungry again for HOURS.) This recipe serves three or four people, depending on how hungry they are.

*Katey's note: Adding Currants on this just before serving would also be a delicious tart contrast.

Summer Mixed Vegetables

Another one from Jen Davis-Kay

half a red pepper, diced

half an onion, diced

some chopped garlic

olive oil

big handful of green beans, diced

corn from two ears (sliced off the cobs)

half a zucchini, quartered and sliced

Saute everything till it reaches your preferred level of tenderness (for me, this took about 20 minutes).

Salt and pepper to taste.

*Jen's note: These amounts are very flexible. This was the perfect amount for my family of four (three veggie lovers, one nine year old who has a very small helping).

PattyPan Squash with Basil

Also from Jen

small pat of butter

2 pattypan squash (or any other summer squash)

handful of basil

olive oil

Melt the butter. (I used a glass pie pan and stuck it in the microwave.) Slice the squash in thin slices. Slice or chop the basil. Put the squash and basil in the pan with the butter, add a glug of olive oil, and sprinkle some salt and pepper. Mix everything together. Bake at 350 degrees for 30 minutes.