

Enterprise Farm News

Week of August 30th, 2010

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Dear Members and Friends,



Things are going full-tilt at the farm these days, with just enough of that much-needed rain to quench the fields. We heard back from several members whose avocados got soft and punky the week of August 16th, and we would have to concur on that order: It was a bit of a gamble to order avocados in the summer, then try to regulate their storage temperature. There was a lot of premature ripening en route to some delivery sites. Lesson learned! We may continue to feature some southern crops as they come available through the fall, but right now the delectable local produce gives us plenty to choose from. Enjoy!

Notes from the Foodshed Initiative

In a confluence of events not just agricultural, but also social, seasonal, political, and even mechanical, the mandate of bringing healthy food to income-challenged areas is an idea whose time has come. We are ready to help make it happen!

Firstly, the Federal Agricultural Commission recently awarded funding to a [pilot program](#) in Massachusetts. This program will reward users of SNAP (or Food Stamps) benefits with discounted prices when they buy fresh fruits and vegetables. The pilot will focus on residents in Hampden county, which is our own backyard. What better time to bring local veggies into the neighborhood? It's all the more reason for us to purchase that portable machine for processing SNAP and EBT.

In September, we're hosting a member event to celebrate the **Kids' Pizza Garden harvest**, and concurrently to decorate the Bus. So local farmshare members, put **Tuesday the 21st** on your calendars! Come for your share, then eat pizza full of yummy kids' garden vegetables (peppers, eggplant, herbs) while helping us to paint. Our bus will then make appearances at some local food events, including [Taste the View](#) and the [Boston Local Food Festival](#). Thanks to blogger/farmshare member Nikki Gard-



The Fall Bus Tour Schedule

* Tuesday, September 21st

Kids' Pizza Garden Celebration and Bus Decoration
During farmshare pickup hours: 2-6 pm.

* Friday, September 24th

CISA's [Taste the View](#) event
Tri-County Fairgrounds, Northampton, 6-10 pm.

* Saturday, October 2nd

[Boston Local Food Festival](#)

The Numbers

Many of you leapt to the cause and signed up for either a Fall Share or a Winter Share before Sept 1. As of this writing, you have helped us to put aside \$570 for a portable SNAP machine. THANK YOU!

If you're still on the fence about when to sign up, remember that **if you send us your deposit for the East Coast share before October 1st, we will put \$5 towards this very important part of our initiative!**



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.

- Celery: *ENTERPRISE*
- Arugula: *ENTERPRISE*
- Baby Bok Choi: *ENTERPRISE*
- Eggplant: *ENTERPRISE*
- Lacinato Kale: *ENTERPRISE*
- Watermelon: *ENTERPRISE*
- Pixie Cantaloupe: *ENTERPRISE*
- Red Onion: *ENTERPRISE*
- Green Bell Peppers: *ENTERPRISE*
- Shallots: *ENTERPRISE*
- Field Tomatoes: *ENTERPRISE*
- Heirloom Tomatoes: *ENTERPRISE*
- Corn: *Warner Farm, Sunderland*



Recipe for This Week's Share

Celery Tomato Casserole

Recipe from www.justvegetablerecipes.com

1 bunch Celery	1/4 c Margarine
1 c Diced carrots	1 c Diced green pepper
3/4 c Chopped onion	1 1/4 c Diced tomatoes
1 ts Cornstarch	1/2 c Chicken broth
2 ts Chopped parsley	2 ts Basil leaves; crushed

Preheat oven to 350 degrees. Trim tops from celery; cut celery in 1-inch pieces. In 10-inch skillet, melt margarine. Add carrots, green pepper, onion and celery; saute for 5 minutes. Spoon into a 12 x 8 x 2-inch baking pan or 2-quart casserole. Stir in tomatoes. In a small bowl, mix cornstarch and chicken broth until blended; stir in parsley and basil. Pour over vegetables. Cover and bake until celery is tender, about 45

Grilled Eggplant Sandwich

Recipe from <http://www.eggplantrecipes.net/>

Eggplant:

4 teaspoons Olive Oil	1 clove Garlic, finely chopped
1 1/2 teaspoons chopped, Fresh Basil	Salt, to taste
Fresh Ground Black Pepper	2 small Eggplants

Sandwiches:

1/2 cup Cream Cheese, Low-Fat Whipped, or Goat Cheese	
4 pieces Focaccia or other good quality bread, sliced in half, lengthwise	
2/3 cup Spinach, washed and dried	4 slices Tomato

Eggplant:

Preheat grill to medium heat.

Add olive oil, garlic, salt, and fresh ground pepper and 1/2 teaspoon fresh chopped basil to small bowl. Stir to combine.

Brush both sides of eggplant slices with olive oil mixture.

Grill eggplant over direct heat, 3 minutes per side.

Sandwiches:

Mix cream cheese, 1-tablespoon fresh chopped basil, salt, and fresh ground pepper in small bowl.

Spread 4 halves of focaccia bread with cheese mixture.

Top with spinach, slice of tomato and focaccia bread slice.