

Enterprise Farm News

Week of August 9th, 2010

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

413.665.8608

www.enterpriseproduce.com
farmshare@enterpriseproduce.com



Dear Members and Friends,

It's a thrill to see the sheer profusion of color and ripening that takes over the farm in August. Our flowers are popping with intensity. The watermelons grow heavy and sweet, the cukes and peppers are prolific, the eggplants are gorgeous, the tomatoes start turning a rainbow of colors.



Fresh-picked flowers on the back of the truck.

Even the weeds are showing off this year — we have a pretty impressive crop of them, too!



Lovely summer lettuces..

This is a great time of year to take your farmshare vegetables, chop up the mainstays like corn, eggplant, peppers, potatoes, zucchini, basil and parsley; marinate the mélange in some olive oil-balsamic-salt-pepper, and either roast in the oven or cook it on the grill.



Weeds = 1, Chard = 0

It makes a satisfying dish, versatile and even delicious cold.

We hope you are enjoying



Elsa and Toby washing and sorting a days' worth of cukes.



Rosa Bianca eggplant in the kids' garden.

News for Pick-Your-Owners

Tuesday Whately farmshare members: If you have any used (clean) plastic milk, yogurt, water, or other containers, please bring them along to the next pickup! We could always use more containers for flowers..



Are you coming to the farm with children? Check out the sunflower house! Take a moment to look for cucumbers and melons that are hiding in the "clouds" of the kids' garden. They are just waiting to be picked and enjoyed.

A Late Blight Update for All Gardeners

You probably remember the 2009 blight that decimated much of the Northeast's tomato and potato crops. Since Late Blight can stay in the soil and be carried on the wind, there are still threats in our area to all plants in the nightshade family. Once plants are infected, there is no way to treat them; they must be destroyed to prevent further spread of the blight. Check out this link to a [recent article](#) from Rodale, which gives tips on how to identify and prevent this disease in your own garden. (So far, no sign of blight in our fields, fingers crossed!)

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.

- Loose Beets: *ENTERPRISE*
- Celery: *ENTERPRISE*
- Cucumbers: *ENTERPRISE*
- Cantaloupe: *ENTERPRISE*
- Zucchini: *ENTERPRISE*
- Green Bell Peppers: *ENTERPRISE*
- Bunched Basil: *ENTERPRISE*
- Rainbow Chard: *ENTERPRISE*
- Red Onions: *ENTERPRISE*
- Redleaf/Greenleaf/Romaine Lettuce: *ENTERPRISE*
- Sweet Corn: *Warner Farm, Sunderland, MA*
- Tomatillos: *Chamutka Farm, Whately*
- Russet Potatoes *from Fresh Mountain Farms, Florida*

Recipe for This Week's Share

Roast Beets and Fennel

1 pound beets, scrubbed clean

1/2 an onion

Salt and pepper to taste

1 fennel bulb

olive oil

Preheat the oven to 350. Cube beets into bite sized pieces. Slice fennel and onion into similar sized half moon slices. Place in a roasting pan, drizzle with olive oil, season with salt and pepper. Toss to coat. Roast for about 25 to 35 minutes, or until desired tenderness is reached. (Optional: Peel the beets once roasted)

Celery and Jicama Sauté

Gourmet | November 2005

1 large bunch of celery

2 tablespoons olive oil

1/3 cup coarsely chopped fresh flat-leaf parsley

2 teaspoons fresh lemon juice

1/4 teaspoon black pepper

1 1/4 lb jicama

2 garlic cloves, smashed

1 teaspoon finely grated fresh lemon zest

1 teaspoon salt



Peel strings from celery with a vegetable peeler, then cut celery on a long diagonal into 1/4-inch-thick slices. Peel jicama with a sharp knife and cut into 2- by 1/4-inch matchsticks.

Heat oil in a 6- to 8-quart heavy pot over moderately high heat until hot but not smoking, then sauté garlic, turning, until golden on all sides, about 2 minutes. Discard garlic.

Add celery to oil and sauté, stirring, until softened, about 3 minutes. Add jicama and sauté, stirring, until slightly translucent, about 5 minutes. Stir in remaining ingredients and remove from heat.

What is a Tomatillo?

Tomatillos are small fruit (used more commonly as a vegetable) that are green or yellow and grow in a husk. The husk should be removed. They can be stored in a paper bag in the refrigerator for up to two weeks. Green tomatillos are less ripe, but easier to slice. When cooked a tomatillo becomes soups quickly, but are a great addition to sauces and marinades. Common in Latin American and TexMex cuisine, the Aztecs were cultivating tomatillos as early as 800 B.C. There are recipes on page 3.



Recipe for This Week's Share

Chilled Tomatillo and Cucumber Soup

Bon Appétit | July 2001

2 poblano chilies	1 tablespoon olive oil
1 cup chopped onion	2 garlic cloves
2 cucumber, peeled, chopped (about 2 cups)	4 cups canned low-salt chicken broth
2 tablespoons minced seeded jalapeño chilies	2 tablespoons fresh lime juice
2 tablespoons chopped fresh cilantro	1/2 cup whipping cream
2 green onions, chopped	1/2 pound tomatillos, husked, rinsed, cut into 1/2-inch pieces

Char poblano chilies over gas flame or under broiler until blackened on all sides. Enclose in paper bag; cool 10 minutes. Peel and seed chilies, then cut into 1-inch pieces.

Heat oil in heavy medium saucepan over medium heat. Add onion and garlic; saut 5 minutes. Add tomatillos and cucumber; saut until onion begins to brown, about 5 minutes. Add broth and poblano chilies; bring to boil. Reduce heat to medium-low and simmer until tomatillos are tender, about 10 minutes. Stir in jalapeños, lime juice and cilantro. Cool completely. Working in batches, puree soup in blender. Transfer to large bowl; stir in cream. Season to taste with salt and pepper. Chill soup until cold, at least 3 hours or overnight. Divide soup among 6 bowls. Sprinkle with green onions and serve.

Baked Eggs with Salsa Verde

From Food Network Kitchens

Vegetable oil, as needed	1/3 cup Salsa Verde, recipe follows
4 large eggs	Salt and freshly ground black pepper
1/4 cup shredded Monterey jack cheese	2 tablespoons chopped fresh cilantro leaves

Preheat the oven to 400 degrees F.

Lightly oil a medium nonstick skillet with an ovenproof handle. Spoon a heaping 1/3 cup of salsa into the pan. Lightly press down the salsa to make 4 evenly spaced shallow nests and break an egg into each. Season with salt and pepper. Bake until the egg whites are cooked and the yolks are still runny, about 15 minutes. Sprinkle the cheese over the eggs and continue baking until just melted, about 1 minute more. Top with the cilantro.

Serve immediately.

Salsa Verde:

1 pound tomatillos, husked and rinsed	1 clove garlic
1/4 medium onion	1/4 jalapeño chile, with seeds
1 teaspoon kosher salt	4 sprigs fresh cilantro

Put the tomatillos in a medium saucepan with water to cover. Bring to a boil and cook until tender, about 7 minutes. Drain.

Puree the garlic, onion, jalapeño, and salt in a blender until smooth. Add the tomatillos and cilantro sprigs and puree until smooth.