

# Enterprise Farm News

Week of September 27th, 2010

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Dear Members and Friends,

What an eventful time it's been around the farm. First off, we would like to introduce the newest member of the Enterprise farm family! Beckett Hale Jackson, 9.5 pounds and 21 inches long, was born on Friday, September 24th. **Congratulations to proud parents Dave and Ainsley.** We're all excited to see the Jackson 5 on tour!



Aside from the joyous news of baby Beck, we also attended our first 3 events with the BUS last week. The first was our Kids Garden Pizza Party right here at the farm. Shelly and Jiyanna lead the crew to get the shelves build, the painting done and the bus ready to hit the road. Grilled pizzas were made with homemade tomato sauce, pesto, and dough from a mix of Four Star Farms' Buckwheat and Barley flour. With that, the kids garden was laid to bed for this year. We're all really excited to do it again next year! A very special **THANK YOU** to member and graphic designer **Marah Loft**, who came by Wednesday and helped finish up some painting on the bus, including the farmscape on the front—it really allows us to bring the farm with us wherever we go!

Friday night, Shelly, Katey and Kacie took the bus to [CISA's Taste The View](#). An annual benefit which celebrates the local agricultural community in the Pioneer Valley. They said the samples would be lavish, and they were! We had a great time and appreciate all the support the farm and the bus gained from it.



By Saturday morning Shelly and Kacie were off the

Nuestras Raices' Harvest Festival. Aside from throwing a fabulous party—they roasted 9 pigs!—this was the first event where we actually sold produce from the bus!



## Got Squash?

Why, yes we do. We have a whole warehouse full of it! Our new storage arrangement is working out great for potatoes, garlic, squash, and pumpkins. Just a mile or so from the home farm, it frees up a ton of space in our barn, while allowing us to control temperature to keep these cucurbits fresh for months to come.

**BOSTON LOCAL FOOD FESTIVAL**  
SATURDAY, OCTOBER 2, 2010  
Boston Waterfront at Fort Point Channel  
Presented by the Sustainable Business Network

## 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.

- Bunched Beets: *ENTERPRISE*
- Dandelion Greens: *ENTERPRISE*
- Acorn Squash: *ENTERPRISE*
- Green Cabbage: *ENTERPRISE*
- Green or Red Leaf Lettuce: *ENTERPRISE*
- Flat/Italian Parsley: *ENTERPRISE*
- Field Tomatoes: *ENTERPRISE*
- Red Potatoes: *Full Bloom Farm, Whately*
- Carrots: *Czajkowski Farm/Lakeside Organics, Hadley*
- Honey Crisp Apples (**IPM**): *Cold Spring Orchard, Belchertown*

## Thanks to our Working Members for a Fantastic Farmers' Market Season!



*Dave (right) lending a cheerful hand to Kacie during the Davis Square market in Somerville.*

We didn't quite know what to expect when we put out the call for members to help at our farmers' market stands. But we were really impressed with the outcome.

In Somerville, member David Lytton answered the call and became a reliable, knowledgeable member of the team. Every Wednesday, he helps with setup and cleanup, offers great recipe ideas, and makes it so that we can take lunch breaks even on the busiest of days. What would we do without you, Dave?

And in Brookline, we've had the good fortune to enlist Marsha Pelletier. A high school English teacher, Marsha brought great energy and personality to the market each week as she glided in on her bicycle just in time to help set up. Marsha is a Green Queen, as she makes an effort to buy more locally, organically, and saves money by canning and processing, and preserving local produce in her chest freezer as well as maintaining a make-shift root cellar at her home in Arlington with her husband, Lee and their cats, Boo Radley and Petra. You may see her representing the farm at other events in the greater Boston area as our member ambassador.



*Here's a picture Marsha sent us of herself volunteering at the Franklin Park Zoo!*

**Both Marsha and Dave bartered their time in exchange for farmshares this year. We absolutely love the way it's worked out. Thanks for all your help guys!**

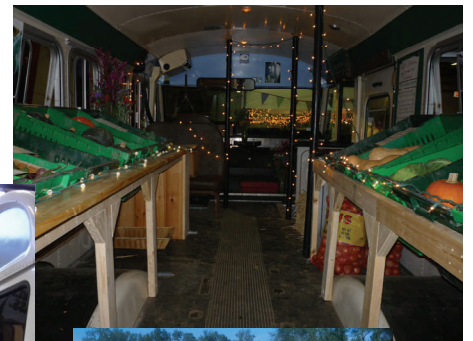
## Lunch Bunch on the Move!



The ladies pictured here are part of a parents' group in Shutesbury, MA, affectionately referred to as the "Lunch Bunch." They came by the farm last week to talk with Matt about sourcing healthier food for school lunches.

With a little interface between the farm and the schools' chef, they have figured out a way to get a **new salad bar set up in the elementary school**. It has already been stocked with vegetables grown right here at Enterprise Farm.

**Nice work, ladies!**



# Recipe for This Week's Share

## Braised Cabbage and Carrots with Peanut Sauce

1/2 head of cabbage, shredded	2-3 carrots, grated (approx. same amount as cabbage)
1 1/4 cup water, divided	salt and pepper
2 tbsp. sesame oil	1 tsp. minced fresh ginger
1 tsp. minced fresh garlic	1/3 cup peanut butter
1/4 cup low sodium soy sauce	1 tbsp. cider vinegar
1 tsp. sugar (or honey)	1/4 tsp. crushed red pepper flake (optional)

In a deep skillet, add cabbage and 1 cup water. Season lightly (remember soy sauce, which comes later, is very salty!). Steam for 20 minutes stirring often, making sure the cabbage does not burn. Once most of the liquid is evaporated add carrots, oil, ginger and garlic. Sauté for a couple of minutes. In a separate bowl, combine 1/4 cup warm water, peanut butter, soy sauce, cider vinegar, sugar and crushed red pepper flake. Add to skillet and cook for an couple more minutes so everything has a chance to come together.

## Beet Soup in Roasted Acorn Squash

Gourmet | November 2000

### For roasted squash

8 (1- to 1 1/4-pound) acorn squash	3 tablespoons vegetable oil
1 tablespoon kosher salt	

### For soup

1 large red onion, chopped	1 1/2 tablespoons vegetable oil
5 medium beets, peeled and cut into 1-inch pieces	1 red apple, peeled and cut into 1-inch pieces
2 garlic cloves, minced	4 cups chicken or vegetable broth
4 to 5 cups water	2 tablespoons cider vinegar
1 tablespoon packed light brown sugar	

### Roast squash:

Preheat oven to 375°F. Cut off "tops" of squash (about 1 inch from stem end) and reserve. Scoop out seeds and discard. Cut a very thin slice off bottoms of squash to create a stable base. Brush "bowls" and tops all over with oil and sprinkle salt inside. Arrange squash bowls, with tops alongside, stem ends up, in 2 large shallow baking pans. Roast squash in upper and lower thirds of oven, switching position of pans halfway through baking, until flesh of squash is just tender, about 1 1/4 hours total.

### Make soup while squash roast:

Cook onion in oil in a 5-quart heavy saucepan over moderate heat, stirring occasionally, until softened. Add beets and apple and cook, stirring occasionally, 5 minutes. Add garlic and cook, stirring, 30 seconds.

Add broth and 4 cups water, then simmer, uncovered, until beets are tender, about 40 minutes. Stir in vinegar and brown sugar.

Purée soup in 3 batches in a blender until very smooth, at least 1 minute per batch (use caution when blending hot liquids), transferring to a large bowl. Return soup to pan, then season with salt and pepper and reheat. If soup is too thick, add enough water to thin to desired consistency. Serve soup in squash bowls.

Cooks' notes: • Squash flesh shrinks during baking; if a small hole forms, serve soup in squash but set in a soup bowl.  
• Soup can be made 3 days ahead and chilled, covered.