

Enterprise Farm News

Week of April 6, 2009



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Dear Shareholders,

On Wednesday, April 22, the **Channel Café** in Boston is joining with the **Chef's Collaborative** for the "**Earth Dinner**," celebrating local farmers and local restaurants working together. Enterprise Farm owner Dave Jackson, will be on hand to give a brief talk, and the menu will feature local and East Coast-grown produce, some of which you may recognize from your share!

The Channel Cafe is our farm share pick-up spot in downtown Boston, and has been a great supporter of the share program. This promises to be an excellent meal for a worthy cause, so come out and meet your farmer, support local agriculture and sustainable businesses.

For details and reservation information please visit: www.enterpriseproduce.com/earthdinner.

This week, we feature greenhouse salad mix from Equinox Farm, in Sheffield, MA, the same source as that excellent baby spinach last week. Next week, we will feature arugula from Equinox Farm, as well as more spinach for the large shares. Next week as well, all shares should receive more of the VT Longwind Farm greenhouse tomatoes. Learn more about their tomato growing practices, and their quest for a tasty tomato at: www.longwindfarm.com/

Let's follow up on a few items from last week. First, interesting developments in next winter's share continue. A second local grower has made us an offer to grow organic winter storage crops for the share. Michael Doctor, the former manager of the Food Bank Farm in Hadley, is looking to grow local carrots and parsnips for Enterprise! For much of this winter, our carrots were from Vermont or Canada, so this would further decrease food miles traveled! Together with the potatoes, onions, and beets planned from Full Bloom Farm, in Whately, MA, next winter is looking rosy and local already.

This week we feature a an Indian recipe for Cabbage and Peas, from Shareholder Lisa Tatterson, check it out on the second page of the newsletter.

Please let your friends and family know that shares are available for the '09 season. With some winter share members leaving us for the summer, we have shares

... available. We will be taking rolling signups this spring for all pick-up sites, but some sites will fill sooner than others.

If you have been a member over the winter and would like to return next winter, we are offering to hold spots for existing customers, for a '09/'10 November-May winter share. If you are interested in making a deposit to hold a space for next winter, please email Jordan at: farmshare@enterpriseproduce.com.

Thank You,
Farmer Benneth (for Dave, Family and Crew)

'09 FARM SHARE

Enterprise Farm is accepting new members for all drop sites: Whately, Somerville, Arlington, Dedham, Jamaica Plain, and Fort Point.

Certified Organic Vegetables, Whately, MA
Please spread the word!

ITEMS IN THIS WEEK'S SHARE

All items in this week's share are organic, except for the parsnips, which are from a local conventional farm, and the apples which are local low spray/IPM. Shares may differ depending on whether you have a large or small share, and whether you pick up at the farm or in the Metro Boston area.

Salad Mix, Equinox Farm, Sheffield, MA (greenhouse)
Lettuce: Lady Moon Farm, FL
Kale (Dino, Green and Red): Lady Moon, FL
Swiss Chard: Lady Moon, FL
Parsley: Lady Moon, FL
Parsnips: Manheim Farm, South Deerfield, MA (*conventional*)
Carrots: Deep Root, Quebec
Celeriac, Full Bloom Farm, Whately, MA
Sweet Potatoes (Beauregard, Ruby) Watauga Farm, NC
Potatoes (Yukon and Red)
Zucchini and Summer Squash: Alderman, FL
Cucumbers, Peace River, FL
Tomatoes, Longwind Farm 'Good and Ugly', VT (greenhouse)
Cherry Tomatoes, Alderman, FL
Green Bell Peppers: Alderman, FL
Apples: Bashista Orchard, Southampton, MA
Citrus (Red Valencia and Grapefruit): Eagle's Nest, FL

- *Indian Cabbage with Peas (Bund Gobi And Matar)* -

Bund gobi with matar is a delicious main dish with mild spices, which is a nice compliment to any meal, simple and easy recipe to make.



Serves 3 to 4

Ingredients:

- 4 cups of cabbage slice into fine long shreds (discard the stalk and thick stems)
- 1 1/4 cup frozen peas
- 2 tablespoons oil
- Pinch of asafetida (hing)
- 1 teaspoon cumin seeds (jeera)
- 1/2 teaspoon mustard seeds (rai)
- 2 green chilis half the way slit
- 1/4 teaspoon ground turmeric (haldi)
- 1/4 teaspoon cayenne pepper (lal mirch)
- 3/4 teaspoon salt
- 1/4 teaspoon sugar
- 2 tablespoons chopped cilantro (hara dhania)

Method:

1. Heat the oil on medium high in a saucepan. ***Test the heat by adding one cumin seed to the oil; if seed cracks right away oil is ready.***
2. Add asafetida, cumin seeds, and mustard seeds after seeds crack add green peas and green chilies, stir for a few seconds.
3. Add the cabbage, turmeric, cayenne pepper, sugar, and salt. Mix well.
4. Cover the pan and let it cook on medium heat for about 10 minutes until the cabbage is tender. Occasionally stir it.
Turn the heat off when done.
5. Next add the lemon and cilantro.

Serve hot.

This recipe comes recommended by shareholder Lisa Tatterson, and the original can be found at: www.manjulaskitchen.com/