

Enterprise Farm News

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Dear Members,

This week, we again have peaches in the share, this time grown by an Enterprise farm share member!

Bill O'Bear, owner of Bear Path Farm in Whately, runs a compost business and grows peaches and apples at his farm. Not only is Bill known in Western Mass. for producing some of the best compost around, he's also a winter farm share member here at Enterprise Farm. He sometimes uses old produce from our farm in the composting process, and when we needed compost for our kids' garden here at the farm this spring, we turned to Bear Path Farm.

There are presently 33 peach trees at Bear Path Farm distributed among 11 varieties. The peaches in the share this week are the New Haven variety. They were picked when they were almost ripe this past weekend, so that they could be transported safely in the share boxes.

Please note, the peaches from Bear Path Farm are *conventional*, not organic. All of Bill's trees are organically fertilized (with compost of course) and are minimally sprayed to protect from insects and fungal diseases. Find out more about Bill's farm at <http://bearpathfarm.com>.



Peaches grow at Bear Path Farm

Also this week, you'll be receiving heirloom tomatoes in the share! Since we'll be putting many different varieties of heirlooms in the shares, we've created a chart to help you identify which ones you've received, and a little info about each one.



Bill O'Bear delivers compost for the kids' garden here at the farm

THIS WEEK'S SHARE

This list includes all the items that could be in this week's share. What you receive depends on your share size and whether you pick up at the farm or in metro Boston. All items are Enterprise-grown and certified organic, unless otherwise noted.

- Beets
- Salad Mix
- Kale
- Dandelion Greens
- Cilantro
- Asian Eggplant
- Zucchini
- Cucumbers
- Heirloom Tomatoes
- Fresh Garlic
- Cipollini Onions *Seamus Sullivan, Whately, MA*
- Raspberries (*conventional*) *Nourse Farms, Whately, MA*
- Peaches (*conventional*) *Bear Path Farm, Whately, MA*

Roasted Cipollini Onions

From GoingLocal-info.com

“Cipollini onions can be used to replace an onion in your favorite recipes, but I think that wastes their uniqueness. They're at their best when slowly caramelized in butter or olive oil, oven roasted, and served as a side dish where their unique flavor can stand out and be fully appreciated as in this simple recipe where they take on a heavenly buttery softness after a quick sauté on the stovetop and a long roast in the oven.”

Ingredients

- Large, fresh cipollini onions
- 1 tbsp butter (or substitute)
- 1 tbsp olive oil
- Salt and freshly ground pepper



Preparation

1. Preheat oven to 350 degrees F.
2. Prepare the cipollinis by slicing a thin layer off the top and bottom of them. Peel off the skin and set the onions aside.
3. Heat the butter and olive oil over medium high heat in a skillet that is oven safe and add the onions.
4. Reduce the heat to medium and cook the onions until they are golden brown on one side. Turn them over and cook the other side until they are golden brown. This will take about 10-15 minutes.
5. Move the skillet to the preheated oven and roast the cipollinis until they are tender- about 35-45 minutes.
6. Remove the cipollinis from the oven, place on a serving platter, sprinkle with a little salt and pepper, and serve immediately.

Stir-Fried Asian Eggplant

From FoodNetwork.com

Ingredients

- 4 Asian eggplants
- 2 teaspoons salt
- 1 tablespoon oyster sauce
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 2 tbsp vegetable oil
- 2 teaspoons minced garlic
- 2 hot chile peppers, thinly sliced and seeded

Preparation

1. Cut each eggplant in half lengthwise, then cut diagonally into 1/2-inch slices.
2. Cover the eggplants with water, add the salt, and stir to dissolve the salt. Soak the eggplants for 5 minutes, then drain well.
3. In a small bowl, mix the oyster sauce with the sugar and sesame oil and set aside.
4. Heat a wok or nonstick skillet over high heat. Add the vegetable oil, garlic, chile peppers, and eggplants and stir-fry for 2 minutes.
5. Add 2 tablespoons water and continue stir-frying for 2 more minutes.
6. Add the oyster sauce mixture and stir well to mix. Remove to a platter and serve hot or cold.

Heirloom tomato guide



Anna Russian — A sweet and juicy heart-shaped heirloom that turns a light pink to red color. The seed is said to be handed down from a Russian immigrant to a family in Oregon where Kenneth Wilcox then named the variety after his wife Anna.



Brandywine — A beefy, tasty, well-known heirloom that turns a pink to red color. It is not known where the seed originated from exactly, but there is hearsay that the potato-leaf tomato is an Amish variety circa 1880.



Rose – Much like the Brandywine, this tomato is big, beefy, juicy and tasty, turning a rose color when ripe. The Amish Heirloom is said to come from New Holland, PA.



Amana Orange — This is a very sweet, almost fruity tasting, light orange tomato. They can grow to be over two pounds and five inches in diameter, and are named after the Amana colonies in Iowa.



Striped German — This is a fruity and juicy tomato, growing flat and wide with stripes of red decorating their orange flesh. This is a fun slicing tomato because of the color explosion inside. This is a Mennonite Variety from West Virginia.



Marvel Striped — A mildly sweet, beefsteak-like tomato with orange to yellow skin, originating from Oaxaca, Mexico.



Northern Lights — A delicious beefsteak tomato with a sweet taste and amazing skin colors including reds, oranges, yellows and greens, while the inside tends to be a vibrant red color.

Heirloom tomato guide (continued)



Dr. Wyche's Yellow — Has a juicy sweetness as well as tomato tanginess. This golden yellow fruit is named after Dr. Wyche who used to own Cole Brothers Circus and used the manure from the circus animals to fertilize his mountain-top farm in Hugo, OK.



Lemon Boy — A smaller Heirloom that's a lower acid tomato, bright yellow in color, mild in taste.



Green Zebra — This green tomato has a light citrus crunch and full-bodied tomato taste. Known for its color — green stripes on light yellow to light green.



Tasty Evergreen — A tasty sweet flavored tomato, the outside will turn a greeny-yellow/ brown but the inside will stay a vibrant green. In 1956 the Gleckers Seed Company introduced the variety.



Cherokee Purple — Has a deep red, almost brown color, and a complex, robust, sweet tomato flavor. It was cultivated in Tennessee by the Native American Cherokee tribe.



Pruden's Purple — Has a flavor similar to the Brandywine, because this tomato was actually developed from a Brandywine variety. It tends to have a pinkish to purple color.



Eva Ball — A juicy delicious red to purple colored tomato, this heirloom is from the Black Forest region of Germany.