

Enterprise Farm News

Week of August 3, 2009



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Dear Members,

We're keeping our fingers crossed, but as of today, our tomato crop looks good — and we hope to start harvesting later this week!

As you know, it's been a horrendous season for organic tomatoes in our area, between the cold nights, cloudy days, and disease pressure.

As we've mentioned previously, many growers in the Northeast have been hit with a devastating disease called Late Blight, with organic farms hit particularly hard.

Thankfully, it looks as though our crop has been spared thus far. We use a combination of methods in our tomato cultivation: trellising, rotating crops, organic spraying, and soil amendments. These methods, developed over 25 years of organic farming, plus a little luck, should mean that our members will be enjoying tomatoes over the next few weeks.



In other news...

- We've started a new pickup location in Brookline, at the Thursday Farmers' Market. If you have friends in the area, please spread the word (we have a special treat for members who refer a friend). We'll be looking for a permanent indoor location in Brookline when the market ends in the fall—please send us suggestions if you're familiar with the area.
- Send us your recipes! While we're more than happy to search out recipes for the weekly newsletter, we really love it when our members share some of their own favorites. Please send recipe suggestions to farmshare@enterpriseproduce.com.
- This week everything in the share is organic *except raspberries*, which are *conventional* and are once again from our neighbors, Nourse Farms.

For recipes this week we've got more delicious and simple salad options for those summer days when turning on the oven is the last thing you want to do. Both recipes utilize *raw* beets and carrots. Beets are usually cooked, but they're just as good eaten raw, and they're really good for you — high in folate, Vitamin B, manganese and potassium.



Barrington, with some freshly harvested beets. Barrington's from Kingston, Jamaica, and has been working at Enterprise Farm for over 10 years.

THIS WEEK'S SHARE

This list includes all the items that could be included this week — 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.

- Lettuce
- Chard
- Collards
- Cabbage
- Parsley
- Basil
- Asian Eggplant
- Beets
- Carrots
- Sweet Corn *Warner Farm, Sunderland, MA*
- Cherry Tomatoes *Chamutka Farm, Whately, MA*
- Summer Squash/Zucchini *Chamutka Farm, Whately, MA*
- Blueberries (**transitional**) *Chamutka Farm, Whately, MA*
- Raspberries (**conventional**) *Nourse Farms, Whately MA*

Raw Beet, Carrot and Parsley Salad

From CopyKat recipes (CopyKat.com)

Ingredients

- 12 oz carrots, peeled and trimmed
- 12 oz raw beets, peeled and trimmed
- 2 shallots, peeled and finely chopped
- 2 tsp cumin seeds
- 2 tbsp olive oil
- 1 tbsp sherry or red wine vinegar
- 1 small bunch of flat parsley, roughly chopped



Preparation

Peel and trim the carrots and beets, then coarsely grate both on a grater – wear rubber gloves if you don't want pink hands! Alternatively, use a food processor fitted with a grating plate.

Place the grated vegetables in a bowl, add the shallots.

Heat the cumin seeds in small pan until they are hot and smell pungent.

Remove from the heat and scatter over the vegetables.

Add the olive oil, vinegar and parsley, then toss well.

Leave to marinate for at least 15mins before serving.

Raw Beet, Carrot and Jicama Salad

From ElenasPantry.com

Ingredients

- 1 cup jicama, grated
- 1 cup carrots, grated
- 1 cup beets, grated
- 2 tablespoons orange juice, freshly squeezed
- 1 tablespoon lime juice, freshly squeezed
- ¼ cup olive oil
- ¼ teaspoon sea salt

Preparation

In a large bowl, combine jicama, carrots and beets.

In a glass jar, combine orange juice, lime juice, oil and salt; shake well.

Toss dressing into salad

Serve