

# Enterprise Farm News

Week of December 7, 2009

Mailing Address: 75River Rd,  
So. Deerfield, MA 01373  
413.665.8608  
www.enterpriseproduce.com



Dear Members,

The first week of year two is finally over! Overall, we considered it to be largely successful. We are still trying to work out all finer details. If you have any questions or concerns, please email us as soon as possible and we will work something out. Thank you all for being so supportive, understanding and flexible. It's been a huge help!

**The Food Shed reopened this Saturday!** The Food Shed, is our local winter retail store here at the Farm. It is open to the public Tuesdays from 2-6 and Saturdays from 9-2. If you are around Western Massachusetts either day please feel free to stop in! Also, tell friends and family!

**Important Date Changes: For the weeks of Christmas and New Years:** All Metro-Boston shares will be delivered on Wednesday. There will be NO deliveries on Thursday Dec. 24 or Thursday Dec. 31. **That means if you normally pick up your share on Thursdays, you will need to make arrangements to pick up on Wednesday both weeks. You will receive your share Wednesday, Dec. 23 and Wednesday, Dec. 30 instead.** Please let us know if you will not be able to arrange to pick up your shares this week and we will donate them.

**Please make sure you are picking up the correct sized box.** If the pick up sheet says you have a small share, please take a small box labeled 1/2 bu. If you have a large share, please take a 1 1/9 bu. box. It is very important that everyone gets the share that they pay for. Thank you.

**Have friends or family who want a share?** We can pro-rate the price for the weeks they miss, just have them contact us!

**A note about what is in the share:** not every item on the list is in every share. That's why some people did not receive cucumbers, arugula or salad mix last week. We pack shares three days a week, for twelve different drop sites and for pick up at the farm. The list in the newsletter is comprehensive. You will receive some of the things on the list, but not necessarily everything, even if you have a large share.



Shots from the Food Shed

## **THIS WEEK'S SHARE**

This list includes the items that you may receive in this week's share. Please note, the exact ingredients of your share depend on your share size and whether you pick up at the farm or in metro Boston. All items are certified organic, unless otherwise noted.

- Avocado, *Homestead, FL*
- Satsuma Citrus, *Eagle's Nest, FL*
- Bok Choy, *Enterprise, Whately, MA*
- Green Kale, *Enterprise, Whately, MA*
- Napa Cabbage, *Enterprise, Whately, MA*
- Beets, *Winter Moon, Hadley, MA*
- Potatoes, *Full Bloom, Whately, MA*
- Rutabagas, *Deep Root, VT*
- Broccoli, *Enterprise, Whately, MA*
- Green Beans, *Homestead, FL*
- Green Bell Peppers, *Lady Moon, FL*
- Salad Mix /Baby Arugula, *Equinox Farms, Sheffield, MA*
- Summer Squash / Zucchini, *Lady Moon, FL*
- Tomatoes, *Lady Moon, FL*
- Apples, *Bashista, Southampton, MA (Low Spray/IPM)*
- Onions, *Deep Root, VT*

# Stuffed Peppers

Recipe courtesy of Bon Appétit

Yield: Serves 4

3/4 pounds sweet Italian sausages, casings removed  
3/4 cups coarsely grated zucchini (about 1 large), can substitute summer squash  
1/4 cup finely chopped red onion  
1/4 cup minced fresh parsley  
1/4 cup fine dry breadcrumbs  
1 large egg  
1 teaspoon ground black pepper  
3/4 teaspoon salt  
1/2 teaspoon minced fresh rosemary  
2 medium-size bell peppers, halved lengthwise, seeded  
Fresh rosemary sprigs

Preheat oven to 350°F. Mix first 9 ingredients in large bowl until well blended. Fill pepper halves with sausage mixture, dividing equally and mounding slightly. Arrange in 13 x 9 x 2-inch baking dish. (Can be made 1 day ahead. Cover; chill.)

Bake peppers uncovered until tops are browned and thermometer inserted into filling registers 165°F, about 1 hour. Transfer peppers to platter. Garnish with rosemary sprigs and serve.

## Baked Tomatoes with Hazelnut Bread Crumbs

Recipe Courtesy of Ruth Cousineau

Yield: Makes 4 servings

Active Time: 20 min

Total Time: 1 hr

1 cups coarse fresh bread crumbs (from country bread, preferably whole-wheat)  
2 to 3 large tomatoes  
3/4 tablespoons chopped lemon thyme or regular thyme, divided  
1/4 stick unsalted butter  
1/2 cup hazelnuts, toasted, any loose skins rubbed off, cooled, and coarsely chopped

Preheat oven to 350°F with rack in middle. Butter a 2-quart shallow ceramic or glass baking dish.

Spread bread crumbs in a 4-sided sheet pan and toast in oven until dried and pale golden, about 15 minutes. Cool crumbs. Increase oven temperature to 450°F.

Thickly slice tomatoes and arrange, overlapping, in baking dish. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper and sprinkle with 1/2 tablespoon thyme. Melt butter in a large heavy skillet over medium heat, then cook nuts and crumbs, stirring frequently, until golden, 4 to 5 minutes. Season with salt and pepper. Spoon evenly over tomatoes.

Bake until tomatoes are bubbling and crumbs are browned, 15 to 25 minutes. Cool to warm or room temperature and sprinkle with remaining 1/4 tablespoon thyme.

## Beet Salad with Cornbread Croutons and Country Ham

Recipe Courtesy of Linton Heal

### Beets:

- 3/4 cup water
- 6 tablespoons butter, melted
- 6 large fresh thyme sprigs
- 1 1/2 teaspoons coarse kosher salt
- 1 1/2 teaspoons cracked black pepper
- 1 bay leaf
- 8 1 1/2-inch-diameter baby beets (preferably assorted colors), trimmed

**Croutons:**

- 1 cup medium-grind cornmeal
- 1/3 cup all purpose flour or cake flour
- 1 1/2 teaspoons coarse kosher salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 6 tablespoons (3/4 stick) butter, divided
- 1 cup buttermilk
- 1 large egg

**Citrus vinaigrette:**

- Peel from 1 orange (orange part only), cut into thin 2-inch-long strips
- Peel from 1 lemon (yellow part only), cut into thin 2-inch-long strips
- 1/2 cup fresh orange juice
- 1/2 cup fresh grapefruit juice
- 2 tablespoons honey
- 1/4 cup fresh lemon juice
- 2 teaspoons Dijon mustard
- 6 tablespoons peanut oil

**Salad:**

- 3 small sweet onions, cut crosswise into 1/2-inch-thick slices
- Olive oil
- Coarse kosher salt
- Nonstick vegetable oil spray
- 3 ounces very thinly sliced country ham or prosciutto
- 4 teaspoons minced plus 1 tablespoon chopped fresh Italian parsley
- Fleur de sel or Course Sea Salt
- Cracked black peppercorns
- 1 5-ounce log soft fresh goat cheese, crumbled
- Aged balsamic vinegar

- For beets:

Preheat oven to 350°F. Mix first 6 ingredients in 13x9x2-inch glass baking dish. Add beets and toss to coat. Cover with foil and roast until beets are tender, about 45 minutes. Cool; peel.

- For croutons:

Place 9- or 10-inch-diameter cast-iron skillet in oven; preheat to 400°F. Whisk first 5 ingredients in medium bowl. Melt 4 tablespoons butter. Whisk melted butter, buttermilk, and egg in another medium bowl. Add wet ingredients to dry ingredients; whisk batter to blend. Place 2 tablespoons butter in hot skillet; swirl to coat. Add batter. Bake until top is golden and tester inserted into center comes out clean, 18 to 20 minutes. Cool in skillet. DO AHEAD: Can be made 1 day ahead. Cover; store at room temperature.

- For citrus vinaigrette:

Add enough water to small saucepan to measure 1 1/2 inches; bring to boil. Add orange peel. Blanch 1 minute; drain. Repeat blanching procedure with lemon peel; reserve lemon peel for serving. Return orange peel to same pan and add orange juice, grapefruit juice, and sorghum syrup. Bring to boil, reduce heat to medium-low, and simmer until reduced to generous 1/3 cup, about 20 minutes. Whisk lemon juice and mustard in medium bowl; whisk in oil. Whisk in orange-grapefruit reduction. Season vinaigrette with salt and pepper. DO AHEAD: Can be made 4 hours ahead. Let stand at room temperature.

- For salad:

Preheat broiler. Line small baking sheet with foil. Place onion slices with rings intact on sheet. Brush with oil; sprinkle

with coarse salt. Broil onions until browned, watching closely to prevent burning, about 10 minutes. Turn and broil until browned, about 5 minutes longer.

- Reduce oven temperature to 375°F. Cut cornbread into 1/2-inch cubes. Spray rimmed baking sheet with nonstick spray. Spread cornbread in even layer on prepared sheet. Toast until golden brown around edges, turning occasionally, about 35 minutes.
- Reduce oven temperature to 350°F. Line rimmed baking sheet with parchment paper. Arrange ham in single layer on prepared baking sheet. Top with another sheet of parchment paper, then another rimmed baking sheet to press ham. Roast until ham is crisp, 10 to 20 minutes, depending on thickness of ham. Remove top baking sheet and parchment paper. Cool. Break ham into bite-size pieces.
- Whisk 4 teaspoons minced parsley into vinaigrette. Mix in reserved lemon peel. Quarter beets. Toss with some of vinaigrette (if using assorted colors, toss in separate bowls). Sprinkle with fleur de sel and cracked black pepper. Separate onion rings. Divide rings among plates in single layer. Arrange beets in and around onion rings. Sprinkle goat cheese over. Scatter ham and croutons over. Sprinkle fleur de sel and 1 tablespoon chopped parsley over. Drizzle with some of remaining vinaigrette and aged balsamic vinegar.