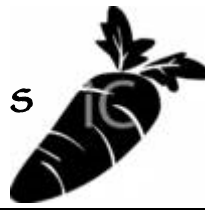


# Enterprise Farm News

Week of December 29, 2008



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Dear Shareholders,

This New Year's week we are offering a bold experiment. Florida Avocados! This is not a crop we worked with last winter, so this is a first time event. We have included some holiday guacamole recipes in the newsletter for you.

Florida's numerous avocado varieties differ in shape and size, but have in common green, smooth skin and comparatively low oil and high water contents. It has a lower fat content compared to the darker Hass variety grown in California and Mexico.

Please note that there are still shares available for pickup at the farm, and for off-farm pickup in Arlington, Somerville, and now Jamaica Plain. Shares are also available delivered through Metro Pedal Power. They can be contacted at: [metropedalpower.com](http://metropedalpower.com) If you have friends or family considering a share, let them know that they can still sign up over the winter and we will pro-rate the weeks they missed.

Next week begins the first official Winter Market at the farm. Although its appearance for the season was much in doubt, customer requests made it a reality. The Market will be open to the general public every Thursday from 1:00p-6:00p.

The beginning of the Winter Market is a good time to explain how our week works here on the farm. We bring in produce from other local and regional farms on Mondays. Tuesdays and Wednesdays we distribute to shareholders. Other customers pick up from us as well, like Valley Green Feast, and Berkshire Organics. Now, on Thursdays, we will have a market with produce that remains each week. On Friday, we donate to the Food Bank of Western MA and close out the week. Shareholders and our regular customers get the freshest and greatest variety of produce earliest in the week, and Enterprise gets the benefit of offering our produce through multiple means.

Happy New Year!  
Benneth (For Dave, Family and Crew)

## ***ITEMS IN THIS WEEK'S SHARE***

*All items in this weeks share are organic. The lettuce is non-certified organic from a local hydroponic grower. Shares may differ depending on whether you have a larger or small share, and whether you pick up at the farm or a drop spot.*

Citrus: Eagle's Nest, FL  
Strawberries: Peace River, FL  
Avocados: Homestead, FL  
Yellow and Red Onions: Atlas Farm, Deerfield, MA  
Garlic: Somerset Farm, NC  
Sweet Potatoes: Beauregard, OHenry, Ruby, Faucette Farm, NC  
Yukon Gold Potatoes: Deep Root, VT  
Red Potatoes: Deep Root, VT  
Kennebunk Potatoes: Watauga, NC  
Carrots : Atlas Farm, Deerfield, MA  
Celeriac: Full Bloom Farm, Whately, MA  
Purple Top Turnip, Czajkowski Farm, Hadley, MA  
Scarlet Turnip, Somerset Farm, NC  
Curly Green Kale: Cottles Farm, NC  
Green Boston Lettuce: Schwartz Farm, Amherst, MA (Hydroponic)  
Arugula: Enterprise Farm, Whately, MA  
Red Cabbage: Deep Root, Canada  
Peppers: Peace River, FL  
Green Beans: Homestead, FL  
Zucchini: Peace River, FL  
Cherry and Roma Tomatoes: Peace River, FL

**WINTER MARKET**  
**BACK BY CUSTOMER REQUEST!**  
**THURSDAYS FROM 1:00-6:00PM**  
**BEGINNING JANUARY 8TH**

## ***IMPORTANT DATES***

For the Holidays, share pickups for Somerville and Arlington will be on:

***TUESDAY DECEMBER 30TH***

This will avoid New Years Eve, and is in response to customer requests. As always, if you are going to be away, you may have a friend pickup your share, and there is no need to let us know ahead of time. If you will not be picking up your share at all, you may always let us know ahead of time via email.

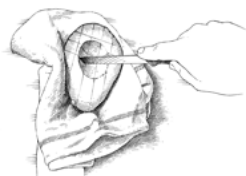
# New Year's Guacamole

Florida's numerous avocado varieties differ in shape and size, but have in common green, smooth skin and comparatively low oil and high water contents. It has a lower fat content compared to the darker Hass variety grown in California and Mexico.

## **Fresh Guacamole** *adapted from Cooks Illustrated, July 2002*

1 large ripe avocado  
1 tablespoon minced red onion  
1 small clove garlic, minced or pressed through garlic press  
1/2 small jalapeño chile, minced (about 1 1/2 teaspoons)  
2 tablespoons minced fresh cilantro leaves  
1 tablespoon lime juice from 1 lime  
Salt

1. Halve avocado, remove pit, and scoop flesh into medium bowl. Using fork, mash 1/2 the avocado lightly with onion, garlic, jalapeño, cilantro, and 1/8 teaspoon salt until just combined.
2. Using a dinner knife with the second avocado half, carefully make 1/2-inch cross-hatch incisions in flesh, cutting down to but not through skin, (see illustrations below). Using a soup spoon, gently scoop flesh from skin; transfer to bowl with mashed avocado mixture. Sprinkle lime juice over and mix lightly with fork until combined but still chunky. Adjust seasoning with salt, if necessary, and serve. (Can be covered with plastic wrap, pressed directly onto surface of mixture, and refrigerated up to 1 day. Return guacamole to room temperature, removing plastic wrap just before serving.)



1. Use dish towel to hold avocado steady. Make 1/2-inch cross-hatch incisions in flesh with a dinner knife, cutting down to but not through skin.



2. Separate diced flesh from skin using spoon inserted between skin and flesh, gently scooping out avocado cubes.

## **Guacamole with Lime and Roasted Chilies** *Bon Appétit | August 2002*

Serve with jicama sticks, radish slices, peeled cooked shrimp, and corn tortilla chips.

Yield: Makes 6 servings

3 poblano chilies* (about 12 ounces)	2 large ripe avocados, peeled, pitted
1 large jalapeño chili	2/3 cup finely chopped onion
	1/2 cup (packed) coarsely chopped fresh cilantro
8 tablespoons fresh lime juice	1/4 teaspoon ground cumin
1 large plum tomato, seeded, chopped	
2 small green onions, finely chopped	
1 teaspoon grated lime peel	

Char chilies directly over gas flame or under broiler until blackened on all sides. Enclose in paper bag at least 10 minutes and up to 1 hour. Peel, seed, and finely chop chilies. Mix chilies, 1 tablespoon lime juice, tomato, green onions, and lime peel in small bowl. Season with salt.

Puree next 4 ingredients and 7 tablespoons lime juice in processor until almost smooth. Season with salt. (Chili mixture and guacamole can be made 1 day ahead. Cover separately and refrigerate.)

Spoon avocado puree into wide shallow bowl. Spoon chili mixture into center. Serve.

\* Fresh green chilies, often called pasillas; available at Latin American markets and some supermarkets.