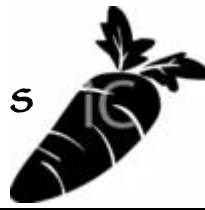


Enterprise Farm News



72 River Rd, Whately, MA 01093
Ph 413 665 8608 Fax 413 665 9873
www.enterpriseproduce.com
benneth@enterpriseproduce.com

Week of January 26, 2009

Dear Shareholders,

This week, some shares include **juicing oranges**. The unlabeled "Navel" looking citrus in the LARGE BOXES this week are a juicing variety. Some large and small boxes also contain a second variety of labeled juicing oranges.

Due to the Florida cold weather, and a change-over in seasonal variety of citrus, we are facing a temporary lull in available citrus. Next week's box may contain limited or less citrus. For those of you who we owe free citrus boxes for signing up your friends, we will get them to you when the new varieties arrive in about two weeks. Email jordan@enterpriseproduce.com if you want to make sure we know that we owe you a free box. Email james@enterpriseproduce.com if you would like to order a box over the winter.

This week we have included two pages of recipes featuring beet, parsnip, carrot and potatoes. The beet spread recipe is a personal favorite of mine, it is like a simple and easy hummus to eat with bread. It can be served slightly warm after preparation, or later at room temperature or cold. The bold pink color makes for a unique presentation. Try serving it to your friends with their eyes closed and having them guess what that sweet warm flavor is!

We are proud to announce the official launch of our new CSA drop sites:

Dedham

THURSDAYS, 3:00-7:00 PM
St. Susanna, 262 Needham Street

Jamaica Plain

THURSDAYS, 2:00-6:00 PM
City Feed, 672 Centre Street

Cheers,

Farmer Benneth

(For Farmer Dave, Family and Crew)

WEATHER POLICY

Many shareholders have called the farm in this wintery weather to ask if we will be making our deliveries at the scheduled day and time. **We will always attempt to deliver shares as scheduled.** If in the event that we are making a change, or the driver is delayed by weather, we will send email updates and make as many customer calls as possible. Please try to pickup your share during the scheduled times, even in bad weather or other circumstances. If you will have an issue with this, please let us know as far in advance as possible and we will attempt to make arrangements.

FEBURARY PAYMENTS Due by the 1st of the month.

\$110.00 Boston area small share

\$150.00 Boston area large share

\$103.75 On-farm small share

\$150.00 On-farm large share

By mail: 75 River Rd, South Deerfield, MA 01373

Or leave a check when you pickup. Thank you.

ITEMS IN THIS WEEK'S SHARE

All items in this weeks share are organic, except for the apples, which are IPM, and the onions, which are now coming from a local conventional farm. Shares may differ depending on whether you have a large or small share, and whether you pick up at the farm or a drop spot.

Citrus: Eagle's Nest, FL

Apples:(Empire, Davey, Mutsu): Clarkdale Orchard, Deerfield, MA

Onions: Long Plain Farm, Whately, MA (*conventional*)

Sweet Potatoes (Beauregard, Ruby) Watauga Farm, NC

Red Potatoes: Deep Root, VT

Yukon Potatoes: Deep Root, VT

Carrots : Deep Root, Quebec

Beets: Deep Root, Quebec

Parsnip: Deep Root, Quebec

Celeriac: Full Bloom Farm, Whately, MA

Swiss Chard, Lady Moon Farm, FL

Kale (Dino and Green), Lady Moon, FL

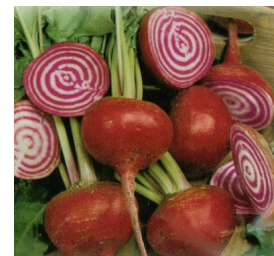
Flat Parsley: Lady Moon Farm, FL

Lettuce: Lady Moon Farm, FL

Cherry and Grape Tomatoes, Lady Moon, FL

Beet, Carrot, Parsnip and Potato Recipes

The beets included in the share this week are Chioggia, “candy striped” beet. Here a history of the variety from the Fedco Catalog www.fedcoseeds.com “Also known as Bassano, for the Venetian hill town in which it originated. Has been cultivated in the States since the 1840s, was listed by Fearing Burr in 1863, and offered by Vick’s for 75¢ per lb. in 1877. Beautiful when sliced, this heirloom home garden type attracts attention in the kitchen with its alternating interior rings of pink and white. Note-worthy also for its light red exterior color, green tops and exceptional sweetness. It loses quality when it gets large.”



Sweet Beet Spread (adapted from Madhur Jaffrey's World Vegetarian)

1 1/2 cups chopped beets
4 Tablespoons chopped walnuts
1 slice of stale or toasted white bread, or a small boiled potato
1 garlic clove, peeled and coarsely chopped
6 Tablespoons red wine vinegar
1/2 teaspoon salt, or to taste

Boil chopped beets until tender with a fork. Combine all ingredients in a food processor or electric blender. Blend until smooth. Serve with crusty bread, either at room temperature or chilled.

Mashed Potatoes with Caramelized Garlic and Parsnips Gourmet | November 2007

www.epicurious.com

Since roasting brings out the best in most vegetables, food editor Melissa Roberts decided to throw the potatoes into the oven along with the garlic and parsnips, their companions in this dish. The result is an earthy mash, with chunks of caramelized parsnip and savory-sweet garlic.

Yield: Makes 8 servings

Active Time: 25 min

Total Time: 2 hr

3 pounds Yukon Gold potatoes
1 head garlic (3 inches wide)
3 1/2 tablespoons olive oil, divided
1 pound parsnips, peeled, woody cores removed if necessary, and parsnips cut into 1/3-inch pieces
2 cups whole milk
3/4 stick unsalted butter
1/2 teaspoon white pepper

Preheat oven to 425°F with racks in upper and lower thirds. Wrap each potato in foil, then prick potatoes through foil several times with a fork. Cut off and discard 1/2 inch from top of garlic head, exposing cloves. Put garlic on a double layer of foil, then drizzle with 1 tablespoon oil and sprinkle with 1/4 teaspoon salt. Twist foil tightly to enclose. Roast potatoes and garlic on rack in upper third of oven until tender, 1 to 1 1/4 hours.

About 30 minutes before potatoes and garlic finish roasting, toss parsnips with 1/4 teaspoon salt and remaining 2 1/2 tablespoons oil in a small baking pan. Spread out in an even layer and roast in lower third of oven, stirring once or twice, until tender and golden, about 25 minutes.

Roasted Beets and Carrots with Tart Grapefruit Glaze

www.molliekatzen.com

This is a delicious way to dress up roasted vegetables with a huge hit of zingy flavor, and without adding any fat. Here's the Idea: Roast carrots and beets until they are fork-tender. Serve them hot, warm, or at room temperature, coated with a generous drizzle of Tart Grapefruit Glaze.

The beets need to roast for about 1 hour, whereas the carrots only need about half that much time, or less. You can give the beets a head start on one tray, and then put the carrots into the oven on a second tray when the beets are about half-done. Check with a fork periodically to see if the vegetables are tender. This is an inexact science – you decide when they're ready.

Make the glaze when the vegetables come out of the oven. It only takes about 10 minutes.

Roasted Beets

Allow about 3-6 beets per serving, depending on the size.

Preheat oven to 400°F.

Use small or medium-sized beets (1- to 2 inch-diameter). Trim the greens but leave on the stems. Place the beets in a small pan with a splash of water, and cover tightly with foil. Roast for 1 hour, or possibly longer. They're done when a fork slides in easily. Cool to room temperature, then rub off the skins, and cut into bite-sized pieces, if desired.

NOTE: If you are roasting red and yellow beets at the same time, keep them separate, so the yellow ones won't get irreparably stained.

Roasted Carrots

Allow about 1 medium-sized carrot (or a handful of small ones) per person.

Preheat oven to 400°F. Brush a baking tray with olive oil.

Cut larger carrots into 2-inch lengths; leave small ones whole. Roll the carrots around on an oiled baking tray until they are lightly coated, then roast for 15 to 30 minutes (depending on the size and thickness of the carrots), or until done to your liking. Serve at any temperature.

Tart Grapefruit Glaze

Preparation time: 10 minutes

Yield: 1 generous cup glaze (enough for 4 to 6 servings of roasted vegetables)

1 cup grapefruit juice

1 tablespoon unseasoned rice vinegar

2 tablespoons plus 2 teaspoons real maple syrup

1 tablespoon cornstarch

Whisk together grapefruit juice, vinegar, and maple syrup.

Place the cornstarch in a small saucepan, and drizzle in the liquid, whisking until all the cornstarch is dissolved.

Place the pan over medium heat, and heat just to the boiling point, whisking frequently. Turn the heat down, and cook, stirring often, until thickened (3 to 5 minutes). Remove from heat.

Drizzle the hot glaze over hot, warm, or room-temperature roasted vegetables.