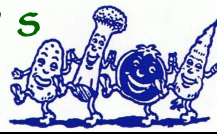


Enterprise Farm News

Week of July 27, 2009



Mailing Address: 75 River Rd,
South Deerfield, MA 01373
Ph 413 665 8608 Fax 413 665 9873
www.enterpriseproduce.com
farmshare@enterpriseproduce.com

Dear Members,

The biggest news on the farm continues to be the weather, which seems like it just won't let up this summer. The impact of the weather on our work – and on your weekly shares – really can't be overstated.

Because the ground is soaked, our crew can't get to many parts of our fields to do the necessary work such as weeding, planting and harvesting. The constant wetness increases disease pressure, while our inability to weed the fields increases (yep, you guessed it) weed pressure. Meanwhile, the cloudiness and cool nights have slowed down the heat-loving crops that we all look forward to at this time of year, like peppers, eggplants and tomatoes.

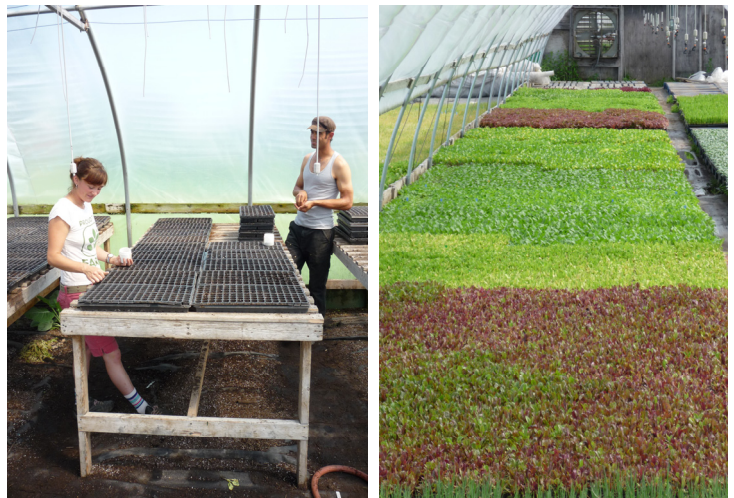
As a result of these weather-related challenges, we've already lost a planting of summer squash and a planting of lettuce this season; meanwhile, our tomatoes continue to ripen in slow-motion. But, things could be worse – one of the organic farms here in the Valley had their potatoes hit with late blight, while another already lost their entire tomato crop for the year (read the NY Times coverage of this year's late blight at <http://tinyurl.com/tom-blight>)

These setbacks on the farm are reflected in the weekly shares that you receive from us. We share your frustration that there isn't more variety available at this point in the season, in fact we're struggling with it every day. At the same time, the challenges of this season remind us of how significant the CSA model is to our farm, and we want to once again say how much we appreciate your continued support.



In this week's share, we're including raspberries from our neighbor, Nourse Farms. Please note that the raspberries are *conventional*, not organic. They are low-spray, however, and Nourse pioneered the use of IPM (integrated pest management) in our state. Learn more about Nourse at www.noursefarms.com. Meanwhile, Warner Farm in Sunderland now has *organic corn*, and you'll be receiving that in the share as well.

For recipes this week we're providing some refreshing salad options for hot summer days – check out the cucumber and zucchini salad recipes on the second page. A thin slice brings a new texture and lightness to these veggies.



At left, Kacie and Julian seed lettuce in the greenhouse—at right, an earlier succession of lettuce awaits planting in the field.

ITEMS IN THIS WEEK'S SHARE

This list includes all the items that we're including this week — what you receive depends on your share size, and whether you pick up at the farm or in the metro Boston area. All items are Enterprise-grown and organic, unless otherwise noted.

- Lettuce
- Chard
- Bok Choy
- Kale
- Arugula
- Basil
- Cherry Tomatoes
- Cucumbers
- Beets
- Carrots
- Sweet Corn *Warner Farm, Sunderland, MA*
- Summer Squash/Zucchini *Chamutka Farm, Whately, MA*
- Blueberries (*transitional*) *Chamutka Farm, Whately, MA*
- Raspberries (*conventional*) *Nourse Farms, Whately MA*

Cucumber Salad

[Gourmet](#) | December 2008

Forget fuss—the key to this recipe is leaving everything alone. Tossing cucumbers with salt and then letting them drain prevents their moisture from diluting the flavors of the finished dish. A long, unattended marination enhances the sweet-sour blend of sugar and white vinegar that makes this salad especially refreshing.

Ingredients

- 2 seedless cucumbers (1 1/2 to 1 3/4 pounds total)
- 1 tablespoon sugar
- 1/4 cup distilled white vinegar
- 2 teaspoons grainy mustard
- Bibb or Boston lettuce leaves
- 2 tablespoons mild extra-virgin olive oil
- Equipment: an adjustable-blade slicer



Preparation

Cut cucumbers into thin (1/16-inch) rounds with slicer. Toss with 2 teaspoons salt in a colander, then drain 30 minutes. Squeeze excess liquid from cucumbers.

Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours.

Drain cucumbers, reserving marinade, and mound on lettuce. Whisk oil into reserved marinade and drizzle over salad.

Cooks' note: Cucumbers can be marinated, chilled, up to 1 day.

Zucchini Salad

[Gourmet](#) | July 2006

This crisp mix of zucchini and arugula gets a boost from olive oil and salty cheese.

Ingredients

- 1 1/2 lb zucchini (about 3 large)
- 1 1/4 teaspoons salt
- 1/2 lb arugula, stems discarded and leaves cut into 1/2-inch-wide strips (6 cups)
- 1 oz Parmigiano-Reggiano, coarsely grated (on large holes of a box grater; 1/2 cup)
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon black pepper
- Special equipment: an adjustable-blade slicer

Preparation

Cut zucchini crosswise into paper-thin slices with slicer.

Toss zucchini slices with 1 teaspoon salt in a large colander set over a bowl and let drain 20 minutes.

Rinse zucchini slices well, then drain, pressing gently on slices to extract any excess liquid. Pat zucchini slices dry with a kitchen towel.

Put arugula greens in a large bowl. Sprinkle with 1/4 cup Parmigiano-Reggiano and remaining 1/4 teaspoon salt. Drizzle 1 1/2 tablespoons of oil over greens and toss.

Arrange zucchini slices over arugula greens, then drizzle with remaining oil and sprinkle with remaining 1/4 cup Parmigiano-Reggiano and pepper.