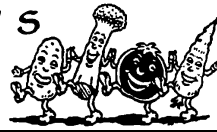


# Enterprise Farm News

Week of July 6, 2009



Mailing Address: 75 River Rd,  
South Deerfield, MA 01373  
Ph 413 665 8608 Fax 413 665 9873  
[www.enterpriseproduce.com](http://www.enterpriseproduce.com)  
[farmshare@enterpriseproduce.com](mailto:farmshare@enterpriseproduce.com)

Dear Shareholders,

This week of the summer, the shares become 100% local! Please enjoy a mix of veggies and fruits from local farms. In late fall we will resume including fruits and vegetables from Georgia, Florida and the Carolinas in the shares. We are excited to offer a mix of local greens, veggies and berries this week. Please note, this week the blueberries are local conventional from Kosinski Farm in Westfield, MA. [www.kosinskifarms.com/](http://www.kosinskifarms.com/) For recipes this week, check out the Zucchini Ginger Cupcakes, and Zucchini Pancakes on the second and third pages of the newsletter.

Last Tuesday we planted the Kids' Garden during Tuesday share pickup time. Check out the photos from the event. Highlights included: planting a pizza garden with peppers, eggplant, tomatoes, herbs and onions; a squares garden of lettuces, kales and cabbage; pumpkins; and a kid-sized bean tepee for summer shade and play.

We're excited to announce that we've officially started share drop-offs at our newest location, Newton/Wellesley! Shares in Newton can be picked up on Thursdays, and the pick-up spot is just off 95 and just south of the Pike. If you have friends in the area who are looking for a CSA, please point them our way – a box of melons goes to any current member who refers a friend!

Our friends at Metro Pedal Power have asked us to remind our members that bike delivery is available in the metro Boston area. For more info on getting your share delivered to your door, please e-mail [jordan@enterpriseproduce.com](mailto:jordan@enterpriseproduce.com).

Happy Summer,

Farmer Benneth (for Dave, family and crew)



## ITEMS IN THIS WEEK'S SHARE

*All items in this week's share are organic. Shares will differ depending on whether you have a large or small share, and whether you pick up at the farm or in the Metro Boston area.*

Lettuce, Enterprise Farm, Whately, MA  
Kale, Enterprise Farm, Whately, MA  
Collard, Enterprise Farm, Whately, MA  
Arugula Salad Mix, Enterprise Farm, Whately, MA  
Salad Mix, Enterprise Farm, Whately, MA  
Cabbage, Enterprise Farm, Whately, MA  
Garlic Scapes, Enterprise Farm, Whately, MA  
Fresh Garlic, Enterprise Farm, Whately, MA  
Parsley, Enterprise Farm, Whately, MA  
Zucchini & Squash, Enterprise Farm, Whately, MA  
Cucumbers, Enterprise Farm, Whately, MA  
Potatoes, GA  
Scallions, Enterprise Farm/Seamus Sullivan, Whately, MA  
Snap Peas, Chamutka Farm, Whately, MA  
Blueberries, Kosinski Farm, Westfield, MA *conventional*

# *Zucchini Ginger Cupcakes*

Gourmet | July 2006 [www.epicurious.com](http://www.epicurious.com)

Yield: Makes 12 cupcakes

## *Ingredients*

### **For cupcakes**

1/3 cup crystallized ginger (1 3/4 oz), coarsely chopped  
2 cups all-purpose flour  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1 teaspoon finely grated fresh orange zest  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
2 cups coarsely grated zucchini (2 medium)  
3/4 cup mild olive oil  
3/4 cup mild honey  
2 large eggs, lightly beaten  
1 teaspoon vanilla

### **For frosting**

8 oz cream cheese, softened  
2 tablespoons unsalted butter, softened  
1/2 cup confectioners sugar  
1 teaspoon vanilla  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
1/2 teaspoon finely grated fresh orange zest  
Special equipment: a muffin pan with 12 (1/2-cup) cups; 12 paper liners

## *Preparation*

### **Bake cupcakes:**

Put oven rack in middle position and preheat oven to 350°F. Line muffin cups with liners. Pulse crystallized ginger in food processor until finely ground, then add flour, ground ginger, cinnamon, zest, salt, baking soda, and baking powder and pulse until combined. Whisk together zucchini, oil, honey, eggs, and vanilla in a medium bowl, then stir in flour mixture until just combined. Divide batter among muffin cups and bake until golden and a wooden pick or skewer inserted in center of a cupcake comes out clean, 20 to 24 minutes. Cool in pan on a rack 10 minutes. Remove cupcakes from pan and cool completely, 1 hour.

### **Make frosting:**

Beat together frosting ingredients with an electric mixer at high speed until combined well and fluffy, 3 to 5 minutes. Frost tops of cooled cupcakes.

# *Zucchini Pancakes with Basil Chive Cream*

Gourmet | August 2002 [www.epicurious.com](http://www.epicurious.com)

Yield: Makes 15 small pancakes

## *Ingredients*

### **For basil chive cream**

3/4 cup sour cream

2 tablespoons water

1/4 cup chopped fresh basil

2 tablespoons chopped fresh chives

1/2 teaspoon salt, or to taste

### **For pancakes**

4 cups coarsely grated zucchini (1 lb)

1 1/4 teaspoons salt

1/4 cup all-purpose flour

1 1/2 teaspoons sugar

1/4 teaspoon black pepper

2 large egg whites

4 tablespoons vegetable or canola oil

## *Preparation*

### **Make basil chive cream:**

Blend sour cream, water, basil, chives, and salt in a blender until smooth and pale green. Chill until ready to serve.

### **Make pancakes:**

Put zucchini in a colander and toss with salt. Let stand at room temperature 20 minutes, then wrap zucchini in a kitchen towel and twist towel to wring out as much liquid as possible. Transfer zucchini to a large bowl and stir in flour, sugar, and pepper. Beat egg whites with a pinch of salt using an electric mixer until they just hold stiff peaks, then gently fold into zucchini mixture. Heat 2 tablespoons oil in a 10-inch nonstick skillet over moderately high heat until hot but not smoking. Working in batches of 5, spoon 2 tablespoons batter per pancake into skillet, flattening slightly with back of spoon. Cook pancakes, turning once, until golden brown, about 3 minutes total, transferring as cooked to paper towels to drain and adding more oil to skillet as necessary. Serve immediately, with basil chive cream.