

# Enterprise Farm News

Week of November 16, 2009

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Dear Members,

I've got a lot of Dave's on my hands all of a sudden! First off, let me introduce myself, I'm Katey, a relative newcomer to Enterprise Farm. I started working for Enterprise this summer part-time doing some Farmer's Markets and deliveries. Late summer, Dave Jackson offered me a full time job which I started at the beginning of September.

And that's when things with Dave's started to get really confusing. There's Dave, my boss. Then there's Dave, my dog. A twelve year old Chocolate Lab I've had since he was just 6 weeks old. We're real close. Then there's David, a crew member, who goes by Patrick — but the first time I called in payroll I was a little thrown off, thinking David Jackson is the only Dave I know at the Farm.

Then Dave Jackson got really excited when he found Dave's Coffee Blend, which he now supplies us with at work. Oh, did I mention that I've been bringing Dave, the dog, to work with me lately? He seemed lonely at home and was apparently barking at the landlord who lives upstairs.

And now there's Davey Apples! Clarkdale Fruit Farm in Deerfield grows an Heirloom Apple variety with the same name as my boss, and they're in the share this week! That's enough Dave's for me...don't know about you...

On another, and much more exciting note, **this weeks share is 100% local** — and it's late November in New England! Unfortunately, most of the produce in the supermarket at this point has traveled from California or further. In the long run we hope to change that system—in the short term, we're doing what we can to be greener and as local as possible, taking little steps like using wheat berries in our Thanksgiving leftovers soup instead of rice. I've included some recipes for Thanksgiving, and the leftovers this week!

We've also included some **extra stuff(ing)** for this weeks share. Every member will get extra onions and potatoes!

Finally, we want to let you know about how your membership is directly sustaining local farms. Lately, our walk-in cooler has proven itself woefully inadequate. Thanks to your investment in the farm share, we're now expanding our cooler space. This will allow us to store more produce here at the farm, meaning we can purchase more produce from local and regional farms, supporting those farms and further expanding the impact of the share. Thanks!

Please note, **this is the final week of the fall share—there is no share next week.** If you're keeping your share through the winter, your next share pickup will be the week of Dec. 1. If this is your last week, we want to **thank you for your support!**

Please take a minute to fill out our online **farm share survey.** This is your opportunity to tell us what you thought of the share, and how you'd like to see it improved. This feedback really helps us make the share better. The survey can be found here (you should be able to click this link if you're online):  
[http://www.surveymonkey.com/s.aspx?sm=HhjWk\\_2bVzHWWg2xbf1NSuDg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=HhjWk_2bVzHWWg2xbf1NSuDg_3d_3d)



*Bill and Bill from Yankee Millwork and Construction, building our new cooler*

## **THIS WEEK'S SHARE**

This list includes the items that you might 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 Enterprise-grown and certified organic, unless otherwise noted.

- Beets
- Parsnips
- Broccoli
- Napa Cabbage
- Green Kale
- Romaine Lettuce
- Spinach
- Parsley
- Potatoes, *Full Bloom Farm, Whately, MA*
- Onions, *Full Bloom Farm, Whately, MA*
- Heirloom Apples, (**IPM/Conventional**) *Clarkdale Orchards, Deerfield, MA*
- Wheat berries (**conv'tional**) *Four Star Farms, Northfield, MA (please see page 3 for info on wheat berries)*

## **Cabbage and Kielbasa Soup**

### **Ingredients**

- 1/2 a head of cabbage, quartered and cored
- 1 pound carrots, peeled (or well cleaned) and cut into bite sized pieces
- 2 leeks, cut and well cleaned
- 1 Kielbasa , cut into bite sized pieces
- 2 pounds of potatoes,, cleaned and cubed
- 2 bay leaves
- 2 tablespoons of Italian Seasoning or Herbes de Provence
- Salt and Pepper
- Chicken or Vegetable Stock, low sodium
- Olive Oil

In a large pot, heat 2-3 tablespoons of Olive Oil over medium to medium-high heat add Kielbasa and brown. Slice the cabbage into quarter inch ribbons. In a sauce pot, bring water to a boil and blanch the cabbage for 2-3 minutes, strain and transfer to an ice bath.

When the Kielbasa is browned, about 5-7 minutes, add the leeks, carrots and cabbage. Season with salt, pepper and Italian Seasoning. Add the potatoes. Add enough stock to cover everything, by about an inch. Simmer for 1-2 hours (the longer the better). Enjoy with crusty bread.

## **Brown Sugared Carrots**

*Recipe courtesy Alex Guamaschelli*

### **Ingredients**

- 2 tablespoons extra-virgin olive oil
- 1 to 1 1/2 pounds carrots, all a similar size and thickness, peeled and quartered lengthwise, tops reserved for garnish
- Kosher salt and freshly ground black pepper
- 2 tablespoons dark brown sugar
- 1 tablespoon molasses
- 1/2 to 1 cup water
- 2 tablespoons butter
- 1 sprig rosemary

In a skillet large enough to hold the carrots, heat the olive oil over medium heat. When the oil begins to smoke lightly, add the carrots and season with salt and black pepper. Using a wooden spoon, stir the carrots to coat with the oil and seasonings.

After the carrots have cooked for a few minutes, add the brown sugar and molasses and continue to cook, stirring from time to time. Add a little water so they can become tender without burning the sugar. Continue to cook until tender, about 5 to 8 minutes. Add more water, if needed, but the sauce should be thick enough to coat the carrots and should bubble around the edges of the pan. The carrots should be tender and fairly yielding when pierced with the tip of a knife. Add the butter and the rosemary sprig. Once the butter has melted remove the rosemary sprig and discard. Transfer the carrots to a serving bowl and garnish with chopped carrot tops. Serve immediately or allow to "rest" a little before serving.

# Preparation and use of Wheat berries

- Measure 1 cup and place in a strainer. Wash the wheat berries thoroughly under running water, even if they were packaged.
  - Place them in a medium saucepan and cover with about 2 inches of water. Cover and let them soak overnight.
  - Drain the water in the morning and rinse the wheat berries once more.
  - Add the 3 cups of water and salt to the wheat berries and bring to a vigorous boil. Reduce the heat and simmer for 1 hour, or until they split open and turn chewy.
- Eat them in the morning instead of oatmeal. For a power breakfast, add 1 teaspoon of honey and 1 teaspoon of peanut butter.
- Make a healthy lunch salad with wheat berries, lentils, green onion, cumin and garlic vinaigrette dressing. Add celery or bell peppers for additional vitamins and antioxidants.
- Substitute wheat berries for rice in a pilaf for dinner. Or add them to soups instead of barley.