

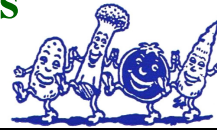
# Enterprise Farm News

Week of November 2, 2009

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Dear Members,

More exciting additions to the share this week...

First off, we've got **locally-grown fresh basil!** You heard right... the basil was grown by Full Bloom Farm, which is just down the road from us in Whately. Full Bloom, like our own farm, has largely been a wholesale operation for years. They're experimenting with growing more herbs in their greenhouses during the "off-season" and we're happy that the farm share is able to support them in this venture. Full Bloom is certified organic.

Also this week, as another preview of the winter farm share season, we're including **sweet potatoes** in the share. The sweet potatoes are certified organic, and arrived at our farm on Monday, direct from Mahon Farm in Georgia. These sweet potatoes are a super sweet variety grown by the originator of the variety himself, John Mahon.

For those that are staying with us through the winter/spring season, the sweet potatoes are a regular item in the farm share, alongside the avocados you received in last week's share, plus organic Florida citrus, Carolina-grown greens, and lots more.



And...

Just a reminder that **the fall share ends Nov. 20** and there is no share the week of Thanksgiving.

If you want to join the winter/spring share, please let us know and send in a deposit **prior to the 20th**, as the farm will be closed during the Thanksgiving week.

If you have questions about the winter/spring share, please e-mail us at farmshare@enterpriseproduce.com.



*Jilmar washes Enterprise-grown carrots for this week's share (l);  
November light in one of our greenhouses (r)*

## **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 depends 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.

- Carrots
- Spinach
- Kale
- Lettuce
- Napa Cabbage
- Turnips
- Basil, *Full Bloom Farm, Whately, MA*
- Red Onions, *Atlas Farm, South Deerfield, MA*
- Buttercup Squash, *Atlas Farm, South Deerfield, MA*
- Sweet Potatoes, *Mahon Farm, GA*
- Apples (*conventional*) *Pine Hill Orchard, Colrain MA*

# Mashed Sweet Potatoes with Turnips and Carrots

From *The Compassionate Cook Cookbook*.

Try these sweet potatoes mashed with carrots and turnips for a nutritious alternative to regular mashed potatoes. These pureed and baked fall and winter vegetables would make for a great vegetarian side dish for Thanksgiving or any fall or winter evening.

## Ingredients:

- 2 carrots, diced
- 1 sweet potato, peeled and diced
- 1 turnip, diced
- 1/2 cup soy milk
- 1/4 cup chopped fresh dill
- 1 tbsp margarine
- salt and pepper to taste
- dash nutmeg

## Preparation:

Pre-heat the oven to 350 degrees.

Boil the carrots, sweet potato and turnip in a large saucepan until very tender, about 20 minutes. Drain the vegetables and transfer to a food processor or blender and puree.

Stir in the soy milk, dill and margarine, and season with salt and pepper to taste.

Put in an ovenproof casserole dish and sprinkle with nutmeg over the top.

Bake, uncovered for 15 minutes, or until thoroughly heated.