

Enterprise Farm News

Week of November 30, 2009

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Dear Members,

To those of you joining the share for the first time, Welcome! And, welcome back to our returning members! We hope everyone had a happy, healthy Thanksgiving.

For those new to the share, you're joining a movement to build a sustainable "foodshed", shortening the distances that food travels, and supporting local, regional and organic growers.

By forging relationships with organic farms up and down the East Coast (our regional "foodshed") we're able to bring their produce directly to you, skipping the distributors—and the California produce that's become ubiquitous in Massachusetts markets in the winter.

Your membership translates to more local and East Coast farms growing more produce on a year-round basis. For instance, after the success of last winter's farm share, 2 local growers committed to growing more winter produce this year, simply to supply the share.

The up-front investment in the farm by you, our members, also brings us closer to our goals of "greening" the farm, adding active solar energy systems and a graywater system. We're working to build winter crop storage, increasing the volume of winter squash and roots that are grown and offered locally, year-round. We also hope to dedicate greenhouse infrastructure and labor to growing greens off-season, increasing the volume of salad greens that are grown and offered year-round in our area.

We started out at this time last year with a total of 72 members, picking up at the farm and in a parking lot in Davis Square, Somerville. Today we have almost 500 members, twelve pick-up sites, and two bike delivery services!

In this week's share, we have a great mix of local, regional and East Coast produce, including **organic tree ripened citrus** from Eagle's Nest growers in Florida. While almost all of the citrus sold in Massachusetts has been picked green and gassed with Ethylene to force the ripening process, Eagle's Nest citrus is picked ripe on the tree and never gassed. All of the citrus in the share is naturally ripened—that's why it tastes so good! (Look for Eagle's Nest citrus to be featured on the Food Network this winter)

Please see pages 2 and 3 for this week's recipes and more info on preparing wheat berries.

A note about the share boxes: Shares are packed in waxed cardboard boxes, which *cannot* be recycled. If your share box is still in *excellent condition* (not at all ripped, wet or damaged) we can re-use them. Please return them to your pick up location and we'll grab them when we deliver the following week's boxes (the Channel Café can only take boxes on Thursdays). Thank you!

Have friends or family who want a share?

We can pro-rate the price for the weeks they miss, just have them contact us!

Have any recipes you'd like to share?

We love member-submitted recipes and newsletter ideas—please email suggestions to:

katey@enterpriseproduce.com



Spinach in the wash tank

THIS WEEK'S SHARE

This list includes the items that you may 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.

- Broccoli, *Enterprise, Whately, MA*
- Cucumbers, *Lady Moon Farms, FL*
- Cherry/Grape Tomatoes, *Lady Moon Farms, FL*
- Parsley, *Enterprise, Whately, MA*
- Carrots, *Enterprise, Whately, MA*
- Sweet Potatoes, *Faucette Farm, NC*
- Green Cabbage, *Enterprise, Whately, MA*
- Spinach, *Enterprise, Whately, MA*
- Satsumas, *Eagle's Nest, FL*
- Onions, *Full Bloom Farm, Whately, MA*
- Baby Arugula, *Equinox Farms, Sheffield MA*
- Salad Mix / Arugula, *Equinox Farms, Sheffield MA*
- Wheat berries (**conventional**) *Four Star Farms, Northfield, MA (please see page 3 for info on wheat berries)*

Wheat Berry Salad

Serve as a side dish or over greens for a winter salad.

- 1.5 cups Wheat Berries, cooked (see page 3) and cooled
- 1/2 Onion, diced
- Parsley, chopped
- Cherry Tomatoes, halved
- 1 Cucumber, seeded, julienned, and chopped
- 1 Sweet Potato, cubed and cooked al dente
- 2 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Apple Cider Vinegar
- Juice from 1/2 Satsuma Orange
- Salt and pepper

Combine diced onion, tomatoes, cucumber, sweet potatoes. Juice half of a Satsuma over combination and season with salt and pepper. In a small bowl whisk Apple Cider Vinegar and Extra Virgin Olive Oil to create an emulsion. Add wheat berries, chopped parsley and dressing, toss to combine. Taste, adjust salt and pepper if necessary. Allow to sit, refrigerated, for 30 minutes to 12 hours before serving.

Pasta Primavera, Winter Style

- 1 box Whole Wheat Pasta, cooked al dente
- 1/2 cup of starchy pasta cooking liquid, reserved
- Onion
- Broccoli
- Spinach
- Garlic
- Grape Tomatoes
- Parsley
- Olive Oil
- Salt and Pepper

Cook pasta, as directed. Reserve 1/2 cup of cooking liquid. In a large skillet heat olive oil. Add chopped onions, and broccoli. Sauté for 5 minutes. Add chopped garlic and tomatoes. Add the tomatoes whole if small, or halved if larger than bite sized. Season with salt and pepper. Cover and cook for 5 more minutes. Add spinach and cook until wilted. Add 1/2 cup starchy pasta water, pasta, and parsley. Enjoy! Add roasted chicken or prosciutto for an interesting twist.

Winter Cole Slaw

- Cabbage
- Carrots
- Wheat Berries, cooked and cooled
- Parsley
- Salt and Pepper
- 1/2 cup Mayonnaise
- 2 tablespoons Apple Cider or Rice Wine Vinegar
- 1 Tablespoon Capers

Shred cabbage and carrots in a food processor (or cut by hand into thin ribbons). In a small bowl, combine Mayonnaise, vinegar, capers and salt and pepper. Combine everything in a large bowl. Allow to sit for 30 minutes to 12 hours before serving.

Preparation and Use of Wheat Berries

- Measure 1 cup and place in a strainer. Wash the wheat berries thoroughly under running water
 - 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.