

Enterprise Farm News

Week of October 26, 2009

Mailing Address: 75 River Rd.
So. Deerfield, MA 01373
413.665.8608
www.enterpriseproduce.com
farmshare@enterpriseproduce.com



Dear Members,

Lots of exciting stuff to report this week...

First off, you'll be receiving **avocados** in the share this week! The avocados are organically grown by Homestead Farms in Florida. As we've mentioned previously, our winter/spring share is composed mostly of organically-grown produce from farms on the East Coast, so the avocados are a little sneak preview for our members that are staying on through the winter. If they aren't quite ripe when you receive them, put them in a paper bag on your counter 'til they're just slightly soft to the touch (you may also hear the pit shaking around inside the avocado, which is normal for this variety).

Also making an appearance in this week's share will be **barley** from our friends at Four Star Farms in Northfield, Mass. Check out our Sep. 21 newsletter for more info on Bonnie and Gene L'Etoile's local grain operation, and check out page 2 of this newsletter for a great barley-leek soup recipe. Please note the barley is not organic, but is grown using IPM (integrated pest management).

And, we're excited to include **carrots** in the share this week, grown by Michael Docter, the founding director of the Food Bank Farm in Hadley, Mass. (one of the first CSA farms in the country). We're looking forward to working more closely with Michael and including more of his produce in the share, as he continues to branch out with his growing operation. The carrots are certified organic.

Finally, we've started planting garlic and shallots here at the farm, which is exciting for those of us already looking forward to next summer. We'll have a few different varieties of garlic next year, including braiding garlic. Meanwhile, the shallot is a special variety that's grown from a clove—like garlic—rather than growing from seed (which can be tough to grow in terms of weeding).

Garlic and shallot cloves are surprisingly expensive, and therefore they weren't planted in any significant numbers here in the past. But that's where the farm share comes in... Thanks to the investment of our members, we're able to do things that would have been impossible previously — so from all of us at the farm, thank you!

For more great recipes and adventures with the farm share, plus a hard-hitting interview on baked collard greens, check out <http://farmsharestories.blogspot.com/>



The Enterprise crew planting garlic last week

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.

- Salad mix
- Kale
- Cabbage
- Leeks
- Bok choy
- Napa cabbage
- Red or purple-top turnips
- Butternut Squash
- Carrots, *Michael Docter, Hadley, MA*
- Potatoes, *Full Bloom Farm, Whately, MA*
- Onions, *Full Bloom Farm*
- Avocado, *Homestead Farms, Florida*
- Barley (*IPM*) *Four Star Farms, Northfield, MA*
- Pears (*conventional*) *Bashista Orchard, So'hampton MA*

This week's recipe is from farmer Dave!

Barley Leek Soup

Ingredients

- 2 cups Barley
- 6 Leeks, diced
- Stock – veggie, beef...anything homemade or low sodium – enough to cover
- 1 ½ pounds Mushrooms – crimini, porcini, ect., sliced
- 6 large cloves of Garlic - minced
- 8 Carrots, sliced
- 4 ribs Celery – diced
- 4 tbs Tomato paste
- ¼ cup medium-dry Sherry
- Butter
- Olive Oil
- 4 tbs Herbes de Provence
- Salt and Pepper to taste

Directions

- In a soup pot, heat oil and butter,
- add leeks, mushrooms, carrots, celery and sauté, stirring regularly, until soft. Season with salt and pepper.
- Add garlic, sauté for 1 minute.
- Add tomato paste, Sherry and Herbes de Provence. Stir well.
- Add barley and cover with stock. Simmer until barley is soft – at least 1 hour.
- Check seasoning, adjust as needed. Let cook another hour.
- Enjoy!