

Enterprise Farm News

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Dear Members,

For those who joined us for the first time this summer or fall, we'd like to let you know about the **winter/spring farm share**, which is now open for registration. That's right, you don't have to go back to grocery store produce in December!

Like the summer and fall share, the winter farm share brings you a weekly share of fresh-picked fruits and veggies. While most of the share in the summer/fall is grown here at Enterprise, in the winter and spring we source most of the produce from partner farms both here in Massachusetts and up and down the East Coast — our **regional "foodshed"**. Find out more about the "foodshed" at www.enterpriseproduce.com/philosophy/east-coast-foodshed.htm.

Sourcing from East Coast organic farms allows us to include "summer" items in the winter/spring share, like zucchini, cooking greens, peppers, green beans eggplants berries and more, plus Southern items such as fresh citrus, sweet potatoes and avocados, all winter long. It also dramatically **reduces the miles** your food travels, as Florida is the furthest we source from. We buy directly from the farms in the South, not from a distributor, so the food comes freshly-picked. California-grown produce is a thing of the past!

We also include produce from **local farms**, such as apples, greenhouse-grown salad greens and tomatoes, root crops such as celeriac and parsnips, and storage crops such as onions and potatoes. To get a sense of what's included each week, check out the newsletters from last winter, on our web site at www.enterpriseproduce.com/news-events/newsletters.htm.

Prices for the winter/spring share are listed on our web site. The first payment for winter is due by December 1, but if you'd like to sign up, we recommend sending a deposit of \$100 now to hold a spot, as **some sites will probably fill up**. You don't have to fill out another sign-up form, just make a payment either via PayPal on our web site, or mail in a check for your deposit.

Please contact us with any questions.

Save the date: The weekend before Thanksgiving, we will be having an open house here at the farm, where you can check out the farm and stock up on local meats, cheeses, breads and of course fruits and veggies for your holiday. More details to follow...



One of our newest members, Ann, picked up her share last week by bicycle, and loaded up on some u-pick flowers as well.

THIS WEEK'S SHARE

This list includes the items that could be in this week's share. The 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.

- Arugula
- Collard Greens
- Baby Bok Choy
- Green cabbage
- Redleaf lettuce
- Carrots
- Spinach
- Tomatoes
- Delicata Squash
- Tomatillos, *Chamutka Farm, Whately, MA*
- Potatoes, *Full Bloom Farm, Whately, MA*
- Onions *Seamus Sullivan, Whately, MA*
- Pears (**conventional**) *Bashista Orchard, Southampton MA*

Roasted Delicata Squash Salad

From *Chow.com*

When fall comes around, pumpkin and butternut squash always seem to steal the spotlight from the other squash. This simple dish puts the sweet delicata front and center and pairs it with pumpkin seeds and ricotta salata.

What to buy: Ricotta salata is a semihard Italian cheese that can be found at most gourmet markets or Italian groceries. If you can't find it, you can substitute crumbled feta (which will be a bit saltier) or just leave it out.

Saba is resqueezed and cooked wine-grape must (the leavings of grape pressings), and it tastes something like wine-flavored molasses. It can be found in gourmet grocery stores and online.

- 2 tablespoons olive oil, plus more for brushing
- 1 medium delicata squash, seeded and sliced into 1/2-inch-thick rings
- 4 ounces spinach, washed, dried, and torn into bite-size pieces (about 7 cups)
- 1 large shallot, thinly sliced
- 2 tablespoons sherry vinegar
- 1/3 cup roasted and salted pumpkin seeds
- 2 ounces shaved ricotta salata
- Saba, for drizzling (optional)



Directions:

1. Heat the oven to 400°F and arrange a rack in the middle. Brush squash rings with olive oil on both sides and place in a single layer on a baking sheet. Season well with salt and freshly ground black [pepper](#). Roast until the underside of the squash is blistered and brown and fork tender, about 15 minutes. Meanwhile, transfer cleaned spinach to a large bowl, cover with a damp paper towel, and reserve in the refrigerator.
2. Once squash is almost ready, heat remaining 2 tablespoons olive oil in a small frying pan. When oil shimmers, add shallot and sprinkle with salt and freshly ground black pepper. Cook until tender and beginning to brown, about 3 minutes. Deglaze the pan with the vinegar, scraping up any bits that are stuck to the bottom, and immediately remove from heat.
3. Pour shallot mixture over spinach and toss to combine. Season with additional salt and freshly ground black pepper as desired.
4. To serve, layer squash with spinach and top with [pumpkin](#) seeds. Sprinkle with ricotta salata, and drizzle with saba (if using).