



August 23, 2011

P.O. Box 1146
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Supplying local produce and supporting local farmers for 19 years.

FOOD FOR THOUGHT

Reduce, Reuse, Recycle at Your Depot!

Marblehead and Melrose are especially in need of clean paper or plastic grocery bags. We like to have them on hand so members can grab them when they forget their reusable bags, and we also use them to package deliveries. Please don't bring vegetable, bread or newspaper bags. While they may be handy for your personal use, we can't use them at the depot.

What else *can* we use? Our farmers are grateful when we return clean berry boxes, honey and jelly jars, and vinegar bottles from our providers. Please don't return containers from other stores or plastic clamshell boxes – toss those in your recycling. Thanks!

What, No Lettuce?

If you're new to eating seasonally, you may be surprised to find, right at the height of summer, when tomatoes and cucumbers are coming out your ears, that there is a dearth of lettuce. Lettuce is a delicate green that doesn't usually handle the dog days of August well. Turn to page two for some salads that skip the lettuce and take advantage of what is available now.

Bill Clinton, Vegan?!

Notorious omnivore Bill Clinton recently told CNN that he has made dramatic changes to his diet. The former president doesn't eat meat, dairy, or eggs, and has nearly eliminated oil, he told CNN's Dr. Sanjay Gupta. He hopes that with these changes, he will avoid any food that could further damage his blood vessels. CNN notes that his dietary guides are Dr. Dean Ornish and Dr. Caldwell Esselstyn Jr. Both doctors have concluded that a plant-based diet can prevent and, in some cases, actually reverse heart disease.

Mass. Is 3rd Best for Child Wellness

2011 Kids Count Data Book, put out by The Annie E. Casey Foundation, ranked Massachusetts the third best state in the country for overall child well-being. States were ranked based on 10 factors, including percentage of low-birthweight babies, teen birth rate, death rates for those under 18, and percentage of teens not in school and not high school grads. The top state for child wellbeing was New Hampshire, while Mississippi ranked last.

Vacation Swaps

Going to miss your FDC goodies? Email newsletter@farmdirectcoop.org with **depot, the day you will be away, contact details and share**. We'll run an ad to see if anyone wants to swap.
 • Toni Roshanji, Salem Thursdays.
 Would like to swap Aug 25. Please contact troschanji@phtcorp.com

FDC Fresh Ideas

By Julie Pottier-Brown,
 Operations Manager

What changes in a week! Zucchini are gone, and winter squash are almost ready. Apples are in, and tomatoes plants are heavy with fruit. Kudos to Tamara for stepping in to do my job, allowing my boys and I to travel to New York City, an exhausting and exhilarating place to visit.

We are expecting tomatoes for all, lots of choices, scallions and hopefully, green beans. Yellow watermelons will come from Picadilly Farm, our former main grower, apples and peaches will, we hope, be available from Brooksby Farm in Peabody, Mass. Maplebrook Farm in Vermont makes fresh

mozzarella daily, and we are expecting some for our cheese share.

Enjoy the bounty,

Julie



TOMATO © Nicu Mircea |
 Dreamstime.com

Mmm... Mushrooms!

By Lisa Julien-Hayes

Ingredients

- Large Portobello Mushroom caps
- Balsamic Salad Dressing (preferably an emulsified one)
- Heirloom tomato(s)
- Mozzarella cheese (we used string cheese)
- Garlic scapes
- High-quality olive oil
- Sea salt/Pepper

1) Clean/rinse the mushroom caps and marinate them in the dressing for at least two hours; four is better, six is the best!

2) While the mushrooms are marinating prepare the garlic scape pesto. Chop up the garlic scales in small pieces and process in the food processor on low. Slowly add the olive oil and blend on high. I like to stop midway and add my salt and pepper. Return to high until it is a smooth consistency. Let stand.

3) When the mushroom have marinated long enough, set your grill for medium heat or indirect coal. Grill mushrooms on both sides until they almost fully cooked.

4) Cup side up, add a generous amount of garlic scape pesto, a slice of heirloom tomato and a few strips of mozzarella cheese. Grill on low until the cheese melts.....Then eat!!

Variations: You can make a more traditional pesto by adding pine nuts, or use a ball of fresh mozzarella cheese or goat cheese, or make mini versions with crimini mushrooms. The make great petit fours!

New Season, New Choices for Fish CSA

By Cape Ann Fresh Catch

Cape Ann Fresh Catch is excited to announce the upcoming Fall 2011 Season. Our new 10-week season is starting in September! Fish shares will be delivered at the following locations in your area,



with the first delivery starting the week of September 5th.

Melrose: From 4 p.m. to 8 p.m. on Tuesdays at Turner's Seafood Grill and Market, 506 Main Street (starts 9/6)

Marblehead: From 4 p.m. to 6 p.m. on Thursdays at St. Andrew's Church, 135 Lafayette Street (starts 9/8)

Beverly: From 4 p.m. to 6 p.m. on Thursdays at Beverly Cove Association, 19 East Corning Street (starts 9/8)

There are two basic share types we deliver on a regular basis: whole fish and fillets. At weekly delivery sites we offer: Whole Fish: 4 to 6 pounds of whole fish—\$20/week; and fillets: 2 pounds of filleted fish—\$24/week. At our weekly distribution sites, we also offer an alternating share—fillets one week, whole fish the next for \$22/week. We also offer a biweekly option, for members to pick up every other week.

Share options, pricing and the Fall 2011 Season contract/online shopping cart are available through our website at www.capeannfreshcatch.org

What is Cape Ann Fresh Catch?

Cape Ann Fresh Catch (CAFC) has worked together with local fishermen and shore-side operations to deliver the freshest, sustainable seafood available to members since 2009. Members join the program by purchasing a share for a season. Each week during a season, at a designated delivery site, CAFC members pick up their shares of fresh seafood. Local fishermen are helped by having new, more sustainable, markets for their product and members benefit from very fresh fish every week. By keeping all costs community-based, our local economy prospers, and CAFC members get the freshest and highest quality seafood available.

For more info, visit our web site, or call 978/283-2504.

What to Do With All That Kale? A MUST-Use Recipe!

By Heidi Rubin, FDC Board President, Marblehead Depot

As an FDC member for more than 10 years, I have at least five go-to recipes that many of my family Kale naysayers will eat. Here is one of them. I would like to thank FDC member Christina Pastan for passing this New York Times recipe on to me. It is easy, fast and a keeper!

Recipe By: *New York Times adapted by Heidi Rubin*
Serving Size: 4-6

Ingredients:

2 bunches Tuscan kale (also known as black, dino or lacinato kale)- So far any kale from the FDC works
2 thin slices country bread (part whole-wheat or rye is nice), or 1/4 cup homemade bread crumbs (coarse)
1 garlic clove, finely chopped (I use 2-3 cloves)
1/2 cup finely grated pecorino cheese, more for garnish
1/4 cup extra virgin olive oil, more for garnish
2 lemons, freshly squeezed
1/2 teaspoon kosher salt
1/4 teaspoon red pepper flakes
Freshly ground black pepper, to taste.
1/2 cup currants

Directions:

1. Trim bottom 2 inches off kale stems and discard. Slice kale, excluding ribs, into 1/4-inch-wide ribbons. You should have 4 to 5 cups. Place kale in a large bowl with 1 cut up lemon (squeeze lemon quarters before putting in bowl) and cover with water for 2 hours. Squeeze kale and spin well in salad spinner. Place in serving bowl.
2. If using bread, toast it until golden on both sides. Tear it into small pieces and grind in a food processor until mixture forms coarse crumbs. The bread can be replaced with 1/4 cup of currants.
3. After chopping the garlic, transfer to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, salt, pepper flakes and black pepper, and whisk to combine. Pour dressing over kale and toss very well to thoroughly combine (dressing will be thick and need lots of tossing to coat leaves). Add currants or breadcrumbs.
4. Let salad sit for 5 minutes, then serve topped with additional cheese and a drizzle of oil. If you don't have time the dressing can be made with all the oil and cheese at the same time. Enjoy!

Bread Share Salad

By Jeanne Coffey, newsletter editor

It's tomato season – perfect for bread salad! I always save stale ends from our bread share – a bit of sour dough, some multigrain, etc. --for this salad I learned to make in Italy. The original recipe called for four slices of day-old Tuscan bread. Use what you have on hand. It does not keep well – use within a day of making it.

- Very stale bread ends– about two cups (eyeball it – this isn't an exact science)
- One cucumber, diced
- 1 sweet red onion, sliced
- 3 ripe, firm tomatoes
- 12 fresh basil leaves
- red wine vinegar
- extra virgin olive oil
- salt and pepper

- 1) Soak the bread in a large bowl of ice water for 15 minutes. Take a little of the bread in your hand and gently squeeze out the excess moisture. The bread should appear fluffy, and crumble to the consistency of couscous. (If it feels gummy or like clay after you squeeze it out, it wasn't the right kind of bread. I've found that not every bread works, but I couldn't tell you why.) Toss in a salad bowl with the cucumber, onion and tomatoes.
- 2) Dress with oil, vinegar, salt and pepper. An old Florentine saying advises: salt as someone wise, vinegar as someone parsimonious and oil as someone crazy. Works for me every time. Garnish with torn basil leaves.