



August 23, 2012

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Supplying local produce and supporting local farmers for 20 years.

Food for Thought

Possible Apple Shortage?

Patrick Kriksceonaitis, Orchard Manager of Brooksby farm in Peabody was talking to Julie Pottier-Brown about the price difference between summer apples and the later fall varieties. Pat explained that the early heat in April and subsequent cold killed many blossoms, and there were crop failures, especially in Michigan, western NY and Pennsylvania. Wholesalers from those areas are calling MA, NH and Maine to "buy the crop", not just place orders, but to buy the entire apple crop. This is going to have a huge price and supply effect for apples from now through the spring. "We will be able to supply ourselves, I believe, and shouldn't have a price problem, but I have never heard of this, and thought it interesting enough to pass on," said Julie.

Chocolate Is Good For The Heart

According to the Huffington Post, "Researchers found that consuming flavanol-containing chocolate or cocoa powder was linked with, on average, a decreased blood pressure of 2 to 3 millimeters of mercury (mm Hg).... Flavanols are a kind of antioxidant compound -- also found in foods like chocolate, cranberries, tea and red wine -- that are largely responsible for chocolate's heart benefits... One note before you pig out: Not all chocolate products are alike -- some are loaded with fat and calories, and the health benefits described in studies are limited mainly to dark chocolate and cocoa powder. So enjoy responsibly!" For more information please visit <http://huff.to/PzTk8t>

Vacation Swaps

Going to miss your FDC goodies? Email newsletter@farmdirectcoop.org with your depot, the day you will be away, contact details and share. We'll run an ad to see if anyone wants to swap. You can also ask for a swap on the very active FDC Facebook group at <http://on.fb.me/QZCYpU>.

Place Bulk Orders NOW!

Tomatoes are available for bulk order on a limited basis. Pickup dates are Thursday, August 23, Tuesday, August 28 and Thursday, August 30. Red field tomatoes come in 20# boxes. Firsts cost \$35 and seconds cost \$18. Heirloom tomato firsts come in a #10 tray for \$31.50 and seconds come in a #20 box for \$18. The order form is available online at <http://bit.ly/OouA2Z>

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

Over the last few weeks you have learned about units, got used to weighing your choices, mixing and matching, or just picking three to five items to take home. This kind of ordering involves buying smaller amounts of many different items. For 3 and 5 choices, we will order 8 or 9 different items to rotate over the course of the day. As I order these smaller amounts, I am wooed with "We have corn...I am swimming in corn", "We will have tons of sweet peppers next week", or "We are starting to pick tomatillos." I usually reply "I am all set for this week. Next week I will buy your (insert beautiful item of the week)". So this week is the week for me to fulfill some of the "I'll buy those next week" commitments. Tomatillos are the new item, making an appearance for the first time this season. It is unusual to not have choices, but this is how it worked out this week.

The tomato bulk order is in full swing right now, we will add dates as we continue to get the go ahead from Gideon of Atlas Farm. We are entering week 12 of the coop, are in the midst of summer vegetables and already hearing about winter squash harvests, more kale coming soon, and fall greens in general. The edamame crop didn't do well, so we may not get those from Gretta at Moraine Farm in Beverly, but we should get shallots from them in the extended season (November share).

The cheese this week is fresh mozzarella from Mozzarella House, Everett, MA. Edible flowers came a week early, so chef share won't be until next week.

Enjoy!
Julie



"Watermelon, blackberries, feta and flowers over greens, topped with a little olive oil and a balsamic vinegar reduction." Recipe and photo by Salem Member Rebecca Hains.

Tomatillo Salsa Verde

Adapted from allrecipes.com <http://bit.ly/xqQC3v>

Ingredients

- 1 pound tomatillos, husked
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- 1 serrano chile peppers, minced
- 2 tablespoons chopped cilantro
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon ground cumin
- 1 1/2 teaspoons salt, or to taste
- 2 cups water

Directions: Combine tomatillos, onion, garlic, and chile pepper in a saucepan. Add cilantro, oregano, cumin, and salt. Add water. Over high heat, bring mixture to a boil, reduce heat and simmer until tomatillos are soft, about 10 to 15 minutes. When cool, carefully puree the tomatillos and water in a blender until smooth.

FRENCH CHARM, WONDERFUL RECIPES, AND A FEW CATS!

By Lorraine Van Tis, Salem Depot

Earlier this year I revisited the "Poldark" TV series on Netflix. Little did I know this would lead to culinary adventures and several virtual trips to the south of France every week! For those of you who don't remember it, "Poldark" was a very popular British series, shown on PBS's "Masterpiece Theatre" in the '70s. The title character, the swashbuckling 18th C. Cornish gentleman Ross Poldark, was played by actor Robin Ellis. (He also starred in *The Europeans*, filmed partly in Salem, a few years later.) I decided to Google the cast and see what these personable actors were up to now, and thereby stumbled upon Robin Ellis's blog.

He is living in the south of France with his American wife, winningly chronicling their idyllic life in an 18th C. rectory with a menagerie of cats, chickens, bees, neighboring cows, and the SOMETHING that's eating the sunflowers. Always an avid cook, upon being diagnosed with diabetes Mr. Ellis redoubled his efforts to make the healthiest meals he could create, while sacrificing nothing in the way of flavor. The recipes are culled from various cookbooks, newspapers, and friends' offerings, plus his own experiments, and lean heavily on the fresh produce found at his local market. By happy synchronicity, it seems our Coop produce is very similar to what appears at the Lautrec shops and vegetable gardens, but usually one week later, making it easy to recreate the recipes and make wise choices among the Coop's "choices." I've enjoyed every recipe I've tried -- they are all simple to make, requiring no special techniques, and are illustrated with useful photographs of all the steps. The Green Beans with Garlic & Ginger totally changed my opinion of green beans from a disappointment to a delight! And the recent Chilled Curried Apple Soup recipe arrived just in time to guide me in which variety to choose from our first apple selections. Steamed Salmon, Spinach, and Shallots (all cooked together in one pan), is another example of the easy, nutritious offerings found here. Mr. Ellis is very generous with his recipes, and of course you can access the archives as well. So if the idea of a few vicarious visits to the French countryside every week, combined with timely recipes, sounds good to you, check out www.robin-ellis.net. I hope you will find it as much of a treat as I have!

Canning Roasted Heirloom Tomato Sauce

By Anita Deeley, Salem Depot. Adapted from locallemons.com <http://bit.ly/s4MnU>



My Roasted Heirloom Tomato Sauce

Looking for a wonderful sauce for your organic heirloom tomatoes from Atlas Farm? Here is my favorite heirloom tomato sauce recipe. My family ate every single jar last year and were longing for more!

Ingredients: 60 pounds of organic heirloom tomatoes; 3.5 pounds of onions, diced; 1 pound garlic, peeled and chopped; fresh basil, chopped; salt; fresh black pepper; extra virgin olive oil; lemon juice; 30 mason jars with new lids. Makes 30 pints of sauce and 6 quarts of tomato stock.

Directions: Core tomatoes, cut in half and place in a roasting pan with high sides to catch the juice while cooking. Spread garlic and onions all around the tomatoes. Drizzle with olive oil and salt. Roast for about 10 minutes at 400 degrees. Remove from oven. Remove skin from tomatoes, crush and place in a large pot along with onions and garlic. Reserve the juices to use for stock. Repeat with all tomatoes until pot is almost full, heat until bubbling. Add salt, pepper and basil. For less chunk blend sauce in blender.

Boil water in a canning pot. Boil fully submerged jars for 10 minutes. Heat lids to almost boiling in separate pot. Keep warm. Use tongs to remove jars. Add 1 tablespoon of lemon juice to each jar. Fill each jar with sauce leaving 1/2 headspace. Wipe rims, add lids and secure lids with rings. Place jars in pot. Leave at least 1 inch of water or more over the tops of the jars. Cover pot, bring to a boil and boil jars for 30 minutes. Turn off heat, remove pot cover and let cool 5 minutes. Remove jars with tongs. When jars are cool, the lids will pop and seal. Check for seal closure after 24 hours. If jars don't seal, refrigerate and use within one week.

Thai Beef with Chiles and Basil Over Coconut Rice

Submitted By Kara Geiselman, Salem Depot

{Recipe adapted from marthastewart.com <http://bit.ly/jV4uod>}

Ingredients: 1 1/4 cups jasmine rice; 1 can (13.5 ounces) coconut milk; coarse salt; 2 tablespoons plus 1 teaspoon fish sauce; 2 tablespoons plus 1 teaspoon soy sauce; 1 teaspoon sugar; 1 tablespoon vegetable oil; 3 garlic cloves, chopped; 3 long hot peppers or red jalapeno chiles, seeded and sliced into 2-inch matchsticks; 1 1/4 pounds ground beef sirloin; 1 cup loosely packed torn fresh basil leaves; lime wedges, for serving.

Directions

1. Combine rice, coconut milk, 3/4 cup water, and 1/2 teaspoon salt in medium pan. Cover and bring mixture to a boil. Keep covered and reduce to a simmer, cooking for 25 minutes or until liquid is absorbed and rice is tender.
2. In a small bowl, combine fish sauce, soy sauce, and sugar. Heat cast iron skillet on stove and add oil. When pan is hot add garlic and half the chiles.
3. Stir constantly for 15 seconds while cooking. Add beef and cook, until browned, about 4 minutes. Add soy mixture and cook for an additional 30 seconds. Stir in basil and remaining chiles.
4. Serve beef over coconut rice with lime wedges.