



August 28, 2012

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Food for Thought

WNV and EEE Found in MA

According to the Massachusetts Department of Public Health "a horse in Ludlow tested positive for West Nile Virus (WNV) on August 13th, and ...On August 23rd, two additional animals; a horse from Georgetown and an alpaca housed on the Halifax-Plympton line were confirmed positive and have died from complications associated with Eastern Equine Encephalitis (EEE)." USDA licensed vaccines are available for animal owners to protect horses from WNV and EEE. "For other susceptible species such as emus, pheasants, llamas, and alpacas, owners should contact their veterinarians regarding the advisability of vaccination in those species." People can reduce "potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools - especially after heavy rains. Water troughs may provide mosquito breeding habitat and should be cleaned periodically during the summer months to reduce mosquitoes near paddock areas. Horse owners should consider keeping horses in indoor stalls during times of peak mosquito activity between dusk and dawn to reduce their risk of exposure to mosquitoes. Use of approved mosquito repellents is also recommended. If an animal is suspected of having WNV or EEE, owners should contact their veterinarian immediately. The presence of these diseases must be reported to MDAR's Division of Animal Health by calling 617-626-1795 and the Department of Public Health (DPH) by calling 617-983-6800. The State Reclamation and Mosquito Control Board within the Massachusetts Department of Agricultural Resources oversee mosquito control in Massachusetts." For more information please call 617-626-1777 or visit their website at <http://1.usa.gov/NkARNC>

Egg Pricing at the Depot

We have occasionally been incorrectly charging \$4 or \$4.50 for eggs (depot coordinators are often doing 5 things at once). Eggs cost \$4.25 per dozen. We have been able to source them all from Bear Hill Farm in Tyngsboro. When the charges occur on your statement, you will be charged \$4.25 if you purchased eggs at the depot. If you put cash in an envelope at the depot, and overpaid, the extra quarter will appear as a credit on your statement.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

Eggplant and grape tomatoes fall into the "I'm swimming in these, please buy them for a great price" category. Kale makes an appearance again after a summer pause. The other items are choices that will be rotated throughout the day. Look forward to potatoes, winter squash and hopefully grapes, both table and concord. If you know you want to bulk order something such as corn, pickling cukes, concord grapes, hot peppers, peaches, apples or more email me at julie@farmdirectcoop.org.

This week we will be featuring Magic Moon Soaps at the depot. They will be on display near the sign in table. We are partnering with Dana Callahan, owner/soap maker from Salem, MA to offer

these soaps to FDC members at great prices. Their website states: "Our products are phthalate, sulfates, paraben, dye and cruelty free! Magic Moon Soap Works individually handcrafts its entire line of all natural vegetable based goats milk soaps using top quality carrier oils of olive, palm, sunflower, canola and coconut. Then we add honey, oatmeal, herbs, botanicals and pure essential oils, according to which creation we are making."

We will create an online order form for both 3oz and 6oz bars in several scents and styles. If you visit their website <http://magicmoonsoap.com>, and would prefer a soap we do not have listed, just email me. Ordering will be open soon, and will stay open until Sunday evening, September 9th. Delivery will be on Tuesday September 11th and Thursday, September 13th. Pie crusts will also be available to order after labor day.

We have a job/job share available. The Thursday Melrose depot coordinator, Jacq is home enjoying her baby, and Michele is starting her position in the school system this week. Michele will remain as the depot coordinator for Tuesdays, leaving Thursdays needing a guiding hand. I will be there to fill in as needed and did so starting last week. If you are a veteran volunteer and are interested in stepping up to learn more about the position, please email me. The right candidate does not have to be a Thursday member, nor do they have to be a Melrose member. More info is available upon request.

Julie



Pizza made with coop goodies -- eggplant, onion, hot pepper, garlic, and rosemary. Recipe and photo by Melrose Member, Jen McAndrew.

Kale Slaw with Peanut Dressing

Adapted from MarthaStewart.com <http://bit.ly/ueXW5W> and suggested by Melrose member Joan Lounsbury

Ingredients: 2 large bunches curly kale, center ribs discarded, very thinly sliced crosswise (about 10 cups); 1 bell pepper; 2 carrots, thinly sliced crosswise; 1/2 cup vegetable oil; 1/4 cup cider vinegar; 1/2 cup salted peanuts; 2 tbsp packed light-brown sugar; 1/2 tsp coarse salt

Directions: Toss kale, pepper and carrots in large bowl. Puree oil, vinegar, 1/4 cup peanuts, sugar and salt in a blender until smooth. Pour dressing over vegetables before serving. Sprinkle remaining chopped peanuts on top and serve.

The Great Garden Experiment

By Kristin Macek, Salem Depot

I remember my grandparent's vegetable garden well - large blueberry arbor on the right, cucumbers reaching up the trellised back wall, tomato plants lined up like soldiers along the left. With small pails tied around my waist by one of my grandfather's old belts, I would help harvest blueberries. I crawled through the opening in the bushes into the center of the arbor where only children could reach. It was my private world, picking the huge blueberries warmed by the sun and popping them in my mouth. Some made it into the pail too.

Fast forward 25 years, due to a combination of limited yard space, spotty sunlight, lack of time or interest, my family has chosen to focus all our gardening love and attention on the prized summer tomato. Every year we discuss how our cherished tomato crop is doing this season, with some degree of boasting. Although I have a green thumb, my crop has always fallen short of theirs. (I blame the 3 shade Maples in my postage stamp-sized backyard.)

When a friend mentioned that there were Salem Community Gardens beds available for the season, I saw my opportunity to redeem myself. I got a late start but I was not deterred. I did some research, visited my favorite farm stands, bought seedlings, packets of seeds, fish fertilizer and got to work. I carefully read all the planting instructions on the back of the packets and plastic markers and tried to follow all the directions. When my head started to spin, I decided to throw caution to the wind and started the "great vegetable garden experiment".

After week 1, I was amazed to have sprouts and like any new parent, I started photographing their progress. Weeks 2 & 3, I weeded, watered and fertilized as my spouts turned into plants and I began to consider farming as my next career.



Bottom to top - cauliflower, eggplant, 2 kinds of zucchini and 2 little mystery tomato plants that had reseeded themselves from last year.



Right to left - 2 cucumbers, 1 pickling cuke and 1 reseed of yellow squash in first row, roma green beans next row, watermelon radishes (white on the outside, red inside) last row. Again a few mystery tomato plants.

In week 4, everything was in bloom and I was salivating as I flipped through cookbooks, trying to figure out how to use my bounty. By week 5, my lovely little zucchini and cucumber plants had turned into something out of "Little Shop of Horrors". They had taken over both of my 4x4 garden boxes and it was all I could do to keep them reined in and out of my neighbors' boxes. At this point, my recipe search became frantic.



Week 5 Zucchini plants have taken over, eggplants and tomatoes can't be seen and cauliflower is in the foreground.



Week 5, cucumbers have taken over, green beans can be seen popping through a bit and I can't see the radishes.

So here's a great recipe for Creamy Cucumber Soup that I adapted from "Eating Well". It makes 4 servings, about 1 cup each. It's delicious served hot or chilled, garnished with sweet corn cut off the cob or shrimp. Enjoy!

Creamy Cucumber Soup

Ingredients: 1T EVOO; 2 cloves garlic, minced, 1 small onion, diced; 1 T lemon juice; 4 cups peeled, seeded and thinly sliced cucumbers; 1 ½ cups vegetable broth or reduced sodium chicken broth; ½ t salt; ¼ t ground pepper; 1/3 cup chopped fresh dill; 1/3 cup low fat plain Greek yogurt

Directions: Heat the oil in a large saucepan over medium high heat. Add garlic and onion cooking until tender. Add lemon juice and cook 1 minute. Add 3 ½ cups of the cucumber slices, broth, salt and pepper and bring to a simmer. Simmer until cucumbers are soft.

Either use an immersion blender or carefully transfer soup to blender. Blend until as desired smoothness. Add dill, yogurt and remaining cucumber slices. The original recipe called for adding an avocado at this stage but I didn't have one and I don't think the taste suffered.