



December 5th, 2012

P.O. Box 1146  
Marblehead, Mass. 01945  
877-FDC-FARM  
[www.farmdirectcoop.org](http://www.farmdirectcoop.org)  
[newsletter@farmdirectcoop.org](mailto:newsletter@farmdirectcoop.org)

Supplying local produce and supporting local farmers for 20 years.

## Food for Thought

### Northern Shrimp Catch Limit Cut By One Third This Season

If you are a fan of locally caught northern shrimp be prepared for a short shrimp season this winter. According to Cape Ann Fresh Catch's blog "This season's catch limit is a third of what was allowed to be caught last year, which was half of the prior season. In other words, ASFMC cut the allowable catch of Northern Shrimp by 83.5% from the 2011 season (start date Dec. 2010)....At last season's catch rate, the 2013 Northern Shrimp fishery season could be as short as one week." In other words, get these tasty little shrimp as soon as you can! If you wait you could miss out until next year. For more information you can read the entire article online at <http://bit.ly/Vko4bw>.

### Looking For Farm Fresh Organic Produce Over The Winter?

Julie and Tamara have teamed up with Enterprise Farm to form Soulstice CSA, a winter time CSA with January - May deliveries. Soulstice offers boxed shares in two sizes delivered weekly to Swampscott. Shares include mostly organic fruits and vegetables from across the Eastern Seaboard. The farms range from Prince Edward Island to Homestead, Florida. Shares include items such as storage vegetables acquired locally, greens, sweet potatoes from the Carolinas, and lovely citrus fruit and strawberries from Florida. If you live in Melrose and are interested in joining or transporting shares from Swampscott to Melrose, please let us know! For more information, please visit <http://www.soulsticecsa.com>.

### Buy a Local Christmas Tree

Did you know there are close to 30 million Christmas trees sold every year? They are renewable and recyclable - for every tree cut down, one to three seedlings are planted. Most of the trees you see at big box retailers and even those ubiquitous Christmas tree stands that pop up in parking lots all over are trucked from out of state, likely from Canada and cut months ago. But our area boasts a number of Christmas tree farms, where you can either cut one yourself, or have someone else do the heavy lifting. Not only will you know that your tree is fresher, you'll be supporting local businesses and adding a fun tradition to your holiday season. Find a local tree grower at <http://pickyourownchristmastree.org/MAXmaseast.php>

## FDC Fresh Ideas

*By Julie Pottier-Brown, Operations Manager*

Welcome to the December share, a culmination of the season, drawing items from all of our shares. We have items from two new to us farms. Maitland Mountain Farm is a small two acre farm in Salem, MA. We have been chatting for several years about ways to collaborate. The size of our coop, and the size of their farm made the possibility seem unlikely. We settled on a quart of "Holly's Spicy Pickles" from them for this share. These pickles are renowned across the North Shore. Another new



Image courtesy of FreeDigitalPhotos.net

to us grower is Noah Kellerman of Alprilla Farm in Essex, MA. Noah contacted me because his garlic crop was larger than expected. We had just oversold the garlic from True North Farm in the second bulk order, so we were in the market for more. These bulbs are a large, hardy red German variety. Smith Country Cheese sends us a creamy havarti, A&J King & Iggys Bread of the World supply the bread, the Herb FARMacy delivers sea salt infused with dried herbs, and the dried beans are grown in Maine by Charley Baer. A mix of heirloom and traditional beans will be available.

If you ordered bulk beans back in November, these will be waiting for you at the depot.

The balance of the share will be hearty crops like parsnips, potatoes, sweet, red skinned and fingerlings, turnips, squash, leeks, IPM onions, and tiny broccoli heads. The hardest item to get were the apples. It was a truly poor growing year. A bad year for quantity but not for flavor. We will be lucky enough to have some soft greens like cilantro and arugula, bok choy or napa.

December bulk order items will be there, so if you ordered a wreath, or personal care items, be sure to go to the separate table to pick those up.

This is a bonanza pick up and it was a challenge to buy it all for the price. It is an incredible bargain and I hope you enjoy it all!

Happy solstice and new year. Peace to you all.

*Julie  
& all the staff of the Farm Direct Coop*

## What inhabits a one cubic foot space in a 24 hour period?

By Anita Deeley, Salem Depot

This is the question David Liittschwager, a photographer, asked when he travelled the world photographing every single being he saw that traveled into a one foot cubic frame he built and left in several places for 24 hours. He photographed everything that entered his frame including a wide range of species of plants, insects, birds, fish, fungi and more.

When he put this frame in Costa Rica, he found 150 different species that inhabited it. When he put this frame in Cape Town, he found around 100 different beings.

However, when David put this frame in a corn field in Iowa what he found surprised him. He found almost nothing. One ant, one mushroom, one mite and a few grasshoppers, that's it. No bees, no worms, no moths, no birds. He found absolutely nothing else.

Iowa corn farmers are known for their use of pesticides to kill anything that may harm their corn crops. Even the corn plant itself has been genetically modified to contain pesticide inside every single cell. This corn is then processed into a myriad of different items that wind up on dinner plates across the nation. It really makes you wonder, if the other 100 species wanted nothing to do with this stuff, than why do I?

To find out more about David Liittschwager's work please read the *NPR.org* article by Robert Krulwich titled "Cornstalks Everywhere But Nothing Else, Not Even A Bee." You can find it online here <http://n.pr/TxPKMB>.

## Celeriac Latkes with Onion and Fennel

Recipe adapted from *RealFoodForager.com*  
<http://bit.ly/11FCHw5>

### Ingredients:

- 1 large celeriac peeled
- 1 large onion peeled
- 1 small fennel bulb
- 1 teaspoon sea salt
- 4 eggs
- 2 heaping tablespoons coconut flour to thicken
- Fat for cooking: tallow, palm shortening, coconut oil, extra virgin olive oil.

### Instructions:

1. Using a food processor, puree all the peeled vegetables.
2. Put vegetable puree into a bowl, add eggs and stir.
3. Mix in the coconut flour and salt.
4. Pour the batter into the bowl for ease in cooking
5. Heat oil in pan until nice and hot.
6. Place a tablespoon at a time of batter into the pan until the pan is full.
7. Using a spatula flatten each spoonful so the pancakes are flat.
8. Cook on medium heat. Each pancake should be sizzling not smoking.
9. After a few minutes check that the bottom of the pancake is browned, then flip.
10. Cook for another minute until the other side is brown.
11. Remove from pan and place on a paper towel lined plate to drain excess oil.
12. Serve with sour cream or yogurt.

## Favorite Holiday Cookies

By Anita Deeley, Salem Depot



Gingerbread cookies made by my boys.

We don't eat a lot of cookies, yet every holiday season I feel compelled to over indulge myself in the cookie making arts. My two boys and I spend days whipping up batches of different types of dough, baking and cutting out fantastical shapes and who could forget the best part of all - the decorating! We sometimes go beyond the mere gingerbread house to 3D reindeer and sleighs fed solely by a previous life's hankering for fancy cookie cutter molds. While cut out cookies are always a fun family project, I thought I'd share with you a few of my favorite holiday cookie recipes that go beyond the mere gingerbread people studded with candy or raspberry thumbprints with homemade jam. The recipes I have included below may be found in some cookbook somewhere but they were passed on to me by friends and are super simple to make when finding the time for cut out cookies is just not possible.

### Peppermint Patties

These are even better than the original! Take 1/2 lb melted butter and mix it with 1 1/2 lbs powdered sugar and a few drops of peppermint extract. Mix together with your hands until a ball forms. Shape into 1" balls, flatten, then freeze until firm. Melt chocolate chips until smooth, dip frozen patties into chocolate and let dry on wax paper.

### Molasses Spice Cookies

1-1/2 cups butter, 2 cups sugar, 2 eggs, 1/2 cup molasses, 4 cups flour, 2 tsp EACH of baking soda, ground ginger, cloves and cinnamon, 1/2 tsp salt.

Preheat oven to 375 degrees. Cream together shortening and sugar until fluffy. Add the eggs and molasses, blending well. Add dry ingredients and mix slowly to combine. Place spoonfuls onto a greased baking sheet, about 2" apart. Bake 8-9 minutes.

### Minty Chocolate Crinkles

1/2 cup vegetable oil, 4 ounces unsweetened chocolate, melted and cooled, 2 cups sugar, 4 eggs, 1 tsp vanilla, 1-1/4 tsp peppermint extract, 2 cups flour, 2 tsp baking powder, 1/2 tsp salt, 1/2 cup peppermint candies, 3/4 cup powdered sugar.

Combine oil, cooled chocolate and sugar. Add eggs one at a time, mixing after each addition. Stir in extracts. Add blended flour/salt/baking powder. Chill dough several hours or overnight.

Grind peppermint candies in coffee mill until reduced to a powder. Measure 1/4 cup peppermint candy powder and mix with powdered sugar in a small bowl. Preheat oven to 350 degrees. Roll teaspoonfuls of dough into balls. Roll in the powdered mixture until well-coated. Place 2" apart on a greased baking sheet and bake 10 minutes — they will look under baked. Cool on tray for 2 minutes and remove to a wire rack.