



July 19, 2012

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Supplying local produce and supporting local farmers for 20 years.

## Food for Thought

### New Monsanto Rider in the House Farm Bill

The Organic Consumers Association is asking for help contacting lawmakers.

"Monsanto has launched a series of sneak attacks on organic and non-GMO farmers and consumers. They began by attaching a rider to the U.S. House of Representatives' 2013 Agriculture Appropriations bill that would allow new genetically engineered crops to be planted even when courts rule that the US Department of Agriculture has approved them illegally. This would result in, as one federal judge described it, "the potential elimination of a farmer's choice to grow non-genetically engineered crops, or a consumer's choice to eat non-genetically engineered food." Rep. Peter DeFazio is going to try to remove the appropriations rider through an amendment, with a vote expected the week of July 23rd. Now, Monsanto has slipped a similar provision into the House version of the Farm Bill.

In addition to eliminating judicial review, this even more dangerous provision would also stop the EPA from regulating new and expanded uses of pesticides (often caused by the introduction of new herbicide-resistant GMO crops) and require the USDA to make the approval of new genetically engineered crops easier and faster.

Please contact your Member of Congress today to get this free pass for Monsanto out of the House Farm Bill. "

For more information please visit [http://www.organicconsumers.org/articles/article\\_25809.cfm](http://www.organicconsumers.org/articles/article_25809.cfm)

### Place Bulk Orders NOW!

Seeking Neighborly Farms Organic Cheese? Visit our website to order at <http://blog.farmdirectcoop.org/category/forms/>

### Vacation Swaps

Crystal, a Tuesday Salem member is looking to swap July 24th. She has a Small Vegetable and Small Fruit Share. Email Crystal at [aisling78@msn.com](mailto:aisling78@msn.com).

Alicia, a Tuesday Marblehead member is looking to swap Tuesday, July 31st. She has a Large Vegetable and Small Fruit Share. Please contact her by email at [Cannon645@verizon.net](mailto:Cannon645@verizon.net) or call [781-599-1726](tel:781-599-1726).

## FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

Last weekend I had a great time visiting western Massachusetts. While my main focus was a yoga program at a dojo called Shintaido Farm, I also spent some time with two of our growers. On Friday night, I saw Mike Wisseman who supplied almost all of our IPM and organic strawberries this year. We talked about everything from current growing conditions, seed saving, Monsanto, the gray area between IPM and organic, as well as the FDC's positive impact on local farms. We even commiserated about being parents and landlords. Mike's corn is looking good and will be available before we know it.



Photo of last Tuesdays share taken by Walter Lederhaus

The next morning, before the yoga program started, I met David Chamutka whose rhubarb we enjoyed earlier this season. Dave and I met at the PVGA (Pioneer Valley Growers Association) and he took me on a tour of his nearby fields. I saw differing stages of cabbage, summer squashes, cucumbers (he sells a lot of his pickling cukes to Real Pickles, a local lacto-fermented line of pickled veggies) and snap peas. Those beautiful edible pod peas were a highlight of last week's share. As we were rounding the end of the field, I told him how good they were. He commented that plenty were still left in the field. A few moments later, after phrases like "My men want to work." and my reply "Well, they are a big part of the share at \$5.25 a pound." Dave mentioned "I'll give you a better price if you do a nice order like last time." So we made a deal, and snap peas are here again. I love my job!

As I was leaving the valley it was just starting to rain. I hope it continues and the crops get a good soaking, they all really need it.

We are starting the time of the season when almost all the choices are weighable, and they should be mixed. If you want to go heavy on one item, please ask your coordinator first. We may only have one hundred pounds of one item, but many hundreds of another. So if you are receiving 3 pounds or 5 pounds (small and large), please don't take all one item, but also know you don't have to take one pound of each different item on the table. Mix it up!

Currants are a new item on the fruit list this week. As always, feel free to email me for bulk orders of an item not typically offered with a form (peaches, green beans, etc.). Today is the final day of the official blueberry bulk order form as well as the Just Add [Fruit] local pie crusts, but you may email me individually if you would like more. I may put up another week of order forms and an email will be sent out if this happens.

*Enjoy!*  
*Julie*

## Beet Soup, Hot or Cold

By Susan DameGreene, Salem Depot

Roast, boil or microwave one bunch of beets until done. Peel them, then puree in the blender, adding enough beet cooking juice or chicken or vegetable broth to make it a soup. Flavor with a tablespoon each of mustard and balsamic vinegar. Add more to taste. Chill to serve cold with a dollop of sour cream or heat and top with chopped herbs of your choice. This also freezes well. I like it very thick but you can add enough liquid to make it the way you like.

## Amazing Things About Cucumbers

By Susan DameGreene, Salem Depot

- 1. Cucumbers contain most of the vitamins you need every day.** Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
- 2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber.** Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
- 3. Tired of your bathroom mirror fogging up after a shower?** Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
- 4. Are grubs and slugs ruining your planting beds?** Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent that is undetectable to humans but drives garden pests crazy, making them flee the area.
- 5. Looking for a fast and easy way to remove cellulite before going out or to the pool?** Try rubbing a few slices of cucumber along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. This works great on wrinkles too!!!
- 6. Want to avoid a hangover or terrible headache?** Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
- 7. Looking to fight off that afternoon or evening snacking binge?** Cucumbers have been used for centuries by European trappers, traders and explorers as a quick meal to thwart off starvation.
- 8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes?** Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
- 9. Out of WD 40 and need to fix a squeaky hinge?** Take a cucumber slice and rub it along the problematic hinge. Voila! The squeak is gone!
- 10. Stressed out and don't have time for massage, facial or visit to the spa?** Cut up an entire cucumber and place it in a boiling pot of water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam. A soothing, relaxing aroma is created that has been shown to reduce stress in both new mothers and college students during final exams.
- 11. Just finish a business lunch and realize you don't have gum or mints?** Eliminate bad breath by taking a slice of cucumber and pressing it to the roof of your mouth with your tongue for 30 seconds. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
- 12. Looking for a 'green' way to clean your faucets, sinks or stainless steel?** Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
- 13. Using a pen and made a mistake?** Take the outside of the cucumber and slowly use it to erase the pen writing. This also works great on crayons and markers that the kids have used to decorate the walls!!

## Keep Cool During Sultry Days While Spending Less on Energy!

By The Energy Education Council

SPRINGFIELD, Ill., June 28, 2012 -- Sweltering hot days make it harder to keep your home cool, straining air conditioning systems and energy budgets. The Energy Education Council (EEC) offers some simple tips to boost comfort and save on electric bills during the sultriest of days:

- Change or clean your air conditioner (AC) filter monthly during the cooling season.
- Ensure air can move freely around the AC unit coils. Remove surrounding leaves and plant overgrowth.
- Use ceiling and oscillating fans. Moving air makes the temperature feel cooler and allows for a higher thermostat setting while maintaining comfort. For each 1-degree increase in the thermostat setting, cooling costs can be lowered by about 3 percent.
- Avoid unnecessary trips in and out of the house, which let in hot air.
- Turn off lights, televisions, and computers when not in use.
- Close drapes and shades during the day.
- Plan to do hot work -- laundry and cooking -- during cooler morning and evening hours.
- Keep your kitchen cooler by cooking with a microwave or grilling outdoors.
- Make sure heat-producing appliances like televisions and lamps are away from the thermostat. They increase the temperature near the thermostat and cause the AC to run more than needed.

"There are several low-cost measures that can yield big energy savings," says EEC Executive Director Molly Hall. "Replace traditional light bulbs with compact fluorescent lamps (CFLs). Incandescent bulbs waste 95 percent of their energy in heat; CFLs burn cooler, use only a fourth of the energy, and come in many styles and color temperatures." Other low-cost suggestions include:

- Install a programmable thermostat. Leave it on a higher temperature while away, and set it to cool the house 30 minutes before returning home.
- Seal air leaks. Weather stripping and caulking are inexpensive ways to improve efficiency and cut energy costs.
- Ventilate the attic, and check insulation. If you can see the ceiling joists in your attic, consider adding insulation.

Increased electric demands can also place a severe strain on your home's electrical system -- a dangerous shock and fire hazard. Frequent circuit breaker trips or flickering lights, TV screens, or computer monitors are signs of an overloaded electrical system or faulty wiring that should be checked immediately by a professional.

For more tips to help cut costs and improve home safety, visit <http://www.EnergyEdCouncil.org> and <http://www.SafeElectricity.org>. Contact: Kyla Kruse, 217-546-6815 This press release was issued through eReleases® Press Release Distribution. For more information visit <http://www.ereleases.com>.