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Supplying local produce and supporting local farmers for 20 years.

Food for Thought

Old School Cleaning: Hydrogen Peroxide, Lemons, Vinegar and Baking Soda

The Well Daily says the best cleaners can be found in your kitchen pantry. "The next time your home is due for a deep cleaning, reach for the natural alternative to bleach: hydrogen peroxide. It's mostly known as a cut and wound cleaner because of its (non-toxic) anti-bacterial, fungal, mold and mildew properties, but it also makes an excellent all-purpose cleaner! All you need is a bottle of hydrogen peroxide (3% should do), a spray nozzle and you're good to go!"

Lemons make a great citrus cleaner and can be used to cut grease in the kitchen, brighten whites without bleach and freshen up the bathroom. "Combat odors and stains by filling a spray bottle with 1 part lemon juice and 1 part water. Mist countertops and cutting boards, wait a minute or two for the mixture to work its magic then wipe away."

Vinegar is a wonderful all-purpose cleaner which can be used in every room in the house. "Fill a spray bottle with 1 part white vinegar and 1 part water for an all-purpose kitchen cleaner great for counters and floors." It also makes a pesticide free weed killer when purchased at higher concentrations.

Baking Soda removes carpet odors, scrubs countertops and tile clean and removes stains from most surfaces. To learn more about natural cleaning, visit the Well Daily's website at <http://bit.ly/LyARYi>

Finance Farms by Farmhopping

A new website launching next month will help finance small-scale farming "by connecting farms with backers who pay a small sum to invest in a farm for rewards, like shipments of cheese, and a say in how the farm is managed." A test run farm will let "supporters pay 20 pounds upfront plus a monthly fee to "buy" a sheep and decide whether the animal should be used for milking or to help expand the herd....Other rewards would include a box of cheese that could be shipped anywhere in Europe, the chance to stay overnight on the farm, or regular produce shipments for people living close by." To learn more about farmhopping visit Good's website at <http://bit.ly/LEMdKI>

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

New items this week are cantaloupes and corn. As of this writing, I am not sure if the corn will be organic or IPM. The tomatoes aren't ready quite yet, but should be along soon. We are now in a new phase of summer items coming off the farms. The leafy greens are waning and the heartier summer veggies are coming on strong. This week we were asked to order heavy on peppers, onions and lettuce, so of course, we did. Lettuce is a surprise as it usually doesn't do well in the heat.



Sweet Corn by FreeDigitalPhotos.net

Neighborly farms will supply our cheese this week, a raw cheddar and a flavored cheddar. Neighborly farms is an organic dairy in VT, and they do an amazing job with their cheese. We love working with them, they are easy to order from, shipping is a breeze, and of course, the cheese has a nice flavor.

Ever wonder what happens after the eastern and western trucks return from their routes and before the produce arrives at your depot? Consider volunteering with the drivers and me in Marblehead before depot opening. From 1-2pm, the two trucks, eastern route and western route, and my little red pick-up truck, meet to shift, count, carry, weigh and juggle large amounts of everything from bulk blueberries, to those green cajas (ka-ha's - Spanish for 'box'), to cheese. Contact me directly if you would like to volunteer for this early shift at julie@farmdirectcoop.org.

There have been some mix-ups on the depot sign in sheets when getting "extras" like raspberries or bread. Folks at every location have signed on their neighbors line, above or below their own, resulting in a disputed charge, research, emails, a new statement, and an apology. This is more work than should happen for one loaf of bread. Therefore, we have made a separate sign out sheet for "extras". Please look for the new sign out sheet at your depot when picking up the occasional extra items.

Julie

Community Aid Fund Needs Your Help!

For the first time in the history of the coop we have run out of money for the Community Aid Fund. This has never happened before. We have always been able to provide some level of support to all families that request it. We are now in a position where the fund cannot meet those requests. Usually, we have a little money left over at the end of the year that is used to buy bushels of squash and apples for several local food pantries near Thanksgiving. So far this year, the fund has been able to provide support to 34 families, awarding \$10,422.50 in total aid. Still there are others hoping to get some assistance. We are asking members who can afford it to consider donating to the fund. Any contribution amount will help. The organization has been able to meet all aid requests in the past and we sincerely hope we can continue to honor every request for help. Please contact Julie via email at julie@farmdirectcoop.org for information on how to donate. Thank you very much!

Don't Forget Water

By Danielle Shea Tan, Marblehead Depot

I hope you are enjoying summer as much as I am. There is nothing that I love more than sun, sand and WATER! Speaking of water – I'd love to talk with you about the importance of hydration. Before you roll your eyes and think to yourself "I know... water is good for me. Blah. Blah." take a moment to answer these quick questions:

- Do you ever have low energy?
- Do you have any digestive challenges (i.e., nausea, bloating, gas)?
- Do you have high blood pressure or high cholesterol?
- Do your joints hurt?
- Do you have poor skin?
- Do you get headaches often?

If you answered yes to any of these questions, you could be partially dehydrated. Dehydration at any level is just not good. Hydrating the body is the simplest step you can take to start addressing any of these issues. Sounds easy, right?

If you hate water, think it's boring, find it annoying to pee regularly - welcome to the club, you'll get no sympathy here (okay maybe you'll get some sympathy; I am a health coach after all.) Many people don't like water, but once they find out how important it is to good health, they are able to adapt. A few key benefits of water include:

Reduced toxicity: water aids the liver in eliminating toxins (i.e., cholesterol, pesticides) from the blood. Without enough water and fiber, toxins return to the blood stream, leaving you with high cholesterol, poor skin, joint aches, etc.

Increased energy: water promotes enzyme activity required for digestion, metabolism and energy production.

Maintenance of good blood pressure: water reduces blood sodium levels which supports the body in maintaining good blood pressure.

Through my work with clients, I see that people have the most success improving their health by making small, gradual changes that over time add up to HUGE benefits. Here are a few simple ways for you to boost your consumption of water:

Eat it: Most fruits and veggies are 80-99% water, so eating 5-7 servings a day will keep you hydrated. This is one of the amazing benefits of being a Farm Direct Coop member! If plain water is too boring, reach for a raw veggie from your FDC share to boost your hydration.

Vegetables in FDC Share

| Sample | % water |
|------------------|-----------|
| Cucumbers | 96% |
| Lettuce (varies) | Up to 96% |
| Zucchini | 95% |
| Radish | 95% |
| Red tomato | 94% |
| Green peppers | 92% |
| Cabbage | 92% |

Morning ritual: Before you hit the shower or consume anything, drink two large glasses of water. Hold your nose if you hate it that much! Or add a sliced cucumber, a few berries or something to jazz it up so you can stomach it.

Get support: You use facebook to remind you of birthdays, why not download a phone app to remind you to drink up; two options: Daily Water (iphone) and Drinking Water (android).

With over 400K hospitalizations annually due to severe dehydration, can you imagine how many Americans must be partially dehydrated? Don't be a prune – drink water today!

Zucchini Fritters

By Anita Deeley, Salem Depot {Recipe adapted from smittenkitchen.com <http://bit.ly/mZaiq2>}



"Herb roasted chicken on rosemary focaccia and zucchini fritters with a lemon yogurt sauce. YUM!" - Salem depot member Tiffany Confer Gass. Thank you Tiffany for this lovely photo and for sharing your wonderful recipe.

A popular item lately on the FDC facebook page has been these delicious looking zucchini fritters. I always seem to have an excess of zucchini from my garden and love finding new ways to use it all up. So when I heard about zucchini fritters, I was thrilled. If you'd like to make them too, Salem member Tiffany Confer Gass uses the recipe below from Smitten Kitchen to make her fabulous fritters. Tiffany has her own twist on this recipe and offers this advice "The only things I added were some cayenne to the batter and parsley to the sauce. I wouldn't change a thing!"

Fritters (makes 10 2 1/2 inch fritters)

1 pound (about 2 medium) zucchini; 1 tsp coarse salt; 2 scallions, split lengthwise and sliced thin; 1 large egg, lightly beaten; fresh ground black pepper; 1/2 cup all-purpose flour, 1/2 tsp baking powder, 2 Tbsp oil of your choice, for frying.

Topping

1 cup sour cream or plain, full-fat yogurt; 1-2 Tbsp lemon juice; 1/4 tsp lemon zest; pinch of salt; 1 small minced or crushed clove of garlic

Recipe

Grate zucchini using a box grater or food processor. Combine zucchini with 1 tsp salt in a large bowl and let sit for 10 minutes. Remove the excess water by pressing the zucchini against the holes of a colander with a wooden spoon or squeeze out the zucchini a few handfuls at a time. Place the zucchini in a bowl, adding 1/4 tsp salt if needed. Combine with scallions, egg and black pepper. In a separate bowl, stir together flour and baking powder. Add to the zucchini mixture and mix well. Heat 2 Tbsp of oil in a cast iron skillet over medium high heat. Add a few small scoops of the zucchini mixture. Use the back of the spatula to flatten fritters while cooking. Cook until the edges are golden, 3-4 minutes. Flip and cook the other side 2-3 minutes or until just brown. Drain on paper towels and keep warm in a 200 degree oven until needed. For the topping, simply stir all the ingredients together, adjusting to taste.

Salem member, Sarah Jayne makes her own version of the fritter recipe. Here is an enchanting picture of her fritters. Don't they look delicious?

Vegetarian zucchini fritters and honey roasted carrots from Sarah's share. Thanks for sharing this beautiful photo Sarah Jayne.



If you are looking for something new to do with zucchini, go ahead and give zucchini fritters a try. It's also a perfect excuse to use up all that extra zucchini!