



July 5, 2012

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Supplying local produce and supporting local farmers for 20 years.

## Food for Thought

### 70 Year Old Seafood Prohibition Lifted at Boston Farmers Markets

Last week Boston ended a seventy year old ban on selling seafood at its farmers markets. Niaz Dorry, Coordinating Director from Northwest Atlantic Marine Alliance (NAMA) stated "In front of City Hall Plaza, during a unique Seafood Throwdown event, Mayor Menino announced the new program that will bring local, day-boat caught fish to farmers markets around the city. This historical moment is even more powerful because so many communities around the country are working to end a similar prohibition. And even more powerful are the voices coming together to support fleet diversity because without diversity of the fleet, the day-boat fishermen whose work was celebrated by Boston yesterday will be a thing of the past." Visit <http://bit.ly/j7kV6B> to find out more.

### CSA "Community Supported Art"

Jake Armerding is a local Boston musician who is turning "CSA" into community supported art. Jake says "Music is a lot like food: it can be whole, or compromised; full-flavored, or bland; unique, or conventional. So if the music is good, why not try harvesting it like real food?" Members get one new song a month for a dollar. To hear his interesting bluegrass style music please visit <http://bit.ly/yHujp>.

### BPA In Progresso Soup Cans

Bisphenol A (BPA), is a hormone-disrupting chemical that is linked to cancer, obesity, heart disease, and several other life-threatening diseases. Despite this evidence, Progresso still uses BPA in their soup cans. A recent Harvard study tested people who ate Progresso soup and found elevated BPA levels in their blood.

Campbells has taken steps to remove BPA from their soup cans, and Progresso's sister brand Glen Muir stopped using BPA in their products. Please consider signing this petition to ask Progresso to remove BPA from their soup cans. For more information and to sign the petition visit <http://chn.ge/N3PBt3>.

### Vacation Swaps

Alison, a Tuesday Melrose member is looking to swap July 17th. She has a Large Vegetable and Large Fruit Share. Email her at [alison\\_duffy@juno.com](mailto:alison_duffy@juno.com) or call [617-549-1194](tel:617-549-1194)

## FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

As I write this, the list for Thursday is still in flux. The nature of ordering and writing for this column means one must be done (the writing) often before the other is complete (the ordering). Everyone will be getting snap peas and cucumbers. I expect we will have bunched carrots as well.

The chef share will receive a fresh herb bundle this week and fruit shares will receive blueberries from a variety of growers. After that, I am reserved about mentioning the goodies that I hope will show up. There will also be a "choice" category with items that will rotate throughout the day.

There is a little Asian fruit fly in our midst causing problems in our area. So far, the fly hasn't been seen in MA, but is in CT. Luckily, our suppliers haven't had to increase their use of insecticides yet. Raspberries have been coming in this past week, and I hope to have enough to cover all small fruit shares. The season came on so quickly, it may be too late for a bulk order. If you absolutely want to order raspberries, red or black, gooseberries, or currants, please let me know. There are no guarantees.

I want to take some space to thank Jeanne Coffey, our outgoing newsletter editor. Jeanne will remain a member of the FDC, as well as a contributor to local publications like North Shore Magazine (check out her latest article about 5 Corners Kitchen in Marblehead, a fantastic soon-to-be-reopened restaurant that occasionally features produce from our organic farms!) Jeanne is responsible for the redesign of this newsletter and has been a terrific addition to the FDC staff for 3 years. Thank you Jeanne!

Now I wish to welcome Anita Deeley, beekeeper, food preserver and now writer/editor/web content manager for the FDC. I met Anita last year when she repeatedly ordered large amounts of produce....40 pounds of peaches, then 40 more! I was impressed and intrigued. Anita is a welcome addition to the FDC staff, and I look forward to reading her articles.

If you ordered Neptune's Harvest fertilizer, it will be at the depot this week. We may have one or two extra quarts. Email me as soon as possible if you want to claim one.



Cucumbers at the Salem Depot

*Julie*

## Meet the New Editor

My name is Anita Deeley and I'm the new FDC Newsletter Editor. I'm also a beekeeper, organic gardener, avid cook, obsessive canner, fermented food lover, dehydrator, locavore and all around food preserver. I'm a honeybee fanatic and share my passion for bees by writing a beekeeping blog - [beverlybees.com](http://beverlybees.com). I'm the mother of two little boys, age 6 and 4, and understand how hard it can be to get kids to eat their veggies. I look forward to reading all the recipes you send my way. So keep on sending them, I want to try them all!

I'm always looking for fun content to print in the newsletter. So if you enjoy writing and love to take pictures, please submit pieces to me at [newsletter@farmdirectcoop.org](mailto:newsletter@farmdirectcoop.org). If your travels take you to the depots and farms, please bring along a camera, I would be happy to use your pictures in the newsletter. Articles related to food, gardening, farming, nutrition, coop volunteering, recipes, and food events are welcome. I look forward to hearing from you!

## What I've Learned from FDC

By Jeanne O'Brien Coffey, former Newsletter Editor

What a delightful time I've had writing the FDC newsletter – from the pleasure of editing Julie's sometimes harried ever thoughtful columns to my weekly peek at what goes on behind the scenes to bring more than 700 people farm fresh produce every week, it has been a deeply satisfying experience.

I came onboard having newly moved to the area, when FDC was experiencing some growing pains. When we added a Tuesday share, we more than doubled in size from a manageable 300 person community to something more along the size of a small town. While there have been some bumps along the way, but I am pleased to see more and more people connecting at the depots and virtually through our Facebook page, which has taken on a life of its own.



Here are six things I've learned along the way:

**1. People are passionate about hanging their laundry out to dry – some folks even have space to do it year round.** Favorite tip: Hang your shirts out on hangers – that way they go directly into your closet, smelling like sunshine.

**2. Some members (you know who you are) take the “reuse” portion of the “reduce, reuse, recycle” mantra very seriously.** Even the wax liners from cereal boxes can be very useful!

**3. There are a multitude of ways to eat kale, and many of them are delicious.** While I never took to the kale smoothie, I will be making kale salad for the rest of my life. And even green-veg avoiders cannot resist Crispy Kale, though two-year-olds make a real mess when they eat it.

**4. A pint of fresh raspberries will not last the drive from Salem to Nahant if there are two small children in the car.**

**5. Putting food by is easy – and absolutely worth it.** Cook up a few extra ears of corn, cut off the kernels and toss them in the freezer. Freeze some berries on a tray then dump them into a baggie. You can even freeze whole uncooked tomatoes, which are great for sauce (the skins slip right off with reheating) but canning is pretty easy too. In the dead of winter, there is nothing like that ray of sunshine that comes from unearthing some corn kernels frozen in the height of summer, or cracking open a jar of salsa made with fresh local tomatoes.

**6. More people are cooking –and in more creative ways – than I ever dreamed possible.** And I have enjoyed playing a part in helping connect fellow foodies.

I'm off to my next adventure – look for me writing in the pages of Northshore Magazine and other publications, or lurking on the FDC Facebook page, or on the streets of Newburyport, where we're moving this summer. I'll be seeking out a new CSA up there. If anyone has any suggestions, message me.

## Produce to Dye For

By Marykate Smith Despres, Salem Depot



One of the first signs of the transition from winter to spring in New England is color. After mild winters like this one and a spring like this years, which made only a brief appearance before disguising herself in the heat of summer, it's color that we notice first. Bulbs sprout and bloom, trees bud and blossom, and variety seeps slowly into the local produce options in our grocery stores and farmers' markets.

If your palette is tired from a long winter of rustic root vegetable, bring in the spring with the changing seasons' colors and turn your kitchen, and your produce, into an art project: natural dyeing. Although some may think of dyeing skeins of yarn or bolts of cotton, you don't need to know how to knit or sew to dye. Plain white t-shirts, socks, napkins or even paper all make great canvases for experiments in dyeing. Because dyeing is a chemical process in which mordents (think of these as the glue that holds the color to the fibers through washing) chemically react with your dye source, try to avoid treated materials; organic fabrics are best.

To turn even the tiniest kitchen into a color lab, all you'll need is a variety of fruits, vegetables, herbs and mordants, a pot, sieve and tongs dedicated to dyeing, rubber gloves and a pen and paper to keep track of the variables in your experiments.

Natural dye sources to try include yellow onion skins, spinach, blueberries, strawberries, turmeric and annatto. You'll want dyeing-only tools if you plan on using mordants that can be toxic if ingested in large amounts, such as alum (found in the spice section) or even cream of tartar. If you'd prefer 100% non-toxic mordants, try salt and baking soda or vinegar. Surprisingly, beets do not work as color-fast dyeing veggies, but if you want to dye paper or a fabric you won't be washing, beets yield a bright spectrum of pinks. The colors you will get from your dyes depend on the chemical reaction from the type of mordant used, the length of time you steep your material, and the material itself. I always love to see the variety in color I get when dyeing cotton, wool and silk with the same color source. Check out the FDC website <http://blog.farmdirectcoop.org/2012/07/produce-to-die-for-how-to/> for a wool dyeing recipe using spinach, blueberries and annatto.

Think you should stick to dyeing cotton since the warm weather is approaching? Think again. Wool has natural absorbent, antimicrobial and wicking properties, which make it a great fiber for year-round garments including socks, shirts and diaper covers. Plus, wool is a renewable resource and can be grown organically just like the fruits and veggies you use for dyes!

So root through your refrigerator, spice cabinet and the grocery's local produce section and get cooking! Today's special is color and creativity.