



June 14, 2012

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Food for Thought

Community Calendar

The annual **Swampscott Harbor Festival** will be Sat., June 23rd at Fisherman's Beach, Swampscott. The Swampscott Rotary will run the popular Duct Tape Regatta at 11 a.m., with all proceeds used to fund Clean Water projects. For more info or to register, www.swampscottrotary.org. The Swampscott Yacht Club will have a Blessing of the Fleet at 2 p.m. The festival's annual local teen band concert, sponsored by the Swampscott Public Library, will run from 4 p.m. to 9 p.m. featuring 10 of the hottest teen groups on the North Shore. Fisherman's Beach is near the Swampscott Yacht Club, 425 Humphrey St.,. There is no charge for attending these programs.

The Swampscott Public Library presents: **Crunching The Numbers: Keeping Your Wallet & Body Healthy In College** for high school and college students and their parents on Wed., June 27th at 6 p.m. Laura King, Eastern Bank Vice President and Branch Manager, will present "Money Smarts," focusing on checking accounts and credit cards. Then Andrew Doucette, Whole Foods Healthy Eating Specialist, will prepare a recipe from "Meals for 4." These meals can be made in advance, giving students leftovers for later. To register, please call the Swampscott Public Library 781/596-8867 ext. 304. The Library is located at 61 Burrill St.

Sally Frank's Farmers' Market in Melrose starts June 14 and runs every Thursday from 1 p.m. to 7 p.m. rain or shine in Bowden Park on W. Emerson and Vinton Streets across from the Cedar Park Train Station. On opening day, the market will host a talk by Steve Violette from Dick's Market Garden in Lunenburg. He will speak at 2 pm and 6 pm on integrated pest management and how to use IPM tools for your backyard farm. He will be at the market all day to answer questions. For more info, email melrosefarmersmarket@gmail.com, or visit melrosefarmersmarket.org. Facebook @Sally Frank's Farmers' Market and Twitter @MelroseSFFM.

Community Recycling Event

June 16, 10 am – 2 pm at the Salem Commuter Rail Parking Lot, the Mass. Department of Transportation will accept electronics, metal, electrical materials, toys, appliances (large and small), and yard and power equipment (please empty fuel & oil). They will NOT accept wood, glass, hazardous materials, liquids, mattresses, carpets, textiles, upholstered furniture, styrofoam, fluorescent bulbs, toilets, or garbage. For more information, contact tlasker@mbta.com or 617/222.5750.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

I hope you enjoyed your first FDC share and are ready to dive into another. The unusual item of the week for all veggie shareholders is kohlrabi. Part of the brassica family (which includes kale, collards, cabbage, brussels sprouts), kohlrabi can be peeled, sliced thin and used to scoop up hummus, or sauteed, creamed, braised, added to soup, etc. Let us know what you did, we are always curious. There was a lot of buzz last week on our Facebook page about strawberries that actually taste like a strawberry, and pictures of desserts created with the rhubarb. (We will soon be featuring our recipe blog to make it easier to find and contribute to.)

This week starts the specialty shares of bread and cheese. Bread will continue weekly for the rest of the regular season (through October 16 and 18). Cheese will be approximately every other week. We traditionally start with the most local cheese, and Essex county is pretty much as close as possible, so this week we will receive Valley View Farms chevre **and** feta cheeses from Topsfield. Typically the "specialty" share items alternate, chef one week, cheese the next. However, I received note from Rita at Herb Farmacy last week, hoping to make a switch. "As I'm sure you've heard from all the farmers, crops are 2-3 weeks ahead of schedule this year and that includes our herbs," she wrote, adding, "In the best of times, we would do a delivery every two weeks, but the herbs are ready and with all the rain and cold we had, if we wait longer, they will be in flower and seed formation and the flavor will suffer."

My response was Of course! So I do not know yet what the herb bundle will be, but herb shares will get a two-week-in-a-row treat.

Another unexpected treat will be IPM greenhouse tomatoes. Alan from Fairview Farm, Whately, Mass., got our name and number from Nate at Nourse Farm (raspberries, currents gooseberries). After lots of chatting about traditional fertilizer, lack of pest and weed spraying, questions about using wasps for aphid control, and of course, flavor, a new relationship has been formed.

Also in your share this week will be garlic scapes, the swan-necked curly top of the garlic plant. Snipped off, the energy comes away from producing the flower (the triangular part of the garlic scape would be a flower if left to grow) and travels back into the bulb, producing a larger head of garlic. Use as you would use garlic, chop into a salad or make pesto. You may keep these in a vase on your counter in water as you use them over the next few weeks.

The depots have gotten a bit more professional, thanks Melrose member/artist Sarah Tierney Guerin. She designed those new signs on sticks which are so attractive and clear, and is also making them for us. (Thanks Sarah!) With a small veg tent and a large veg tent at each location, and three locations, that means we need 6 of every sign. She is in production for signs at just about every moment. We hope to have all the new ones each week, but forgive us if production lags behind.

Finally, when sending correspondence, it is really helpful to sign off with your depot and your pick up day. While Tamara and I have that info, three less clicks to go looking for it means more time to cook and enjoy our FDC share!

Julie
Marblehead
Tuesday



Beautiful garlic scapes – thanks, Melrose Depot member Karen Yates!

Julie

Slow-Baked Beans with Kale or Other Greens

By Karen Yates, Melrose Depot

(Adapted from a recipe by Martha Rose Schulman, published in the New York Times)

I've made this recipe a half-dozen times with different types of greens and dried beans. My favorite version was a once-a-year deal: I harvested a Treviso-type radicchio from the garden and didn't want to waste the tougher, outer leaves of the plant. Blanching the greens is optional but will remove some of their bitterness.

The original recipe calls for dried lima beans, and a 6-oz can of tomato paste dissolved in 1 cup of water. Almost any type of dried bean will do; I prefer to use up the odds and ends in my cupboard. I also use a jar of tomatoes that I canned last summer instead of the tomato paste and water.

The dish can be prepared through Step 3 and refrigerated, up to four days ahead. To serve, proceed with Step 4 (bread crumb topping) but reheat in a 350-degree oven for 15 minutes or until the beans are bubbling and the bread crumbs are lightly browned.

- 1 medium-sized bunch kale or other "bitter" greens, stemmed and washed well
- 3 tablespoons olive oil
- 1 small onion, chopped
- 1 small carrot, chopped
- 4 garlic cloves, minced
- 1 cup dried white beans, washed and soaked in a large pot of water overnight
- 1 14-oz can of tomatoes (or 1 pint of home-canned tomatoes or tomato sauce)
- 2 cups water
- A tablespoon of dried herb blend (such as herbes de Provence or another combo from The Herb Farmacy), or make a bouquet garni from 2 sprigs of parsley, 1 sprig of thyme and a bay leaf
- Salt and generous freshly ground pepper
- 1/2 cup fresh bread crumbs

1. Blanch the kale for 2 minutes in a large pot of boiling, salted water. Drain, squeeze out water and chop the kale into ribbons.

2. Heat 2 tablespoons of the olive oil over medium heat in a large ovenproof casserole. Add the onion, carrots and celery. Saute for about five minutes or until the onion is tender. Add the garlic, stir and cook 30 seconds until you smell the garlic. Add the tomatoes and bring to a simmer.

3. Drain the beans and add them to the pot. Add the remaining water, the herbs, and salt and pepper. Add the kale, stir well, and bring to a simmer. Cover the pot and bake in the oven at 225 F for about three hours until the beans are tender and creamy (note: small white beans, such as Great Northern, will cook a little faster – check them after 2-1/2 hours). Taste and add salt and pepper, as needed, and a little more water if the beans are dry.

4. Combine 1 tablespoon olive oil and the bread crumbs. Sprinkle over the beans and bake another 30 minutes to an hour. When the bread crumbs are lightly browned, remove from the oven. Serve right away or let cool slightly, then serve.

Vacation Swap

• Alicia, a Tuesday Marblehead member, is looking to swap June 19th and 26th. She has a Family Vegetable share and a Single Fruit Share. Please contact at Cannon645@verizon.net or call 781/718-8089.

Pasta with Rhubarb and Herbs

By Julie Lanza, Melrose Depot

[Ed note: New member Julie Lanza has been making this for dinner and so enthusiastically that I tried it too – it is way more fabulous than you would think, from the ingredient list. So do this if you have any leftover rhubarb!]

(Adapted from La Cucina Italiana magazine and website 'Tagliatelle with Rhubarb and Fresh Dill')

4 servings

- 10 ounces rhubarb stalks (5-6)
- 1/4 cup dry white wine
- 3 tablespoons heavy cream
- 1 large shallot, chopped very fine OR scallions, chopped fine.
- Sea salt
- 2 tablespoons butter (original recipe calls for 5 tablespoons - use a bit of extra virgin olive oil with butter if necessary to keep pine nuts from sticking to skillet.)
- 3 tablespoons pine nuts, chopped
- 3 tablespoons golden raisins OR raisins - soak in warm water at least 10 minutes, then drain.
- 1/4 cup fresh Italian parsley, chopped - (original recipe calls for 1/3 cup fresh dill, chopped)
- 1 pound tagliatelle, linguini or other long pasta

1) Slice rhubarb stalks lengthwise into three pieces, then chop into small cubes (recipe calls for opposite, so that you have thin, longer slices - I prefer smaller chunks).

2) In wide, heavy pot, combine wine, cream, shallot or scallions, and 1/4 teaspoon sea salt. Simmer over medium-high heat, stirring, about 2 minutes. Add rhubarb and stir occasionally, about 5 minutes more. Remove from heat, set aside.

3) In non-stick skillet combine butter, pine nuts and raisins or raisins. Cook over medium heat until butter is melted and just enough to blend flavors, 2-3 minutes. Still in fresh chopped parsley, cooking 1-2 minutes more. Remove from heat.

4) Combine rhubarb/onion mixture with butter/pine nuts/raisins in skillet, stir well.

5) Cook pasta al dente in salted water. Reserve 1/4 to 1/2 cup pasta water before draining. Add this water to rhubarb sauce mixture as necessary to liquefy, being careful not to make sauce too watery. Put pasta into large serving bowl and add sauce, mixing well. Top plates with freshly grated parmesan cheese, as desired.

*For a creamier sauce, slowly add grated fresh parmesan cheese when mixing sauce into just cooked pasta, cheese will melt in.

Depot Dish

Marblehead and Salem: Adopt a Tomato Plant!

Marblehead and Salem locations will notice some new cherry tomato plants at your depots. We got permission to plant a few near the trees in Marblehead, and along the fence in Salem. There are no water sources at either location, and we would love members to adopt the plants, bringing water in, especially when we are in a dry spell. The Marblehead Parks Dept. has also requested we care for the hosta in the planter under the tree in the center of the parking lot.

Is Melrose Going to the Dogs? Melrose members will have noticed the new dog park going up right next to our pick up location. We are working to find the best way to co-exist. The set up of tents and tables may morph over the next few weeks. This year we are trying to be consistent with set up and signage, but we need to take change as it comes, and will do our best to minimize disruption