



June 19, 2012

P.O. Box 1146
Marblehead, Mass. 01945
877-FDC-FARM
www.farmdirectcoop.org
newsletter@farmdirectcoop.org

Supplying local produce and supporting local farmers for 20 years.

Food for Thought

Silferleaf Farm Needs Your Help!

Hello Raspberry Fans:

As you may recall, our season was cut short last year due to a new exotic insect, technically known as *drosophila suzukii*. It came from Asia to California (probably on imported, infected fruit) about three years ago, and last year unfortunately the bug arrived in our area. It shut us down mid season, as it did with many other fruit farms in the area. It will be a challenge to control this new pest. It may even put us out of business. I have spoken with many entomologists and they are all very nervous. It is a very serious threat. But there are certified organic controls. We have applied for a grant for the new and expensive equipment needed to control this critter.

Thanks to a program sponsored by Chase and LivingSocial called Mission: Small BusinessSM, your support could translate into a \$250,000 grant for us. But we need at least 250 votes from our supporters just to qualify our application. To vote in favor of our farm receiving this grant, please, Go to missionsmallbusiness.com and log in using Facebook. Search for us by the name Silferleaf Farm. Click on the blue Vote button next to our name to show your support for our business. Also, while you're on Facebook, remember to "Like" Silferleaf Farm. Hopefully, if we control this bug, we will see you this fall. If we can't control it?????

Thank you for your continued support.
Tom Johnson, Manager
Silferleaf Farm
Concord, MA

Connect with the FDC

Connect with your fellow locavores, share gardening, cooking and healthy living tips in our newsletter, on our blog or on our very active Facebook community, which has more than 300 members. Share your favorite spring recipes, stories of getaways, fairs, food road trips - we want to hear from you! Email newsletter@farmdirectcoop.org

Depot Volunteers Needed

Every member of the FDC is expected to contribute two hours of volunteer time to the Coop. Volunteer sign-up sheets are available at the sign-in table each week, or contact your depot coordinator for more information.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

Rob at Riverland Farm in Sunderland, MA, is flush with hakurei turnips, napa and "pointy head cabbage" (I can't help but think of the 70's and *Saturday Night Live's* Coneheads whenever I see them). He asked if I could order enough for everyone this week, so he can pull a lot from his fields. Riverland Farm is our primary grower. This means we work very closely together and spend the most amount of time with Rob each year. It also means we take produce from him first and if he asks, we say sure and vice versa. So this week, every member is receiving hakurei turnips and napa or "pointy head cabbage". Some of us got them as choices last week, and we have enjoyed chatting about them on the FDC facebook group. Thanks for understanding that there may be repeats for a few weeks as items become available. I'm sure this will be welcome when the items are familiar ones like cucumbers and zucchini. But when an unusual vegetable like hakurei (salad) turnips is repeated we really start to understand that we are in cahoots with the farmer, we are his outpost, he grew these for us, and this year, they are thriving. So ok...let's look up another turnip recipe.



Napa Cabbage from Riverland Farm

Last week a popular question at the depot was "What is the difference between green and purple kohlrabi?" The answer is only the skin color. The flavor is the same. The same holds true for scallions this week. There will be green and purple scallions at different times of the day. The flavor is the same, although the different colors can make any dish visually appealing.

Another question asked last week was "What's IPM?" We identify something as IPM, when a crop is non-organic. IPM stands for "Integrated Pest Management". Most farmers in New England and along the East Coast practice this method for controlling pests. It simply means a grower won't spray for a particular pest unless it is absolutely necessary. Scouts go into the fields weekly during the season, and if there are no pests, there is no spray. If pests are found to be destroying crops and all non pesticide measures have failed, pesticides that have the lowest impact on health and the environment may be applied. When something is IPM, it is not organic.

Please remember to sign up to work at the depot. We really need your help for things to run smoothly!

Julie

Hakurei Turnips With Greens

(Adapted from a recipe on *EveningEdge.com* - <http://bit.ly/LgBOTW>)

Ingredients:

- 2 bunches hakurei turnips with greens
- 1/2 tablespoon olive oil
- 1/2 tablespoon butter
- Salt and pepper to taste
- 1/4 cup white wine



Instructions: Wash turnips and cut off green top and root ends. Cut turnips into quarters. Cut greens into 2 inch pieces. Heat oil and butter until hot. Add turnips, salt and pepper to taste and cook until just tender. Remove turnips from pan. Add greens and cover. Cook until just limp 6-7 minutes. Add wine and cook until liquid is absorbed. Return turnips to pan and cook until heated through. Serves 4.

Why Did Popeye Eat Spinach?

By Danielle Shea Tan, Marblehead Depot

As FDC members, many of us are regular ol' Popeyes, looking for a solid dose of greens (spinach or others) in our weekly share of veggie jewels. So why did Popeye choose spinach? Originally, the comic strip character ate spinach for iron – it was his version of “pumping iron.” But, it was later discovered that his choice of spinach was based on a misprint in a published study showing that spinach had 2x the iron than it really does. So, did Popeye eat all that spinach for nothing?

No way! Leafy greens like spinach, collards, kale, bok choy and the like are loaded with nutrients that our bodies need to stay strong and energized. If you eat as many leafy greens as Popeye, you can expect amazing benefits to improving your health, such as;

Increased energy – Full of fiber and a straight shot of vitamins, leafy greens keep your blood sugar stabilized, your hunger satiated and provides fuel for your digestive system so you have more energy to enjoy life!

Strong bones – Many varieties are amazing sources of calcium and vitamin C and when eaten in whole food form (or fresh juice) can reduce fracture risk and bone loss.

Lower toxicity (i.e., cholesterol) – Popeye was no dummy. He knew his trademark pipe pumped loads of toxins into his body. Leafy greens provide the insoluble fiber that our livers need to successfully push toxins like cholesterol, smoke, pollution, etc. out of our body.

Stronger immunity – Loaded with vitamins, phytochemicals and fiber, leafy greens will improve your ability to fight off colds and viruses. The specific vitamins in greens (e.g., Vitamin C, Beta-carotene) are known to improve the immune function of our cells. The fiber keeps our digestive tract working properly so our bodies expel less energy digesting food and more energy keeping us healthy. Were there any episodes where Popeye was sick with a cold?

Here are three **simple ways to boost your consumption** of greens (finicky eaters included).

1. For a creamy, delicious way to hide salad greens or kale, just rinse, chop and mix greens really well with a ripe avocado, salt & pepper
2. Rinse, chop and freeze and then add a handful to fruit smoothies
3. Add greens into every dinner. When the recipe doesn't call for greens, be sneaky by using milder varieties like spinach.

As our leading man says, “I am strong to the finish, 'cause I eats my spinach!”

Danielle Shea Tan is a holistic health and wellness coach and owner of Crazy Simple Wellness, a local business focused on helping busy people make small, gradual changes so they can look, feel and perform their best everyday! You can learn more about her work at www.crazysimplewellness.com.

Healthy Living Starts At Home

By Matthias Bohler

Summertime offers a season of wholesome and healthy foods from our local farmers. Food producers provide us with local nourishment while communities aim to help and support our local growers. Healthy living begins in the home. Now is a great time to start thinking about how to improve the health of your home, while at the same time protecting our environment. Like a healthy family, your home is at its best when it uses the least amount of energy and still provides your family with a high level of comfort. An energy efficient home is a healthy home, and a great first step is to sign up for your no-cost Mass Save® home energy assessment through Next Step Living. MassSave is ratepayer funded, so we as National Grid or NStar customers already pay for these program benefits in our bill! Join the thousands of MA families that have already accessed their MassSave benefits.

As part of a MassSave energy assessment, your energy advisor will check for bulk moisture in your home that may be indicative of a mold or mildew program. In addition, your combustible appliances will be tested for possible carbon monoxide emissions into the living quarters of your home. Your MassSave energy assessment will provide you with piece of mind and comfort on the efficiency of your home as well as your home health.

Melrose residents please support the efforts of the Melrose Energy Commission's Energy Challenge and use the below link to sign up for your No Cost energy assessment. In the last six months, nearly 500 Melrose residents have taken the challenge and had their home assessed, and many residents have used Mass Save incentives to reduce energy use and contributing to large scale positive impact on our planet. Melrose residents sign up here nextsteplivinginc.com/melrose-energy-commission or call 866-867-8729 (Be sure to mention Melrose Energy Commission).

Residents of neighboring communities that are residential customers of a sponsoring utility or energy efficiency can sign up for your MassSave energy assessment by going to this web address nextsteplivinginc.com/farmdirectcoop or call 866-867-8729 (Be sure to mention Farm Direct Coop so Next Step Living can contribute to the Community Aid fund).

For each member that signs up and completes their no cost MassSave home assessment through Next Step Living, \$10 will be contributed to the Community Aid Fund to help families in need access wholesome and healthy locally grown food.

Next Step Living is a socially-conscious, environmentally focused, results-driven company dedicated to helping our customers lower their energy bills, increase the comfort of their homes, and reduce their carbon footprint.

Volunteer with FDC, win a free **Winter Share!**

Depot volunteers are crucial to the depot running smoothly each week – extra eyes and hands are always welcome! Depending upon the shift you choose, tasks include setting up or breaking down tents and tables, unloading produce boxes from the truck, replenishing produce, answering questions members have about the take, weighing their shares, recipes, etc. Volunteering also gives you the opportunity to meet and talk with other members, and perhaps share some of your favorite ways to use the FDC bounty! As an added bonus, if you take the depot late shift, you might just wind up taking home some extra produce. Volunteer sign-up sheets are available at the sign-in table each week, or contact your depot coordinator. Everyone who fulfills their two-hour volunteer commitment will be entered in a drawing to win a free **winter share!**