

Supplying local produce and supporting local farmers for 20 years.

Food for Thought

Help Save The Honeybees

Since 2006, US honeybee populations have been dying off at an alarming rate from Colony Collapse Disorder (CCD). This is a serious problem because honeybees pollinate ONE THIRD of the foods we eat. Currently we do not have enough bees in America to pollinate our existing food supply. To make up for the loss of bees from CCD, honeybees need to be shipped in from overseas just to pollinate the food we buy in the grocery store today.

The pesticide Clothianidin, is believed by scientists to be a major factor in the significant decline in U.S honeybee populations. In the next week, the EPA is expected to issue a decision on Clothianidin. If the agency doesn't act, Clothianidin will not be reviewed again until 2018 -- it could be too late for the bees by then. Please consider signing a petition to ban Clothianidin and help the honeybees. To sign please visit <http://bit.ly/MvKuDe>.

No GMO Labeling

Last week, the senate voted not to require labeling of GMO (Genetically Modified Organism) food products. Without labeling, there is no way to know if GMO's are used in the nonorganic food you eat. You can still avoid them by eating organic.

A report on the safety of GMOs was written by Dr. John Fagan. In it he states, "Over 75% of all GM crops are engineered to tolerate being sprayed with herbicide. This has led to the spread of herbicide-resistant super weeds and has resulted in massively increased exposure of farmers and communities to these toxic chemicals. Epidemiological studies suggest a link between herbicide use and birth defects and cancer." Read the full report at <http://bit.ly/MBqt03>.

Vacation Swaps

Beth, a Thursday Melrose member, is looking to swap July 5th. She has a Small Vegetable and Small Fruit share. Email bethduplessie@gmail.com.

Tonya, a Tuesday Melrose member, is looking to swap July 24 & 31. She has a Large Vegetable share. Call 781-775-9680 or email tonyayoga@gmail.com.

Sarah, a Tuesday Salem member, is looking to swap July 3rd for July 5th. She has a Large Vegetable and Large Fruit Share. Contact Sarah via email sarahshamel@gmail.com.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

Rob at Riverland Farm asked me to order large quantities of lettuce and bok choy, so I said "Yes." When it is ready in the field, we need to respond. I am waiting to hear whether snap peas are ready.

I have many calls to make to inquire about cherries, blueberries raspberries and strawberries. I am hopeful there will be one item in abundance, but often what happens as the fruit landscape evolves, there are just small amounts of each item available. We could have one item or a blend of items where the shareholder gets to make a choice. A "no fruit" week, which we have been able to avoid for 3 or 4 years now, is a distinct possibility.

Last week, Tamara received this email requesting a list of what will be in our shares each week: "Good Morning, not sure if I am missing something somewhere, but is there a list available of what items will be in the shares? It would be really helpful to know before arriving on site this afternoon so I can buy whatever else I may need."

Tamara's response is worth repeating: "We don't offer a list of what is in the shares for two reasons. The first is because we rotate choices. For instance, we may order green pepper, beets, leeks, radishes, carrots, and onions, but not every member will see all of these things. If there is a choice of two things, we will only put out four at a time. Secondly, what we order is sometimes not what we receive. We never really know for sure until we open the back of the truck in Marblehead at 12:30 on pickup day. Last minute deals and substitutions are not uncommon. The newsletter will offer some information about what is coming, mostly things we are certain we will get (as certain as can be) and that are not involved in the choice part of the share."

Over the years, in our end of year surveys, most folks have said that preserving choice is important to them, so we have developed a system that allows that to happen as fairly as possible. What is seen at 3pm isn't seen at 5pm, nor at 7pm. Sometimes the choice is a bit depleted by the end of the day, however, the amounts at the end of the day are often increased if we have surplus. As you read in the FAQ sheet we distributed a few weeks ago, it is a long season, and it all works out in the end.

Happy summer,

Julie

Strawberry Rhubarb Crumble

By Susan Nadworny, Melrose Depot

I loved the sweet strawberries, rhubarb, cabbage, scallions and fennel from last week's share. I used my small fruit share for the best strawberry, rhubarb crumble! Here's the recipe - 1 pint strawberries, cleaned and sliced; 4 rhubarb stalks, chopped; 2 cups granola; 1/3 cup softened butter; 1/3 cup white sugar; 1/3 cup brown sugar. Mix strawberries and rhubarb. Sprinkle with white sugar. Spoon into 4 individual ramekins. Mix brown sugar, softened butter and granola. Top off the ramekins with the granola mix. Bake at 350 for 25 minutes until bubbly and brown on top.



Planting bok choy at Riverland Farm

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

Every member of the FDC is expected to contribute two hours of volunteer time to the Coop. We count on the assistance of our members to help us keep costs down, but more importantly, when you volunteer, you help create the FDC community, meet new people, catch up with old friends and share your ideas.

This year, for the first time, everyone who fulfills their two-hour volunteer commitment will be entered in a drawing to win a free winter share. Volunteer for four hours, get two entries - the more time you give, the more likely you are to win! There are many ways to volunteer. Here are a few.

Love To Sew?: The FDC needs someone skilled with scissors and a sewing machine to repair a damaged tent top in Salem. We are looking for a talented seamster who can blend our two extra tops with the ripped one. Email Dan Burgess, danlb@hotmail.com.

Depot Shed Repair: Do you like to paint? Are you handy with tools? We are looking for volunteers to assist with painting and repairing the depot sheds. Contact Dan at danlb@hotmail.com for details.

Adopt The Tomato Plants: Marblehead and Salem: We planted cherry tomato plants 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 Salem depot tomato plants need a weekday caretaker to water and tend them and the Marblehead plants need watering on Tuesday, Thursday and over the weekend. We are also looking for someone to water and weed the plants in the center of the Marblehead parking lot, under the tree. Contact your depot coordinator for more information.

Submit an article or photography to the newsletter: We want to fill the newsletter with the writings and photography of our member community. Wax poetic about your favorite veggie, tell us about your volunteer work, send along a photo, recipe and story about your favorite dish, or anything else that strikes your fancy - fun road trips, favorite local eats, opinions on food-related issues, cookbooks, movies, community events and of course, recipes! Or take pictures at the depots or of your veggies and send them along to newsletter@farmdirectcoop.org.

Deliver Shares to Members: Each week your depot coordinator has shares to be delivered to member's homes. A good way to meet your volunteer commitment is to ask if there's a delivery in your neighborhood each week, or choose one of the regular home delivery shares. Talk to your depot coordinator for details.

Ride with our drivers: Our drivers can always use a hand collecting produce each week. This full-day commitment takes you on a whirlwind trip out to our farms, helping to load the produce onto our truck, then split it up for delivery to the depots. For details contact Julie, julie@farmdirectcoop.org.

Depot Assistance: Depot volunteers are crucial to the depot running smoothly! Tasks may include setting up or breaking down tents and tables, stocking produce, answering questions, etc. Contact your depot coordinator for details.

Healthy Living Starts At Home

By Chad Proulx, Littleton Food Coop



As a father of a 2 small girls, I get it. Couple a horrible economy, with parents working long hours and kids having crazy schedules of their own, with extracurricular activities. Preparing dinner and gathering the family to eat can become a Herculean task or a quaint reminder of a bygone era.

Having dinner together isn't easy, but it's certainly worth the time and effort that will repay dividends for your kids down the road. If nothing else, you'll teach them good eating habits they can adapt for life. Even dining together one or two times a week can bring your family together, help you slow down, and even reduce your kids' risk for obesity.

I want to offer seven strategies to make dining together easier and more enjoyable.

1. If dinner doesn't work, try breakfast or brunch. The important thing is that you're together and enjoying a healthy meal together. Easy suggestions for breakfast or brunch include omelets and crustless quiche.

2. Prepare foods ahead of time. You're not going to have hours to prep, so do as much as you can ahead of time. For instance, chop broccoli and pre-season chicken breasts the night before.

3. Involve your kids. Let them chop, slice, or otherwise prepare food. You can also ask them to set the table. It will help them feel more invested in the meal and take some of the burden off you.

4. Turn off other distractions and be present. Have a no-cell-phone rule at the table. Same deal with newspapers, iPads, and other distractions. You're there to enjoy each other's company and the food.

5. Make it mandatory and schedule the time. Just like you would schedule a meeting for work or soccer practice for your kids, reserve an hour simply to eat together. Make dinner a "must attend" priority.

6. Make favorite meals. You can always make healthier versions of your kids' favorites. For instance, try almond sliver-crusted chicken strips with sweet potato fries, spaghetti squash with pesto, or grass-fed beef with faux-tatoes. (Check out the recipe here -<http://bit.ly/KXie15>)

7. Do the best you can. The important thing is ultimately that you're together and enjoying healthy food.

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