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Supplying local produce and supporting local farmers for 19 years.

Food for Thought

Opening Days, June 7th and 9th!

Grab your tote bags and get ready to eat well! Opening day for the 2011 season is just a few short weeks away. Depot hours are from 3 p.m. to 7 p.m. in Marblehead and Salem, and 4 p.m. to 7 p.m. in Melrose. Need directions, contact phone numbers or hours? See www.farmdirectcoop.org

Space still available in Salem

Know anyone with a hankering for fresh veggies and fruits this summer? There are still some openings for both Tuesday and Thursday shares at the Salem Depot. To make sure they don't miss a thing, tell your friends to sign up right away at <http://tinyurl.com/fdcsignup>

Skip the Straws

A fourth-grader in Burlington, VT, has launched a new campaign encouraging people to cut back on the use of disposable straws, according to an article in the *Boston Globe Magazine*. Milo Cress, founder of BeStrawFree, says people in the U.S. use 500 million disposable straws every day! That's enough to fill 9,300 school buses per day. So think twice before you reach for that straw – and request no straw, before it hits the table in a restaurant. Once it is placed on a table, even if you don't use it, it will be thrown away.

Thanks for Helping Beautify Ell Pond

Ell Pond Community Cleanup day was a great success once again this year –volunteers picked up trash, planted and generally spiffed up the area, which is also home to our Melrose Depot location. FDC provided volunteers, as well as tents and tables, to help make the event a success.

Stay in Touch!

Drop us a note on Facebook or send an email to let us know what you're up to. If you are looking for ideas for using squash, beets, greens or anything else, check out our recipe blog: <http://blog.farmdirectcoop.org>. And if you have a story you'd like to share with the community, send it to newsletter@farmdirectcoop.org.

Got a business to promote?

Our new FDC web site offers a directory of member businesses, so if you're a yoga teacher, or a landscape service, a plumber – or you do anything else you'd like to advertise, please send the following details to newsletter@farmdirectcoop.org: name, name of business, type of business, contact information, brief (two or three sentence) description of your specialty.

FDC Fresh Ideas

By Manager Julie Pottier-Brown

Do you have a place that you have noticed the spring progressing? Maybe a large tree on your daily commute is fuller each day you pass, a field more lush, or your own garden is a source of pride. For me, it has been the multi-colored tulips my family planted together just last fall, emerging from a once-bare spot in my yard. Watching them has brought me joy, even that one that got stomped by my running boys.

This spring has been drawn out and cool. Miraculously, things still grow, and our opening days are Tuesday, June 7th & Thursday, June 9th. Salad turnips, radishes, lettuce. These are likely some of the offerings for opening day. Scallions? Spinach? We'll see. Strawberries are a big question mark too. We'll need some sun and warmth for those. Many times over the years, members have requested to know ahead of time what is coming. We would have to eliminate choice to do that. Each week at the depot there will be a menu board instructing what the share is. There usually is a balance between items that everyone gets and items that are a choice. Choices get rotated throughout the day, so they cannot be listed in the newsletter. What is out at 3 p.m. is not necessarily the same item that will be out at 5 p.m. or 7 p.m.

Opening day will bring live plants for the newly named Chef Share, and the Cheese & Bread shares will start up on the second week.

For those of you who are new to the coop, please ask lots of questions. Meet your Depot Coordinator, sign out on each sheet, read the newsletter. We want everyone to have a good experience with the FDC, and the more you know, the better your experience will be. Do you know you can order a whole flat of strawberries to make jam or freeze? Any item you want a large order of during the season can be ordered in bulk.

There are too many little bits of information and etiquette to list here, so please meet your coop neighbor when you are at the depot, and welcome.

With hope for a lush growing season,

Julie



Send Us Your Original Recipes!

FDC is looking for original recipes to put in our newsletter and on our blog (<http://blog.farmdirectcoop.org>). Have you got a stash of your aunt's or grandmother's (or your own) original creations you'd like to share? Send it our way! Because of copyright issues, we will no longer reprint recipes from copyrighted sources without express permission from the copyright holder, but if you have adapted a favorite recipe with your own touches, we're happy to share it here and on the blog.

Is there a local restaurant that you frequent? Are you eager to get your hands on your favorite dish? Why not ask them if they will share it to publish in our newsletter? It's great press for them, and you might get to talk with the chef! We would like to start featuring dishes from local restaurants regularly in the newsletter. To submit a recipe, email newsletter@farmdirectcoop.org.

And don't forget – creating or finding recipes for the newsletter counts toward your two-hour volunteer commitment – we ask every member to give two hours of their time to help build community and keep costs down. For more ways to help out – everything from spending some time at the depot to delivering orders to shelters or other members, visit <http://www.farmdirectcoop.org/community/volunteer>

FDC Share Options: We're Much More Than Veggies!

When FDC started out, almost 20 years ago, we were just a small group of people wanting to support local farms and eat organic produce. Through the years, partly driven by desire to support local producers, and partly by requests from our members, we have added a number of different share options, from local bread to tasty seasonings. Here is a rundown of what you can get through FDC. **If you want to add one of these items, or upgrade from a small to a large share of fruit or veggies, please email tamara@farmdirectcoop.org.**

Organic Veggie Share, small or large size: A small veggie share (\$200) receives 4-6 units per week; a large veggie share (\$330) receives around 8-10 units per week. A unit could be a head of lettuce, a pound of tomatoes, or a bunch of greens. Shares tend to be smaller in the beginning of the season, and larger toward the peak of the growing season when there is a greater variety of produce available. For a better idea of what to expect, visit <http://tinyurl.com/fdcseason>

IPM Fruit share, small (\$145) or large size (\$210): The FDC is able to provide fruit for shareholders almost every week of the season – from those first red ripe strawberries through summer's bounty of peaches, watermelon and raspberries on to fall apples and pears. Large shares get about 50 percent more fruit than the small shares. Because of the difficulties of growing fruit in New England, our selections are organic where possible. When that is not possible, we choose farmers who follow an integrated pest management approach to managing disease and insects, using the fewest chemical interventions and least toxic methods possible to maintain healthy crops.

Cheese share (\$75): Join us on a tour of New England through local cheeses. Our cheese share offers about 15 deliveries of small-batch dairy goodness from critically respected and award-winning producers like Valley View, Neighborly Farms and Great Hill. Past selections have included everything from fresh mozzarella to raw cheddar and award-winning gouda. Cheeses are sometimes organic, always made from local milk and always delicious. Many of these cheeses are made from raw milk, most use vegetarian rennet, some do not.

Chef's share (formerly the Herb Share--\$45): In a unique agreement with The Herb Pharmacy, an organic herb farm and crafter of fine culinary seasonings, we offer an herb and exotic seasoning share. Shareholders can expect 10 deliveries per season, including live plants at the start of the season to add to your garden, a variety of dried seasonings, seasoning salts and flavored vinegars, in addition to lovely bouquets of fresh cut herbs and edible flowers.

Bread share (\$75): We work with A&J King Artisan Bakers in Salem and Iggy's Bread of the World of Cambridge to offer an enticing assortment of handcrafted loaves and rolls, baked fresh and delivered to your depot. Our bread share contains a selection of fresh-baked items such as olive rolls, traditional sourdough, baguettes, cranberry walnut mini pullmans and lovely whole grain loaves. Both bakers are known for quality and dedication to local ingredients. Bread is delivered to your depot 19 times -- almost one a week! So skip the extra stop, or the long lines at the Marblehead Farmer's Market and sign up for your bread from us.

We also offer an extended season share and winter share. Visit the web site for details.

Asparagus Souffle

By Salem Depot Member Stefanie Timmermann

Inspired by our early delivery of asparagus and eggs, Salem member Stefanie Timmermann created this luscious souffle. She says: "This is a mild dish that compliments the delicate taste of the asparagus and that even my 8-year-old picky eater liked. The protein in all the eggs serves well as a meat substitute."



- 2 bunches asparagus
- 9 eggs
- Salt
- Nutmeg
- 8 oz. sour cream
- juice of ½ a lemon

- 1) Preheat oven to 350 F.
 - 2) Lightly grease 6" x 10" oven-proof dish.
 - 3) Cut ends off two bunches of asparagus so they fit lengthwise into dish.
 - 4) Beat together 9 eggs, salt well, add a sprinkle of nutmeg.
 - 5) Whip in 8 oz sour cream and juice of 1/2 lemon
 - 6) Pour mixture over the asparagus, covering it
 - 7) Bake on middle rack 30 minutes uncovered and about 30 more minutes covered (e.g. aluminum foil)
- The souffle will look lightly browned at the edges and rich yellow on top.

Notes: If you want to make this dish more asparagus-oriented and less egg intensive, you can cut up the asparagus into 2 inch pieces. They pack better and require less sauce to cover - 5-6 eggs and 4 oz. sour cream would probably do the job then. Don't forget to decrease the baking time a bit as well.

Ravioli with Chicken

By FDC Member Anne Macdonald

Here's my recipe from the Farm Direct Annual Meeting Potluck. This is a recipe that I got from my husband's great-aunt. The proportions are pretty flexible but I have provided some here:

- 2 cups cooked chicken, can be all white meat or white and dark meat
- 1 package raviolis, 13 oz.
- Garlic, 2 large cloves, sliced (not chopped or crushed)
- 2 tablespoons olive oil
- Tomato sauce, to taste
- Optional: Mushrooms, Onions, Peppers

- 1) Cook ravioli.
- 2) Heat olive oil and add garlic. If you are going to use vegetables, remove the garlic and cook mushrooms, onions and/or peppers.
- 3) When vegetables are sautéed, add garlic back in and set aside to cool slightly. Combine cooked chicken with garlic and vegetables (or just garlic if you choose not to add vegetables).
- 4) Drain ravioli and add to chicken, garlic and vegetables. Add tomato sauce, enough to coat everything or as thick as you like. Dish can be warmed in the oven or served at room temperature.

Please note: the proportions can be increased or decreased as needed in this dish. For the annual meeting, I used 125 raviolis, one small whole chicken, 6 garlic cloves, 4 onions, 3 red peppers, 1 large package of mushrooms and 1 ½ jars of homemade tomato sauce.