



November 17, 2011

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Supplying local produce and supporting local farmers for 19 years.

## FOOD FOR THOUGHT

### Soulstice CSA Seeks members

Want to keep your fridge stocked with fresh organic produce year-round? During our off-season, Tamara and Julie, co-managers of FDC, have established an outpost for Enterprise Farm's East Coast Share. This multi-farm CSA offers weekly boxed shares of mostly organic fruits and vegetables only from the East Coast from a depot in Swampscott. Shares include goodies like storage vegetables from our own growers, greens and sweet potatoes from the Carolinas, and citrus and strawberries from Florida.

Members enjoy produce that has traveled less and is consequently fresher and more nutritious. And the CSA provides sustainable and organic farmers up and down the coast with a reliable market, and encouraging local growers to produce more storage vegetables, and consider hoop houses and other methods of three-season growing. For more info or to sign up, visit <http://www.soulsticecsa.com/>

### Bring your flashlight

Sunset will be before 5 p.m. this week. A headlamp or flashlight will be very helpful!

### Clothing & Household Textile Recycling Drive, This Saturday

Did you know that 4 to 5 percent of all solid waste is clothing and other textiles that could be recycled? Keep your old fabric out of landfills by bringing it to the Clothing and Household Textile Recycling drive this Saturday, Nov. 19<sup>th</sup>, from 8 am to 3 pm in the Riley Plaza Parking Lot, across from Salem Post Office, 2 Margin St., Salem. The drive is open to all, and will accept clothing, sneakers, shoes, boots, slippers, belts, ties, purses, pillows, bedding (comforters, sheets, blankets, etc.), table linens, stuffed animals, curtains and even rags. Items may be in almost any condition: re-useable or moth-eaten, faded, torn, stained, etc., but they must be clean and dry. For more info, call the City of Salem at (978) 619-5679.

### Stay in Touch During the Off-Season!

Our season may be winding down, but you can keep in touch with your fellow locavores. We'll keep publishing on pick up days and occasionally throughout the winter, both through the newsletter and on our blog and web page. We also have a very active Facebook community as well. So share your favorite fall/winter recipes, stories of getaways, fairs, food road trips – we want to hear from you! Email [newsletter@farmdirectcoop.org](mailto:newsletter@farmdirectcoop.org) or find us at [www.farmdirectcoop.org](http://www.farmdirectcoop.org) or on Facebook at <http://on.fb.me/fdcfb>  
Enjoy your winter!

## FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

Can you believe that just two weeks ago the ground was frozen so solid our growers couldn't dig the root crops? This has been an unseasonably mild November – nice for our depot coordinators who aren't shivering in the dark during pick up.

Speaking of the dark, please please bring a flashlight or headlamp if you are picking up after 4:30 or so. It is really dark by 5:30 now, and that makes it impossible to read the scales for your weighable items.

Rob at Riverland Farm grew enough Brussels sprouts for us to have another round of them. There isn't any broccoli or spinach or even kale on the growers lists, so I snapped them up.



Everyone is getting Cider Hill's award-winning unpasteurized cider. According to their web site, October and November apples produces the fruitiest, deepest, most complex cider. Yum!

The dried herb blends are from the Herb Farmacy in Salisbury. Cider Hill farm provides their spectacular, enzyme rich, unpasteurized cider (just heat it on the stove if you don't want it untreated.) Our western Mass. partners provide the potatoes, onions and other roots. The apples are from closer to home, Brooksby Farm, Peabody, Mass.

As we prepare to wind down and breathe a sigh that we accomplished a successful, though challenging, season, I invite you to practice gratitude for the local food system we are connected to (especially if you garden).

Happy Thanksgiving,

*Julie*

P.S. December share is sold out, but if you are already missing your veggies, check out the East Coast Share delivered to Swampscott from January to May. See the sidebar on the left or visit [www.soulsticecsa.com](http://www.soulsticecsa.com) for more information.



## Roasted Root Vegetable Pie

Reprinted with permission from King Arthur Flour



Thanks to Meg Bowman Rowan for bringing this recipe to our attention, and to King Arthur Flour for giving us permission to reprint it! It combines a savory pie crust redolent of herbs, and a rich potato and vegetable filling that showcases fall's harvest of sweet root vegetables, making it an ideal centerpiece for a vegetarian Thanksgiving – or a tasty side dish for carnivores. This pie can also be frozen before baking, so making an extra will give you a quick meal any time of year. To see photos with step-by-step instructions, visit <http://bit.ly/sq4u1T>

### SAVORY CRUST

- 2 cups King Arthur All-Purpose Flour
- 1/2 teaspoon salt
- 2 tablespoons minced fresh herbs (thyme, parsley, chives)
- 1/2 cup unsalted butter, chilled and diced
- 1/4 cup cream cheese, chilled and diced
- 1 to 2 tablespoons milk, as needed

### FILLING VEGETABLES

- 2 1/2 cups pearl onions
- 1 cup peeled, diced winter squash
- 2 cups peeled, diced rutabaga
- 1 cup peeled diced white turnip
- 1 cup peeled, diced parsnips
- 1 cup diced leeks, washed and drained
- 2 cups peeled, diced celery root
- 2 cups sliced mushrooms
- 2 to 3 tablespoons olive or vegetable oil
- salt and pepper to taste

### POTATO FILLING BINDER

- 2 medium baking potatoes
- 2 large eggs
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1 teaspoon dried thyme
- 1/2 to 1 teaspoon salt

1) For the crust: Whisk the flour, salt and herbs together in a medium bowl. Cut in the butter and cream cheese until the mixture is the texture of granola. Add the milk one tablespoon at a time until the dough comes together but is not soggy.

2) Pat the dough into a disk, wrap in plastic and refrigerate at least 30 minutes before rolling out.

3) Roast the vegetables for the filling: preheat oven to 425°F. Place diced, chopped vegetables in a large bowl and drizzle with the oil. Season with salt and pepper and toss all to coat.

4) Spread the vegetables on a parchment or foil lined baking sheet and roast for 45 to 60 minutes, stirring well every 15 minutes. The veggies are ready when they are fork tender and caramelized on the edges. Set aside to cool.

5) While the vegetables are roasting, bake or boil the potatoes until soft and easily pierced with a fork. Peel, drain and mash the potatoes in a large bowl.

6) Mix the warm mashed potatoes, eggs, herbs, and seasoning together, then fold in the roasted, cooled vegetables.

7) To assemble: Roll the crust to a 12" to 14" circle. Drape into a greased 9" or 10" pie pan. Trim and flute the edges and place filling in unbaked crust.

8) At this point, the pie can be well wrapped and frozen for up to 4 weeks. If you are baking now, bake in a preheated 400°F oven for 15 minutes. Reduce the heat to 350°F and bake for another 25 to 30 minutes or until golden browned on top and the center is set.

9) If frozen, bake directly from the freezer at 350°F for 1 hour and 20 minutes. Be sure to check the edge of the crust and protect it from burning with a pie shield or foil.

## Environmental Working Group's Healthy Holiday Cooking Tips

Jane Houlihan, Senior Vice President for Research at the Environmental Working Group, an environmental advocacy group, just released her tips for safe cooking this holiday season. Here are some highlights:

**Choose food low in added chemicals and pollutants.** Houlihan notes that food can contain ingredients we don't want to eat -- from pesticides to hormones to artificial additives to food packaging chemicals. Her suggestions to cut the chemicals:

"Buy organic when you can. I make sure fresh fruits and vegetables are on the menu, and I go organic when I can. ...Organic meat and dairy products also limit your family's exposure to growth hormones and antibiotics," she advises, adding, "It's OK to choose non-organic from our "Clean 15" list of less-contaminated conventional fruits and vegetables, too. EWG's Shopper's Guide to Pesticides in Produce ranks popular fruits and vegetables based on the amount of pesticide residues found on them. Check out our Shopper's Guide to Pesticides in Produce (and get the iPhone App)."

**Cook with fresh foods, rather than packaged and canned, whenever you can.** "Food containers can leach packaging chemicals into food, including the synthetic estrogen bisphenol A that's used to make the linings of food cans," Houlihan says. "Go for fresh food or prepared foods stored in glass containers. Pick recipes that call for fresh, not canned, foods."

**Use non-toxic cookware:** "I skip the non-stick so that my kids (and our dog) don't have to breathe toxic fumes that can off-gas from non-stick pans over high heat," Houlihan says. "For safer cooking, we suggest cast iron, stainless steel and oven-safe glass. Yes, there are many new products on the market, but most companies won't tell you exactly what's in them. Even if they're advertised as "green" or "not non-stick," manufacturers do not have to release their safety data to the public."

Using nonstick? Houlihan says you can reduce the possibility of toxic fumes by cooking smart: Never heat an empty pan, don't put it in an oven hotter than 500 degrees F and use an exhaust fan over the stove.

**Store and reheat leftovers safely:** Houlihan advises avoiding plastic when storing and (especially) when heating leftovers. Here's why -- and how:

"Skip plastic food storage containers if you can," Houlihan says, adding, "The chemical additives in plastic can migrate into food and liquids. Ceramic or glass food containers (such as Pyrex) are safer."

Houlihan also advises against microwaving food or drinks in plastic containers, even if they claim to be microwave safe. "Heat can release chemicals into your food and drink," she says. "Microwave ovens heat unevenly, creating hot spots where the plastic is more likely to break down."

If you do use a plastic container, Houlihan says to handle it carefully. Use for cool liquids only; wash plastics by hand or on the top rack of the dishwasher, farther from the heating element, and use a paper towel instead of plastic wrap to cover food in the microwave. Also, she says, avoid single-use plastic as much as possible -- reusing it isn't safe (it can harbor bacteria) and tossing it out fills up landfills (and pollutes the environment).

For more info and tips, including the EWG's Clean 13 and Dirty Dozen lists of produce most and least contaminated by pesticides, visit [www.ewg.org](http://www.ewg.org). And have a healthy and happy holiday season.