



November 20, 2012

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Supplying local produce and supporting local farmers for 20 years.

Food for Thought

FDC Board Seeks Human Resource Expertise

Are you an HR professional? Would you like to share your expertise with the FDC? The FDC board is looking to update its employee handbook and seeks a member with human resource knowledge and experience who can help with this project. You can fulfill your volunteer hours and feel good about making the FDC a stronger organization. Interested in learning more? Contact FDC Treasurer Ashley Gaddis at argaddis@yahoo.com or 978-578-7758.

Sign The Petition To Label GMO Food In Massachusetts

Would you like to know if your food contains Genetically Modified Organisms (GMOs)? Sign the petition below to ask Massachusetts to label genetically modified food.

Massachusetts should require the mandatory labeling of genetically engineered (GMO) foods. We have a right to know about what is in the food we eat and feed to our families.

Genetically engineered foods are required to be labeled in the 15 European Union nations, Russia, Japan, China, Australia, New Zealand, and many other countries. 93 percent of the American public wants mandatory labeling of genetically engineered foods. Massachusetts can help pioneer change here in the U.S. Add your name to the petition by visiting this link <http://bit.ly/S6iuf5>.

Help Massachusetts Dairy Farms

Please call your state representative (617-722-2000) and ask them to urge the House Ways and Means Committee to pass HB 1995. This bill would allow raw milk dairies to deliver raw milk to their customers. Under current law, raw milk can only be sold on the farms where it is produced. According to NOFA "Raw milk farmers in at least eight U.S. states - including our neighbors Connecticut and Maine - are permitted to sell their milk in grocery stores. Many other states - including Vermont - allow farmers to deliver milk to customers. By allowing access to these markets for raw milk, states are better able to monitor and regulate raw milk sales and keep it from developing into an underground market. This helps ensure the safety of raw milk." More information can be found online here <http://bit.ly/XWl7nw>.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

Thank you all for your commitment to supporting local farms through the Farm Direct Coop. If this is your final pick up, have a safe and warm winter. If you are signed up for the December share, you will receive an email reminder. Either way, I hope you have a satisfying Thanksgiving.



Peace,
Julie

"Mike's Hot Honey Butternut Squash Goat Cheese and Sausage Pie with Sautéed Brussels and Bacon. ♥ the November share!!"
- Tiffany Confer Gass, Salem Depot

Baked Parsnip Fries with Rosemary

Adapted from *BonAppetit.com*

<http://bonapp.it/AyQpe3>

Ingredients:

- 2 1/2 pounds parsnips or carrots, peeled, cut into about 3x1/2-inch strips
- 1 tablespoon finely chopped fresh rosemary, plus 5 sprigs rosemary
- 1 large garlic clove, minced
- 3 tablespoons olive oil
- Kosher salt, freshly ground pepper
- 1/2 teaspoon (or more) ground cumin

Directions:

1. Heat oven to 450°. Place parsnips, chopped rosemary, garlic, and oil on a baking sheet. Season with salt and pepper then stir until oil is evenly coated. Spread mixture into single layer. Add rosemary sprigs on top.
2. Put in the oven and bake for 10 minutes. Remove from oven and turn parsnips over. Return to oven and roast until parsnips are tender and start to brown about 10-15 minutes. Add rosemary from sprigs and 1/2 tsp. cumin and mix. Season with salt and pepper.

Looking For Farm Fresh Organic Produce Over The Winter?

Julie and Tamara have teamed up with Enterprise Farm to form Soulstice CSA, a winter time CSA with January - May deliveries. Soulstice offers boxed shares in two sizes delivered weekly to Swampscott. Shares include mostly organic fruits and vegetables from across the Eastern Seaboard. The farms range from Prince Edward Island to Homestead, Florida. Shares include items such as storage vegetables acquired locally, greens, sweet potatoes from the Carolinas, and lovely citrus fruit and strawberries from Florida. If you live in Melrose and are interested in joining or transporting shares from Swampscott to Melrose, please let us know! For more information, please visit <http://www.soulsticecsa.com>.

Butternut Squash, Apple & Cranberry Bake

Adapted from Simplyrecipes.com

<http://bit.ly/LsvJ63>

Ingredients:

- 1 large butternut squash, peeled and cut into 1-inch cubes
- 2 large tart cooking apples cut into 1/2-inch thick slices
- 1/2 cup fresh or frozen cranberries
- 1/2 cup brown sugar
- 1/4 cup (half a stick) butter
- 1 Tbsp flour
- 1 teaspoon salt
- 1/2 teaspoon ground nutmeg or mace

Directions:

1. Turn oven to 350 degrees.
2. Peel apples and slice into 1/2 inch thick slices.
3. Peel squash and cut into 1 inch cubes.
4. Place squash into ungreased baking dish. Top with apples, then cranberries.
5. In separate bowl, mix flour, salt, sugar and nutmeg. Sprinkle mixture on top of squash.
6. Cut butter into pieces and place on top. Cook, uncovered for 50-60 minutes. Serves 8.

Roasted Brussels Sprouts, Cranberries & Barley

Adapted from CookieAndKate.com

<http://bit.ly/zrszt2>

Ingredients:

- 1 pound Brussels sprouts, tips cut off and sliced in half (smaller sprouts are better than large sprouts)
- 1 tablespoon olive oil
- Salt
- 2/3 cup fresh cranberries (or 1/3 cup dried cranberries)
- 1/3 cup crumbled Gorgonzola or goat cheese
- 1/3 cup freshly toasted pecans
- 1 1/2 cups cooked barley, reheated (see instructions above)
- 1 tablespoon maple syrup, or more to taste
- 1 tablespoon balsamic vinegar, or more to taste

Directions:

1. Heat a cast iron skillet on stovetop over medium high heat until hot.
2. Toss Brussels sprouts with olive oil and salt in a medium bowl until well coated.
3. Add sprouts to pan, flat side down and cook for two minutes.
4. Add cranberries to the pan and remove from heat.
5. Place pan into preheated broiler. Broil for three minutes. When done Brussels sprouts will be browned on top and caramelized on the bottom. The cranberries will pop.
6. Remove pan from broiler and reheat barley. Toss the reheated barley in a bowl with the Brussels sprouts, cranberries, cheese and pecans. Drizzle with balsamic vinegar and maple syrup. Season with salt to taste. Enjoy!

Golden Rutabaga Mashed Potatoes

By [Allen Wheeler](#)



Rutabagas are similar to and sometimes mistaken for its cousin the turnip. Rutabagas thrive in cold climates and are larger, rounder, denser, and sweeter than turnips. They have a lower water content and a more pronounced flavor. Though white and purple varieties exist, commercial rutabagas almost always have yellow to orange skin and flesh. Rutabagas are in season almost all year and they peak October through March. Choose small to medium-size rutabagas (3 to 4 inches in diameter) that are smooth, firm, and heavy for their size. Lightweight rutabagas may be woody.

The following recipe is packed with flavor and bursting with nutrients. I hope you will enjoy and use this recipe. Be sure to visit our web site for more dazzling recipes, food preparation tips and instructions, and all matters related to the pursuit of great food.

Golden Rutabaga Mashed Potatoes

Makes 12 Servings

- 3 pounds rutabagas
- 4 pounds Finnish yellow, Yukon gold, russet potatoes
- 1/4 to 1/2 cup hot milk
- 1/2 cup (1/4 pound) butter or margarine, melted
- 1/4 teaspoon ground nutmeg
- salt and white pepper

1. Peel rutabagas and potatoes, then cut into 2-inch chunks. In a 6- to 8-quart pan, bring two inches water to a boil; add rutabagas, reduce heat, cover, and simmer for 15 minutes.
2. Add potatoes; cover and simmer until vegetables are very tender when pierced (about 20 more minutes). Drain well.
3. Place half the vegetables at a time in large bowl of an electric mixer and beat until smooth, adding hot milk to moisten mixture to the desired consistency.
4. Mix in the butter and nutmeg; season to taste with salt and white pepper.

I am the editor of a website devoted to all aspects of food and the creation of great food. You can find recipes, articles, cooking terms, and numerous other food related topics by directing yourself to my website, <http://www.foodcreate.com>. If you have recipes to share, comments, or questions, email me at info@foodcreate.com.

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