



November 6, 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

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.

Don't Forget To Pick Up Your Bulk Order On November 8th!

If you placed a bulk order using our online form, produce will be delivered Thursday, November 8th at the regular depot locations. Pickup times are Marblehead - 5:15- 8pm, Salem - 6-8pm and Melrose 6:30 - 8:30pm. The only exception to the November 8th delivery date is the dried beans and parsnips. The beans are still drying, and the parsnips need a freeze to sweeten up. They will be delivered with the December share on Thursday, December 6th.

November Share Pick-Up

The next pick-up date for the November Share is Tuesday, November 20th.

Salem Recycles Clothing & Household Textiles Event

It is happening again. On Saturday, November 17th, the textile recycling drive will be held at Riley Plaza parking lot from 8 am - 3 pm. The parking lot is directly across from the Salem Post Office at 2 Margin Street. Just look for a big Goodwill truck. So just drive in and drop off your textiles. You will be helped by a group of SalemRecycles volunteers.

What can you recycle? Clothing, sneakers, shoes, boots, slippers, belts, ties, purses, pillows, bedding (comforters, sheets, blankets), table linens, stuffed animals and draperies/curtains. Items can be in almost any condition. Moth-eaten, torn, and stained fabrics are reusable. However, they must be clean and dry to be accepted.

What is not allowed? NO carpets, NO rugs, NO bric-a-brac, NO oil rags, and absolutely NO wet or mildewed items.

Questions? Call 978-619-5679 or go to: <http://www.salem.com/recycling>.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

The dates for the November share were chosen because I thought coming through Salem the day before Halloween would be madness. Instead, Hurricane Sandy came roaring through.

Luckily, our farms survived the storm intact with not too much rain or flooding. One grower, anticipating his broccoli would drown in all the rain, harvested and sold it ahead of the storm. Thursday



Brussels sprouts on the stalk.
FreeDigitalPhotos.net

members did not get a taste last week, but fortunately for us, more has matured so we have some in our shares today. Western Mass. is supposed to get a hard freeze tonight, so the timing for this crop is perfect.

Today's take is both fruits and vegetables; cranberries and apples, squash, potatoes, Brussels sprouts (on the stalk) and more. There are no longer share sizes, all members will receive the same size portions. This means the boards listing which items to take are the same for everyone. Today's items are mostly storage crops, and while the amounts are bigger than a typical share, most will last for weeks or months if stored properly. If you need to learn how to store these items properly, please read "How To Store Vegetables in A Typical Suburban Home" by Richard Harrison, the Co-founder of the FDC. You can find the article on our website here <http://www.farmdirectcoop.org/veggie-blog/storage-tips>.

Since we decided not to shorten the hours drastically for the November share this year (Marblehead 3-6:30, Salem at 3:30-6:30 and Melrose 4-6:30), bringing a source of light to read the boards and to see produce and scales is a great idea. We will have some lanterns for general lighting but that may not be enough. As always, thanks for your help in making this cooperative a community. It is not too late to volunteer.

Don't forget to vote today!!

Julie

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>.

What to do with Cranberries?

By Anita Deeley, Salem Depot



A bowl of cranberries by James Barker at FreeDigitalPhotos.net

What is your favorite way to use cranberries? The FDC Facebook group has been having a lively discussion about uses for cranberries that goes beyond plain old cranberry sauce (which is one of my favorite ways to eat them). Some of the ideas may surprise you. You can find them all online at <http://on.fb.me/QZCYpU>. Here are three of my favorites:

Cranberry Liqueur - A combination of cranberries and vodka that can be used to make cranberry cosmopolitans, served on the rocks or given out as gifts during the holidays. This recipe was suggested by member Karen Yates and is adapted from myrecipes.com (<http://bit.ly/v9xWNaE>).

Ingredients: 2 cups sugar, 1 cup water, 12 ounces of cranberries, 3 cups vodka

Directions: Mix sugar and water over medium heat stirring until sugar dissolves. Let cool. Chop cranberries in a food processor until finely chopped. Mix sugar mixture and cranberries together, stir in vodka. Pour into clean jars with lids. Let mixture sit for 3 weeks in a cool, dark place, shaking every few days to combine. Strain mixture using cheesecloth, discard solids. Pour into clean bottles or jars. This liqueur can be stored for up to one year at room temperature.

Curry Chicken Salad - Member Lisa Wilson-Wright made a curried chicken salad with apples and cranberries. Her Recipe?

"Shredded leftover chicken (or canned tuna), mayo (or yogurt or sour cream or a mix), chopped apple to taste, chopped cranberries to taste, curry powder to taste. I also think celery would have been a nice addition, but didn't have any on hand then." - Lisa Wilson-Wright

Roasted Cranberries With Kale Salad - Member Karen Yates made this recipe (with a few substitutions) adapted from the November Issue of *Better Homes And Gardens*.

Mix 2 cups cranberries with 5 cloves of unpeeled garlic and 1 TBSP olive oil. Spread on a baking sheet, add salt & pepper to taste. Roast at 375 for 20-25 minutes, until garlic is soft and berries are browned at the edges and wrinkly. Remove garlic peels. Mash garlic and combine to make a dressing with 1/3 cup olive oil, 1/4 cup lemon juice, 1 T Dijon mustard, 2 tsp shredded lemon peel, salt & pepper. Next mix roasted cranberries with 4 cups chopped kale; 2 cups cooked wild rice; 1 small bulb of fennel, shaved; 1/2 cup thinly sliced sweet red pepper; 1/2 cup thinly sliced red onion; and 1 cup toasted walnuts, chopped. Pour dressing on top and serve.

The Reasons Why Apples Keep Your Doctor Away

By [Michael V Harris](#)

Virtually everyone has heard the saying "an apple a day keeps the doctor away," but what exactly is it about this much-lauded fruit that is good for your health? As it turns out, quite a lot - apples can positively impact the condition of your bones, your respiratory system and other crucial organs inside your body. Here are some health-related reasons why apples deserve to be included in your daily diet.

- According to French researchers, eating apples on a consistent basis fortifies and strengthens your bones. This is due to the presence of boron and phloridzin in apples. The bone-building properties in apples could especially prove useful to women at risk of developing osteoporosis.

- It seems that apple juice might be even healthier than previously thought; a clinical study found that consuming apple juice daily lowered the frequency of wheezing in asthmatic children. Another study yielded encouraging information for expecting mothers, finding that eating apples while pregnant could help prevent newborns from developing asthma.

- Apples might be able to shield you from Alzheimer's disease. A Cornell University study found that mice who ingested apples suffered less brain cell damage from free radicals, which can cause Alzheimer's.

- If you have problems with your level of bad cholesterol (LDL cholesterol), you might benefit from regularly snacking on apples. Research has shown that eating just two apples daily can lower LDL cholesterol by as much as 16 percent.

- How is this for impressive credentials - a study of 10,000 people found that participants who ate the most apples lowered their risk of lung cancer by a whopping 50 percent. Apples contain two cancer-fighting flavonoids, known as quercetin and naringin.

- Apples can guard against breast cancer as well. A Cornell University study observed that rats that ate an apple each day stood a 17 percent lower chance of getting breast cancer. The rats who ate multiple apples per day exhibited even more impressive results; rats that ate 3 apples per day lowered their breast cancer risk by 39 percent, while rats who consumed 6 apples daily had a 44 percent lower chance of developing the disease.

- A third type of cancer that apples might help prevent is colon cancer. One study reported that apple skins reduced the risk of colon cancer in rats by 43 percent. Apples contain pectin, a chemical that promotes digestive tract health and can ward off colon cancer.

- Apple skins can also be effective in preventing liver cancer; rats that ate an extract from apple skins were found to have a 57 percent lower risk of contracting this disease.

- Research suggests that diabetics might benefit from eating apples. As pectin is digested, it releases galacturonic acid into the body, which can reduce the body's need for insulin.

- If you would like to tighten up your waistline, apples may do the trick; a study found that Brazilian women who ate three apples or pears per day lost additional weight while dieting.

Michael Harris is a contributor to Natural Knowledge 24/7, a monthly newsletter focusing on health and wellness issues. This article, along with many others covering a wide range of subjects, can be found at

<http://naturalknowledge247.com/>

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