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Food for Thought

Blueberry Deception

According to *Natural News.com* "The blueberries found in blueberry bagels, cereals, breads and muffins are REAL blueberries right? Wrong! Award-winning investigative journalist Mike Adams, the Health Ranger, exposes the deceptive chemical ingredients and dishonest marketing of "blueberry" products from big-name food and cereal companies. The blueberries, it turns out, are made from artificial colors, hydrogenated oils and liquid sugars." To see this alarming video please visit <http://bit.ly/yEGnwD>.

Are Your Favorite Snack Brands Harboring GMOs?

Food Babe.com has an interesting chart on their website which shows you which popular grocery store snacks contain GMOs (Ritz, Lays, Doritos, Fritos, Wheat Thins, Pringles etc). It then lists a GMO free brand of the same snack type to buy as an alternative. To see which brands do not have GMOs read the full article here <http://bit.ly/SUyj18>.

Hawaii Seeks To Label GMO's

Elle Cochran of *Lahaina News* writes "Maui County was once again able to pass the proposed GMO (genetically modified organism) labeling resolution on to the HSAC Legislative Committee for inclusion in the draft HSAC package for this upcoming state legislative session. The resolution was passed unanimously....The resolution addresses the concern that the long-term effects of consuming genetically engineered foods are unclear, and that without the mandatory labeling requirements of these foods, consumers may unknowingly be putting their health at risk. The resolution was drafted around the consumer's right-to-know what is in food available for sale, so that they can make informed purchasing choices...Last year, Maui, Kauai and Hawaii County all voted to include this resolution in the HSAC package with the intention of sending a unified message to state legislators that our counties support having the right-to-know. Unfortunately, the resolution died because the City and County of Honolulu did not support it. This year, we are trying diligently once again to garner the support of all of the counties to pass this resolution for inclusion in the HSAC package." To find out more and see how you can help, please visit <http://bit.ly/R18fsq>.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

This week we should be getting apples. After this week, there is only one more week left in the regular season which ends on October 18th. Next week will be cranberries, honey and maple syrup! I just ordered 475 lbs of fresh cranberries from Cranberry Hill Farm in Plymouth, MA. If anyone wants to make a day trip to the Cape and pick them up on their way back, that would be



Cranberries

Photo by James Barker and Freedigitalphotos.net

great! The order is for fifteen 30lb boxes and a 25lb box on top of that - so it takes up space. If we can't find someone, we will have them shipped.

The cheese this week is a choice from Robie Farm in Piermont, NH. From their website "Our cheeses are made with our own raw milk in small batches, then aged on wood right here on our farm.... As with all artisanal cheeses, serve ours at room temperature for seriously tasty pleasure." The Smoked Toma cheese was written about in the *Wall Street Journal*. You can read the article online here <http://on.wsj.com/edshVg>.

Dried herbs will be coming next week, but herbs are part of this week's vegetable share. The final chef share will be delivered next week as well.

Julie

Honey Ice Cream

By Anita Deeley, Salem Depot

I got this recipe from a beekeeper friend in Australia. I haven't had a chance to make it yet, so if you try it, please let me know how you like it. It sounds heavenly.

- 6 egg yolks
- 1 cup honey
- 2 1/2 cups whole milk
- 1 1/4 cups heavy cream

Combine egg yolks and honey in a mixing bowl and whisk for two minutes until combined. On a stove top, heat milk slowly until it begins to simmer. Do not let it come to a boil. Add the honey and egg mixture to the simmering milk and stir continuously until the mixture thickens and coats the back of your spoon. Immediately remove from heat, strain and let cool. Once cool, mix the cream into it and pour into an ice cream maker. Let churn for 35 minutes, place into a container and freeze. If you don't have an ice cream maker you can pour it into an ice cream container and place in the freezer. Aerate it with a fork, every half hour for 2 hours, then allow it to freeze.

Roasted Sugar Pumpkin with Fondue

By Tiffany Confer Gass, Salem Depot



Ingredients:

- Sugar pumpkin
- Salt and pepper to taste
- Baguette
- 1/2 cup heavy cream
- 1/2 cup chicken broth
- Nutmeg to taste
- 1 cup cheese such as Swiss or gruyere

Directions:

1. Cut a three inch hole in top of pumpkin. Set top aside. Scoop out all the seeds and strands. Season the inside with salt and pepper.
2. Slice up a baguette into 1/2 inch pieces and toast in the oven on 450 for 7 minutes.
3. Mix 1/2 cup of heavy cream with 1/2 cup of chicken broth. Add nutmeg, salt and pepper to taste.
4. Grate 1 cup of cheese. I used a mixture of gruyere and emmental (Swiss).
5. Place two to three layers of crostini, cheese and cream mixture until you reach the top.
6. Place pumpkin top back on and brush the pumpkin with olive oil. Place in a shallow baking dish and bake at 450 for 45 min.
7. Remove the top and let bake for another 15 until the top is nice and browned and the pumpkin is cooked through.
8. For serving, scoop out the fondue with the pumpkin and serve with the remaining crostini.

Kohlrabi Fries

By Anita Deeley, Salem Depot

Can't get your family to eat kohlrabi? Just try this recipe. It's my favorite way to eat it. The best part is the kohlrabi fries are baked, not fried, so there's no reason to feel guilty about eating them!

- Kohlrabi
- Olive oil to taste
- Salt to taste

Preheat the oven to 425 degrees. Peel kohlrabi and cut out the hard inner core which can be found by looking at the bottom of the kohlrabi. Discard peel and core. Cut remaining kohlrabi into French fry shaped pieces. In a large bowl, mix kohlrabi with olive oil, coating lightly. Spread kohlrabi pieces out across a cookie sheet. Sprinkle salt over the top. Cook for 25 minutes for sweeter softer fries or 35 minutes, until brown, for crispy fries.

Seasoned Roasted Pumpkin Seeds

By Anita Deeley, Salem Depot

Wondering what to do with your left over pumpkin seeds? Try these five ways to spice up your roasted pumpkin seeds from *SeriousEats.com* <http://bit.ly/c1dqUS>.

For all recipes use 1 1/2 cups pumpkin seeds and 2 tablespoons melted butter or oil.

- **Cinnamon Sugar** - 2 tablespoon granulated sugar, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg and 1/4 teaspoon salt
- **Ginger Orange Zest** - 1 teaspoon ground ginger, 1/2 teaspoon grated orange zest
- **Salty Roasted**- 2 teaspoons kosher salt
- **Cheesy Roasted** - 1/4 cup Parmesan or Pecorino cheese, 1 tsp coarsely ground black pepper
- **Spicy Roasted** - 1 tablespoon red pepper flake, 1/2 teaspoon smoked paprika, 1/4 teaspoon cayenne pepper

Preheat oven to 350 degrees. In a large bowl mix together pumpkin seeds and melted butter. Add seasonings of your choice and mix well. Spread seeds evenly on a greased cookie sheet or a cookie sheet lined with foil. Bake for 30 minutes or until brown, mixing seeds occasionally for even cooking.

Grape Juice Concentrate

By Anita Deeley, Salem Depot



This grape juice concentrate from the FDC Veggie Blog (<http://bit.ly/WHkF9u>) is both delicious and super easy to make. If you are wondering what to do with your grapes this recipe is a winner and sure to please!

- 2 cups grapes per quart jar
- 1/2 to 1 cup sugar per quart jar

Wash and stem grapes. Wash and sterilize canning jars, lids and rings. Put 2 cups whole grapes and 1/2 to 1 cup sugar per quart jar. Cover with boiling water. Do not mix as juice will mix while cooking. Wipe jar rim clean, then add lid and ring. Process in a boiling water canner for 10 minutes. It will take a few weeks for the grape juice to mature. Let jars sit until ready. To serve the juice, just open and dilute to taste with up to one quart water.