

Supplying local produce and supporting local farmers for 20 years.

## Food for Thought

### 7 Effects of Pesticides in Food

The *Nation Of Change.org* has an interesting article on the 7 nasty effects of pesticides in your food, giving you even more reason to feel good about eating organic. Here they are in no particular order - Cancer (including brain cancer in children), obesity and diabetes, Parkinson's disease, birth defects, infertility and autism. To find out more information you can read the full article online at their website at <http://bit.ly/TjqfuX>.

### World Food Day, October 16

Oxfam America states "When you sit down to eat every day, do you think about how the meal you're eating is the product of a complex, and broken, global food system? This World Food Day, Oxfam America is teaming up with a host of allies across the US and around the globe. We have a simple yet compelling idea – to host a World Food Day dinner on October 16th or sometime this month that fosters a conversation about where your food comes from, who cultivates it, and how you can take personal actions that will make the food system more just and sustainable." For more information visit them here <http://bit.ly/PiGpXG>

### Red Wine May Cause Drowsiness

Emmet Cole at *Decanter.com* writes "It's no surprise that red wine makes you sleepy, but Italian scientists have discovered the reason - high levels of the sleep hormone melatonin. According to University of Milan lead researcher Iriti Marcello, the melatonin content in wine grapes could help regulate human sleep-wake patterns, known as the circadian rhythm, just like the melatonin produced by the pineal gland in mammals. Melatonin, which is believed to have antioxidant properties, is naturally secreted by the brain's light-sensitive pineal gland at night, and informs the body when it is time to sleep." The article goes on to state that the highest levels of melatonin were found in the Nebbiolo, Merlot, Cabernet Sauvignon, Sangiovese and Croatina grape varieties. For more information you can read the full article online here <http://bit.ly/R77Pic>

### Important Dates To Remember

**October 16th:** Last Day

**November 6th & 20th:** Tuesday, November Share dates

**November 8th:** Bulk Orders

## FDC Fresh Ideas

*By Julie Pottier-Brown, Operations Manager*

This is the final pick up for the regular season. We were asked to buy Napa cabbage so the growers (Riverland Farm) could get it out of the field before the next frost hits. Kale and collards appear, as do several root crops and squash. I am also hoping for a final round of garlic. The final chef share delivery is coming today, a packaged blend of dried herbs. The final cheese



Honey on spoons. Photo by Honey.com

share is a wedge of Great Hill Blue from Marion, MA. Also today is the final bread share. I had fun ordering a few different items this week as the budget allowed some different choices. I invite you to sit back for a moment and remember the excitement at the opening of the season: the short but fantastic strawberry season, probably the best ever for organic berries, the blueberries tart and sweet, juicy peaches, fragrant melons, crunchy apples, pears, nectarines, & grapes. Today we get organic cranberries from Plymouth, local Essex County honey, and maple syrup from Western MA. I also love to watch the season change within the veggie share. Summer crops are delicate, loose and moist, filled with a high water content, just what we need in the heat of the summer. Fall and winter crops tend to be more dense and dry, compact powerhouses of nutrition (think sweet potatoes).

I have been building the bulk order sheet slowly, as I wait on growers to reply to my inquiries about availability, variety and pricing of their crops. There will be a separate order sheet for the Neighborly Farms cheese. Tamara and I already have that sheet archived, so if you want cheese as well as storage crops/jam, please look for the separate form - we will announce when it is ready. On the (enormous and long) bulk order form, we will include the more popular varieties of apples - those that we know to be good storage apples. If you have a favorite apple that is not on the list, feel free to email me (Julie) and inquire if it is available. This has not been a good apple year. Prices are up, and supply is tight. On most of the large orders, like 50 pounds of potatoes, we will take half orders, with the caveat that I can only honor it if I get another half order. All of this info will come to you in a separate email when the sheet is ready to go - hopefully this weekend.

I am honored to be a part of the FDC, it is an important part of our local food system. I know there is a mental shift that has to come with joining a coop like this. It is not a grocery store experience. We cannot buy lots of extras to account for people picking through for the best item. We buy what is in season, even if it is unfamiliar, or unheard of. Occasionally we all get a taste of a bad crop, or a few times over the season we get an item that is not so great. Though it can be frustrating, the season is long, and the experience is hopefully, overall, a very positive one. As a community, we put aside the needs of the individual for the benefit of the group. Thank you.

*Julie*

# The Powerful Potato

By Wendy King, Melrose Depot



A small variety of spectacular spuds

I love potatoes and having locally grown spuds is a wonderful treat. It turns out that the versatile potato, a New World crop, originated in Peru and boasted thousands of different varieties. According to the Smithsonian Magazine, in its original wild state, the potato was toxic until breeding eventually reversed the toxicity. Imported to the Old Country by seafaring explorers, some state the potato provided the power for European countries to steam ahead in the world, after the population overcame their fear of this strange new food! This subterranean crop was easier to grow and yielded more abundant results than grains, while providing significant nutritional value for the masses. A disease later afflicting the European crop, especially in Ireland, then caused widespread famine and death. This resulted in streams of people immigrating to America, bringing an influx of new talent and the challenge of coalescing different cultures for a rich mix. However you like your spud, this terrific tuber has the versatility to bring substance, texture and many nutrients to culinary creations. A family favorite is this pie that combines the salty richness of bacon with shreds of potato (you can use any kind) for a wonderful breakfast, lunch or dinner dish.

## Bacon and Potato Pie

### Ingredients:

- 1 lb bacon cut into 1 inch pieces
- 8 eggs, whisked until foamy
- ½ lb. cheddar cheese, grated
- 1 medium onion, chopped
- 1 tsp. freshly ground pepper
- 1 lb of potatoes (sweet or regular), peeled

### Directions:

1. Brown bacon until crisp. Drain and blot on paper towels.
2. Combine with all ingredients except potatoes and set aside.
3. Coarsely grate potatoes into a bowl of water.
4. Transfer to a colander, rinse and drain well.
5. Remove excess moisture by pressing potato against the side of the colander with a wooden spoon.
6. Combine with bacon and cheese mixture and pour into greased 9 x 13 inch pan or large pie pan.
7. Bake at 350 for 45 minutes.

# Concord Grape Refrigerator Jam

By Julia Murphy, Melrose Depot

### Ingredients:

- 1 farm share bunch of concord grapes
- 1 cup apple cider
- 3 oz liquid pectin (can substitute ½ oz unflavored gelatin)

### Directions:

1. Wash grapes and remove stems.
2. Combine grapes and apple cider with pectin or gelatin in a saucepan.
3. Bring to a boil for 1 minute, then simmer for 10-20 minutes.
4. Process through a food mill, or push through a colander to remove seeds and skin.
5. Pour into clean jars and store in the refrigerator. After it has cooled – the jam may take a day or two to fully solidify.
6. Note that since this jam has no added sugar or acid, so it's not necessarily shelf stable, and you should eat it up within a few weeks.

# Hot Cranberry Tea

Recipe adapted from Allrecipes.com

<http://bit.ly/RtEZHw>

### Ingredients:

- 3.5 quarts water
- 12 ounces of cranberries
- 2 cups sugar
- 2 oranges, juiced
- 2 lemons, juiced
- 12 whole cloves
- 2 cinnamon sticks

### Directions:

1. Combine water and cranberries in a large pot.
2. Boil then reduce heat and simmer for 30 minutes.
3. Next add sugar, orange juice, lemon juice, cloves and cinnamon sticks and cover.
4. Steep for 1 hour and serve.

# Honey Citrus Soother

Recipe adapted from Honey.com

<http://bit.ly/Ts8Fo4>

If you have a sore throat or cough try this honey tea for some instant relief.

- 3 tea bags green or black
- 1 cinnamon stick
- 3 cups boiling water
- ¼ cup honey
- 1 cup grapefruit juice

In a 1 quart tea pot add cinnamon stick and tea bags. Then add boiling water and steep 3 to 5 minutes. Discard tea bags and cinnamon stick. Stir honey and grapefruit juice into tea and serve.