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P.O. Box 1146
Marblehead, Mass. 01945
877-FDC-FARM
www.farmdirectcoop.org
newsletter@farmdirectcoop.org

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Food for Thought

Vegan Diet Mistakes To Avoid

The *Huffington Post* has an interesting article for those of you thinking of going vegan. It lists five common mistakes for new vegans to avoid which include; not eating enough, not going out of your way to find a plant-based source of vitamin B12, thinking processed veggie foods are healthy, feeling you always have to eat the nuts or salad when eating out and not listening to your body. Vandana Sheth, R.D., C.D.E, a dietitian and spokesperson for the Academy of Nutrition and Dietetics says her biggest tip is to have a plan. "A vegan diet can be healthy and have many positive health benefits, but ensure that it's well planned and nutritionally balanced. Make sure it includes whole grains, colorful fruits and vegetables and heart-healthy fats." Sheth says that a vegan diet can be healthy as long as you get the nutrients your body needs from a variety of plant-based foods." To read the full article please visit <http://huff.to/W8nhgp>.

California Votes To Label GMOs

According to the Organic Consumers Union, "We are at a critical point in the battle to label GMOs. On Nov. 6, California voters will vote YES or NO on what could become this country's first mandatory GMO labeling bill. We must win this basic right - a right that citizens in nearly 50 other countries already have... On the campaign trail in 2007, then-candidate Obama promised to support the right to know what's in our food. But President Obama has since sided with Monsanto - not the voters who elected him, not the 90% of people in this country who want GMOs labeled.... Mrs. Obama is the President's closest confidante. So we're calling on her to tell President Obama: Keep your word. Listen to the people, not the corporations. Do the right thing. Please help us pressure the White House to side with the more than 90% of Americans who want the basic right to know which foods on their grocery shelves contain GMOs, and which don't." To sign a petition to the White House to label GMO's please visit <http://bit.ly/NLCTSk>

Vacation Swaps

Suzanne is a Melrose member looking to swap her Large Veggie, Large Fruit, Chef, Cheese and Bread shares on Tuesday October 16th. For more information please contact Suzanne at ssdauphin@verizon.net.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

It is week 18, after this week there are two more weeks left. Oct 16th is the final regular season pick up date. Rob Lynch, our primary grower, asked me to take kale for everyone. He has so much he even dropped the price for us, so a beautiful bunch of organic green, red or tuscan kale is only \$1.75 a bunch!! Sugar pumpkins, or pie pumpkins are the new item of the week. These are beautiful and edible. Bake or steam them and let cool. Then just scoop out the flesh, let it rest to drain off the excess fluid, and use it in your favorite

recipe. Bake a traditional pie, use it as a soup base, or put it in a quick bread.

If you haven't checked the roster to see if you have signed up for the late season shares (November and December) please do so. December is close to full/creating a waitlist. I need more information from growers to see how many shares we can sell. November has some room left. When we are sure all our current members have had enough opportunity to add the share, we will open the shares to the waitlist. There are waitlists in Melrose and Marblehead, Salem members feel free to invite your neighbors. ;-)

I am starting to build the online ordering form for the bulk order. I have been gathering information from growers. We will let you know when the form is up and usable. So far I know the jam will be available (cases of 12 for \$33) in strawberry, strawberry rhubarb, peach, blueberry and tripleberry. For the last two years (or more) we have offered these cases in the bulk order. They make great teacher/staff/family/neighbor gifts, or to stock up your pantry. One of the problems we have had is having enough different varieties to make "mixed" cases (which would be 4 each of strawberry or strawberry rhubarb, peach, blueberry and tripleberry). Usually one of more of these flavors is sold out by November. I took a different approach this year, and purchased a number of each flavor at the peak of the season for each; strawberry in June, blueberry in July, peach in August, etc. There will be a limited number of cases based on what I have stashed away ahead of time. So if you were disappointed in the past by a not-very-mixed case of mixed jam, I believe we have solved the problem. I know we will have large quantities of honey and maple syrup available to us. So far I have heard the sweet potato crop is fantastic, butternut squash, carrots and garlic will also be available in bulk. I am still tracking down onions, potatoes, turnips, etc.

I am hoping to include honey in the fruit share in the next few weeks and am also hoping the concord grapes will be available to us soon.

Our next cheese delivery will be from Robie Farm in Piermont, NH. I was directed to this cheese maker by one member this year and a different member in years past. The cheese is \$23 a pound, a little more than we are used to spending in our little local cheese share. I do not yet know if it will be delivered this week or next. The final cheese share will be Great Hill Blue, likely on the final week of pick up.



By Jennifer Boettcher, Melrose Depot

"It was really windy so it was all hands on deck to put up the tents in Melrose. One of them blew away and had to be chased down. My husband tried to grab it and it knocked him over. Michele managed to secure all the tents and tables in time for the food delivery. It was quite a different experience than our usual pick up time."

Julie

Cinnamon Apple Rings

By Anita Deeley, Salem Depot



You need a dehydrator for this recipe but if you do not have one, this recipe alone makes it worthwhile to borrow or buy one. These apple rings are so delicious that you will not be able to make them as fast as you can eat them. They are a favorite of kids and grown-ups alike and have a special place in the heart of any cinnamon lover.

This recipe is adapted from *Lori's Latest And Other Tales From The Homestead* and can be found online here <http://bit.ly/PSKxME>

Ingredients:

- 2 cups sugar
- 3 1/2 tablespoons ground cinnamon
- 12 apples for drying such as Gala or Empire

Directions:

1. Combine 2 cups sugar and 3 1/2 tablespoons ground cinnamon in a large bowl and mix well.
2. Prepare dehydrator by placing either parchment paper or a drying mat in the bottom to catch the juicy mess left over from the apple drying process.
3. Then peel and core apples and slice thinly or use an apple peeler corer slicer to prepare your apples. You may also just core and slice the apples if you don't mind the peels.
4. Place each apple slice into the cinnamon sugar mixture one at a time to coat both sides. Shake the extra coating off the apple slice and place each slice in your dehydrator. Do not move apple slices once they are on the tray and be sure to place each slice so it is not touching another slice to allow adequate room for air circulation.
5. Dry apples for 18 hours at 135 degrees. Drying time may vary depending on humidity, the dehydrator used and how thick the apples were sliced. Apples will be done when they have a leathery feel and are firm and dry. Let cool and store in a mason jar or other air tight container.

I dare you to keep them in your house for more than a week without eating them. These apple rings are addictive, delicious and will not last long because if your family is anything like mine they will gobble them right up!

Oven BBQ Cabbage

By Morgan Sullivan, Salem Depot

Ingredients:

- 1/2 stick butter melted
- 6 slices uncooked bacon, diced
- 1 small onion or shallot, diced
- Your favorite brand BBQ sauce, 1/4 cup, plus more to taste
- 1 head green cabbage
- Aluminum foil

Directions:

Preheat oven to 425° F. Cut the core of the cabbage out, making a 3 inch in diameter hole that is also 3 inches deep. Make a ring of aluminum foil on your baking sheet and prop the cabbage in it so that the hole faces up.

Cook bacon and onion together until fat melts but bacon is not crisp. Drain the bacon and reserve the grease (add the reserved grease to the melted butter). Drizzle 2/3 of the butter/bacon grease mixture into the cabbage hole so that it runs into the leaves. Mix the bacon-onion mixture with 1/4 cup BBQ sauce and pack the hole in the cabbage with this filling. Brush remaining bacon grease/butter around the outside of the cabbage and wrap the entire head in foil.

Bake cabbage for 1- 1 1/2 hours, or until tender all the way through when tested with a knife or skewer. Discard any burned or dry leaves. Slice into 4 or 6 wedges and serve with additional BBQ sauce on the side.

Apples For Cooking

By Anita Deeley, Salem Depot

Fall is officially here and apple season is well upon us. While all apples are great for eating, are there some varieties that are better for cooking? The answer is yes and with all the different apple types to select from it can get very confusing. My favorite variety is the Empire apple for it's lovely taste and versatility. When cooking apples it is helpful to remember these simple measurements.

- 1 pound of apples = 2 large, 3 medium, or 4 to 5 small apples
- 1 pound of apples = 3 cups peeled and sliced apples

The *Old Farmer's Almanac* has a helpful guide with advice on how to choose which apples are best suited for baking and cooking. Some are included in the chart below.

Apple	Best Use	Taste
Braeburn	Sauce	Tart, sweet
Cortland	Pies, Sauces, Fruit Salad	Tart, crisp
Empire	Pies, Sauces, Dried, Fruit Salad	Sweet
Fuji	Baking	Sweet and juicy
Gala	Dried, Cider	Mild, sweet, juicy
Granny Smith	Baking	Moderately sweet
Jonagold	Pie, Sauce	Tangy-sweet
Jonathan	Sauce	Tart flesh, crisp, juicy
McIntosh	Sauce	Juicy, sweet
Rome Beauty	Baking, Cider	Mildly tart

To view great apple recipes please visit their website at <http://bit.ly/Ozka1w>.

A more extensive and even better apple chart can be found at the website *Recipe Tips*. You can view this chart here <http://bit.ly/Qww33y>.