

Supplying local produce and supporting local farmers for 19 years.

FOOD FOR THOUGHT

Need To Reach Us on Depot Day? Please CALL!

If you need to make alternative arrangements to pick up your share or get a delivery and it is depot day, please call 877-FDC-FARM and keep calling until you reach your depot coordinator in person. On depot day, it's all hands on deck and you will rarely find a coordinator sitting at a computer checking email. Most of our coordinators don't have smartphones (partly because we want to keep our costs down for you!), so emails often aren't checked until late at night or the next day – when it's too late to help you out. We want to make sure you get your food, and will make every attempt to work with you – so please please call and let us know what you need.

Massachusetts Tops Health Club Membership

According to the International Health, Racquet & Sportsclub Association, Massachusetts has the highest percentage of health club memberships in the country – 25.1 percent of residents belong to a gym. That compares with an average of 17% across the country. The association reports that gym membership reached an all-time high of 50.2 million members in 2010.

Turning Plastic Back into Oil

Vadxx, an Ohio-based energy company, is taking plastics – even those that can't be recycled -- and reverting them back to crude oil, according to an article in the Daily Good. "Plastics are made from oil, and Vadxx has figured out how to create the lowest sulfur content crude oil in the world, from a commodity that might otherwise occupy space in landfills," Vadxx CEO Jim Garret said in a press statement. Vadxx will sell the resulting crude oil. Each oil production unit could shrink landfill deposits by 10,000 to 14,000 tons a year. Last month, Vadxx signed a recycling contract with Akron, Ohio, and will start helping process the city's waste into oil at a pilot plant.

Vacation Swaps

Going to miss your FDC goodies? Email newsletter@farmdirectcoop.org with depot, the day you will be away, contact details and share. We'll run an ad to see if anyone wants to swap. You can also try posting to our Facebook page to find a swap partner. Had swapping success? Let us know.
• Sarah Stockwell McAllister, Tuesdays, Melrose. Single veg, single fruit, cheese. Would like to swap Tuesday Sept 20th for Thurs the 16th or Thurs the 23rd. Please contact ssmcall@gmail.com or phone 617/797-9650

FDC Fresh Ideas

By Julie Pottier-Brown,
Operations Manager

We still continue to be affected by the rains. Last week, the large shares received cucumbers. By Thursday, they had succumbed to disease. We had to substitute something else. I was hoping the broccoli would be ready this week, but not yet. Because we work with so many farms, anywhere from 4 to 8 per week for just the vegetable share, when I report these losses, it may sound like "our farm" is devastated, but that is not the case. Atlas doesn't have cucumbers to sell, Riverland had a potato crop failure and poor germination on parsnips, and Bear Hill Farm lost the cauliflower and onions to disease. We will support these growers by buying what they DO have, and another grower will sell us what we are missing.

How did your heirloom tomatoes fare last week? We opened the boxes and found a few soft spots. We knew we were buying "seconds" but that doesn't mean "rotten." A tomato is a "second" when it isn't a perfect shape, or it may have small scarred over cracks at the stem end, or something called a "cat face," when it grows in a funky pattern. I had a good conversation with the grower, and he sent profuse apologies, and wants to know the full damage. In Salem, Mira was able to put out onions at the end of the day in place of the too-soft tomatoes. I encourage you to let me know if you couldn't use your tomatoes at all, or if over half of them went bad before you were able to use them. PLEASE tell me an approximate pound amount (half pound, pound, 2 pounds) so I can tally and get back to the grower.

This week, we have celery and/or celeriac, red onions, and I am on the hunt for potatoes & sweet corn.

Happy to have seen the sun this weekend,

Julie



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Chef's Share Gets Edible Flowers

This week's selection for Chef's Share is edible flowers. A highlight of the Chef's Share each year, this beautiful box of tasty treats is best enjoyed soon after you get them. Here is what Rita from the Herb Farmacy has to say about them:

"Edible flowers are a mix of nasturtiums, lemon/tangerine marigolds, calendula, chervil, borage, garlic chives, Mexican mint marigold and/or lavender. The bottom of each container will be "lined" with nasturtium leaves or chervil leaves that also can be enjoyed on salads!

"The depots will keep these gems cool. Members should refrigerate the containers ASAP and use within 24 hours. They can last longer, but the flavor and color deteriorates. For the best flavor, remove the stamens and pistils from the flowers, and use the petals. Some chefs just use the entire flower of the nasturtium; it's really up to you. If you want, you can g-e-n-t-l-y rinse the flowers before serving, but our farm is certified organic, and we have used no treatments (even accepted organic) on the plants. We have checked for insects, but just in case we may have missed some little ones, please check the flowers before serving. The flavor of the flowers is similar to the leaves we typically use. So explore and enjoy your edible flower experience."



Cabbage Enchiladas with Guasacaca

By Chris Vander Rhodes, Melrose Depot

I saw this recipe for Guasacaca in the Globe last week (I've tweaked it a bit). It seemed a perfect way to use the scallions, onions, and tomatillos we've gotten recently. When I wanted to make something more substantial with it, the cabbage I picked up last week provided some inspiration for a vegetarian dinner! (Ed. Note: also a great use for those end-of-summer green tomatoes still hanging on your vines.)

Guasacaca (Venezuelan Green Tomato and Avocado Salsa)

Makes about 3 cups

- 1 pound (about 2 medium) green tomatoes, cored and roughly chopped (about 2 cups), or tomatillos (about 8 medium), husked, washed, and quartered

- ½ medium onion, chopped (about 2/3 cup)
- 2 garlic cloves, chopped
- 4 scallions, white and light green parts, chopped
- ½ cup cilantro leaves, packed
- 1 tablespoon white vinegar
- 1 tablespoon canola oil
- Salt and pepper
- 2 ripe Hass avocados, peeled and pitted
- Green Tabasco sauce to taste

- 1) In a food processor, pulse tomatoes or tomatillos, onion, garlic, scallions, and cilantro until fine, about eight 2-second pulses, scraping down as necessary.
- 2) Add the vinegar, oil, ¾ teaspoon salt, and pepper to taste, and pulse to combine, about five 2-second pulses. If you are using in Cabbage Enchiladas, set 1/2 cup aside at this point.
- 3) Add the avocado. Scrape the mixture into a bowl, taste and adjust with additional salt or vinegar, if necessary, and serve with tortilla chips.

Cabbage Enchiladas with Guasacaca

Makes 4 large enchiladas

- Guasacaca (see above)
- 1/2 head of small cabbage, with thick inner stem removed, cut into small slivers
- 1 onion, chopped
- 1-3 serrano chiles, depending on how spicy you want it to be, chopped fine
- 3 tbs corn oil
- 2 cups shredded cheese (I used pre-shredded "Mexican cheese" blend)
- 4 Tortillas (I used Maria & Ricardo's 8" Multi Grain Tortillas)

- 1) Preheat oven to 350.
- 2) Prepare the guasacaca through step 2
- 3) Heat the oil, saute onions, chiles, cabbage, until it's fairly limp, about 10 minutes
- 4) Add about 1/2 cup of guasacaca mixture, and continue to heat another 5 minutes or so. Turn heat off and let cabbage mixture cool a bit.
- 5) Finish the guasacaca recipe and put about 1 cup in a bowl. Thin with a bit of water until it is runny. Coat the bottom of a baking pan with the thinned sauce. Reserve the rest.
- 6) Warm tortillas in a microwave by heating for about 30 seconds stacked on a plate, with a damp paper towel on top.
- 7) Scoop about 1/4 of the cabbage mixture into a tortilla and mix with 1/4 cup of the cheese. Roll tortilla as tightly as possible. Put in baking pan. Repeat with other tortillas.
- 8) Top with the remaining thinned sauce, and the remaining 1 cup of cheese.
- 9) Bake in oven for about 15 minutes until cheese is well melted. Serve with more guasacaca on the side.

More Go-To Kale Recipes: Sesame Kale and Tofu

By Heidi Rubin, FDC Board President, Marblehead Depot

(Ed. Note: Heidi's Lemony Kale Salad, which appeared in the newsletter two weeks ago (and can be found on our blog: blog.farmdirectcoop.org/2011/08/1280) was such a hit that members requested she share her other favorite kale recipes. Watch for more yummy recipes in the weeks to come.)

When I looked back at the original paper copies I have collected over the years of my favorite kale recipes, I noticed they are all from the FDC members. Great kale minds think alike! This Sesame Kale and Tofu recipe, adapted from former FDC member Caroline Nye, is a meal that serves my family all week. It can be eaten warm or cold, holds well in children's lunches and it is easy to take to gatherings

- 1 lb pasta of any type
- 5 cloves garlic
- Sesame seeds (black or white work)
- Soy Sauce, ½ cup approx
- Sesame oil, ½ cup approx
- 1 Pkg extra firm tofu
- 1 bunch kale (any type)

- 1) Start a pot of water for the pasta.
- 2) Take the brick of tofu and press remaining liquid out. Cut into bite-sized cubes. Place in bowl.
- 3) In a large bowl, mix oil, soy sauce, minced garlic and sesame seeds. I have long forgotten the actual measurements, so everything is to taste. I use a lot of garlic and seeds. Add tofu and mix. This is where I add more soy sauce or oil depending on the amount of tofu. Set aside.
- 4) When the water is boiling add the pasta. Cook until al dente, but 2 minutes before the pasta is done, add the chopped kale directly to the boiling water. Drain pasta and kale together. Combine tofu sauce and pasta/kale. Add more sesame seeds if desired. Great the next day for lunch as well. ENJOY!!!

An Ode to Summer Tomatoes

As tomato season winds to a close, and we deal with the disappointment of Irene, which was particularly ill-timed for those of us who love late summer bounty, let's take a few minutes to be grateful for the tomatoes we did get – locally grown, organic and delicious.

As Barry Estabrook points out in his new book, **Tomatoland: How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit**: "Americans bought \$5 billion worth of perfectly round, perfectly red, and, in the opinion of many consumers, perfectly tasteless commercially grown fresh tomatoes in 2009 — our second most popular vegetable behind lettuce. We buy winter tomatoes, but that doesn't mean we like them. In survey after survey, fresh tomatoes fall at or near the bottom in rankings of consumer satisfaction. ... there's a reason you don't hear consumers bemoaning the taste of supermarket cabbages, onions or potatoes. Of all the fruits and vegetables we eat, none suffers at the hands of factory farming more than a tomato grown in the wintertime fields of Florida."

Our members are less at the mercy of industrial tomatoes than most people. As Sara Weisman, Salem Depot, explained, "With my box of heirloom tomato seconds, I washed, trimmed, and chopped them, then froze the raw tomatoes in Pyrex containers, using 2-cup and 4-cup sizes. I add the frozen chopped tomatoes directly to recipes, including Spanish rice, chili, chana masala, sauces, and soups. The recipe typically takes about 5-10 minutes more to heat the frozen tomatoes, but I don't have to worry about remembering to defrost. I began doing this because Bisphenol A is leached from the lining of commercial canned tomatoes. Eating organic also means less pesticides, and by using seconds the price is comparable to buying cans at the store."