

Supplying local produce and supporting local farmers for 20 years.

Food for Thought

Organic Food Adds No Vitamins

Last week the media was abuzz with a new information that claimed organic food adds no extra vitamins for the additional cost. While the vitamin content may be similar, there was a significant increase in pesticides and antibiotic resistant bacteria in conventional foods. According to *Bloomberg.com*, "Organic foods that account for \$27 billion in U.S. grocery sales offer no more vitamins and nutrients than conventional products, according to a review of 240 studies done at Stanford University in California." However, the research, published in the *Annals of Internal Medicine*, did find lower levels of pesticides in organic produce as well as fewer antibiotic-resistant bacteria in organic meat. The *Annals of Internal Medicine* stated among other things, "Two studies reported significantly lower urinary pesticide levels among children consuming organic versus conventional diets" but saw no difference in adults. The journal also stated the studies may be biased. "Studies were heterogeneous and limited in number, and publication bias may be present." They concluded "The published literature lacks strong evidence that organic foods are significantly more nutritious than conventional foods. Consumption of organic foods may reduce exposure to pesticide residues and antibiotic-resistant bacteria." Read the full articles at <http://bit.ly/PE0e8T> and <http://bloom.bg/PWXWWQ>.

Why Do You Buy Organic?

Does the media frenzy over the vitamin content of organic food influence your decision to buy it? Why or why not? Please send articles of 500 words or less or written responses to newsletter@farmdirectcoop.org to be featured in an upcoming newsletter.

Melrose Depot Coordinator Hired

Melrose member Melissa Giamanco was hired last week for the position of Thursday Melrose Depot Coordinator. She will be working with Julie in Melrose for the next few weeks, and will finish out the season through December. Thanks to all the wonderful applicants who applied for the position. We really appreciate it!

Vacation Swaps

Corinne, a Tuesday Melrose member is looking to swap a Small Veggie and Small Fruit share on Tuesday, October 9th and Tuesday, October 16th. Please email Corinne at clshea@gmail.com.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

The shift has started to occur. Cooler weather is here, and with it comes fall broccoli, leeks, colored peppers and for the large shares - acorn squash. Table grapes, some seedless, some not, were held for us by UMASS Cold Spring Orchard. We got a call from our former primary growers, Bruce and Jenny Wooster at Picadilly Farm in Winchester, NH for



Carrots at the Salem Depot

another round of cantaloupes, these will be organic, and for all.

I found a last taste of summer with Belkin Family Lookout Farm - nectarines, peaches, plums and Asian pears. These will be by the count. Also, as much as I enjoy their fruit, the packaging is designed for selling to large stores. If you know someone who is moving, please come at the end of the day to the depot and pick up the enormous amount of quality boxes with handles AND the 2 pieces of foam per box (perfect for laying between plates).

I got the word the paste tomatoes are heaviest this week. If you didn't can/freeze any yet or want to do more, you may still order for Thursday (by this evening please).

We are in week 15 of 20, spending is on track, and I am hearing about great winter squash crops and potatoes being dug next week. If you wish to order soap, I am keeping the order form up for another week, pie crusts for three weeks, and tomatoes will be online until Thursday, then just email me. Pastes will be mostly available from here on out.

The final two deliveries of the Chef Share shall be lemongrass (delayed a week to let it grow a little more) and dried herbs sometime in October (so they have time to dry).

On Sunday, September 16th from 10am-1pm there will be a "Chef Throwdown" at the Swampscott Farmers Market held at the Swampscott High School. I am so excited I was invited to be a judge! Three local chefs will be given \$35 to buy ingredients from the market, 17 minutes to shop and strategize, and 1 hour to prepare a dish for judging. I LOVE food, cooked well (fancy or not) that is local and humanely raised. All over it! Very exciting! The event is free for the public and you are all welcome to attend.

Julie

TUSCAN KALE

By Susan DameGreene, Salem Depot

A friend who was visiting this past weekend has been making this for years. It is now my new favorite recipe for raw kale.

Cut 2 large kale leaves off of the stems. Cut kale finely into small ribbons, then chop into small pieces. Add a bit of salt, juice of one lemon, a clove of garlic chopped fine and some olive oil to taste. Let it set for an hour or more to soften the kale. Serve and enjoy!



Depot Volunteers Needed!

Are you available to help out at the Marblehead depot? Wendy Panchy, the Thursday Marblehead Depot Coordinator, is in need of volunteers. Serving about 130 members streaming through each depot on pick-up day takes a lot of organization and help! Tasks may include setting up or breaking down tents and tables, unloading produce boxes from the truck, replenishing produce, answering questions members have regarding the take, weighing their shares etc. Volunteering at the depot also gives you the opportunity to meet and talk with other members, and perhaps share some of your favorite ways to use the FDC bounty! As an added bonus, if you take the depot late shift, you might just wind up taking home some extra produce. Volunteer sign-up sheets are available at the sign-in table or contact Wendy at wendy@farmdirectcoop.org.

Cuckoo for Coconut Oil

By Anita Deeley, Salem Depot

Have you tried cooking with coconut oil yet? My family started using coconut oil in place of olive oil a few months ago and it has become an instant favorite in our house. It's an easy swap for olive oil (or any vegetable oil) but is more stable and has a much higher smoke point. It's great for baking, stir-frys, deep frying or even as a butter replacement. It is especially wonderful on baked kale chips! Not only is coconut oil great for cooking, it is purported to have many health benefits. So many in fact that a nutrition expert at WellnessMama.com came up with 101 uses and benefits for this amazing oil. Here are just a few of them: it boosts energy when taken daily; it supports healthy thyroid function and helps boost metabolism; it is said to boost circulation helping those who often feel cold (this is so me!); it helps remineralize teeth; it can improve insulin levels and may help improve cholesterol ratios; it is an immediate source of energy when eaten and not stored as fat (how cool is that?); it can help speed weight loss when consumed daily; it improves sleep; it speeds the healing of fungal infections, it increases calcium and magnesium absorption; and some evidence even shows that the beneficial fats in coconut oil help alleviate depression and anxiety. These are just a few of the benefits of cooking with coconut oil. To see all 101 benefits and uses of coconut oil please visit wellnessmama.com at <http://bit.ly/PsDQgF> and soon you may be cuckoo for coconut oil too!

Baba Ganoush

By Susan DameGreene, Salem Depot

Ingredients:

- 1 eggplant
- 2 cloves or so of garlic
- Juice and grated rind of one lemon - only the yellow part of the rind. This is easiest if grated before you juice the lemon.
- 1/3 cup olive oil
- 1 t salt
- 1/3 cup Tahini (sesame seed paste) Use as much as you like in it. Try a bit and increase the amount slowly until it tastes good to you.

Directions: Wash and do not peel the eggplant. Cut eggplant in half (or leave whole) and roast in a 425 degree oven until tender when tested with a fork. Cool and scoop out the middle. Discard the peel. Puree everything in small batches in your blender or your food processor. Serve with crackers, pita or fresh vegetables cut into sticks.

September is National Honey Month!

To celebrate here is one of the National Honey Board's most popular honey recipes for 2012.



Honey And Lemon Green Tea Cupcakes

- 1 green tea bag
- 1/2 cup boiling water
- 2 cups unbleached all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- Zest and juice (1/4 cup) of one lemon
- 1/4 cup buttermilk
- 1/2 cup butter, softened
- 3/4 cup light honey
- 2 large eggs

Preheat oven to 350°F. Steep tea bag in 1/2 cup boiling water for 3 minutes. Remove bag and cool. Sift flour, baking soda, baking powder and salt together. In separate bowl mix green tea, lemon zest and juice, and buttermilk. Using a mixer, cream butter until fluffy, add honey and mix well. Add eggs, one at a time. Add half of flour mixture to the butter mixture; mix until just combined. On low speed, slowly add the lemon tea mixture and the rest of the flour mixture. Mix until just combined. Pour into paper-lined muffin tins and bake 18-22 minutes. Makes 12-14 cupcakes.

Honey Lemon Frosting

- 4 cups powdered sugar, sifted
- 1/4 cup lemon juice
- 1/4 cup light honey
- 1 lemon, sliced thin
- 1/2 cup butter, softened
- 1/2 teaspoon lemon zest

Preheat oven to 200°F. Pour honey in skillet. Add lemon slices to honey in a single layer. Boil slices in honey over medium heat then reduce heat and simmer for 18 minutes. Turn lemons as needed while simmering. Remove from heat; reserve honey and lemon syrup. Place lemons on a parchment-lined cookie sheet. Bake for 10 minutes. Turn slices over and bake until slices are dry. In a mixing bowl, cream butter until fluffy. Add 2 cups of powdered sugar and mix well. Slowly add cooled honey syrup, lemon juice and zest and mix well. Add the rest of the powdered sugar, mixing until it reaches a frosting consistency.

To print this recipe for future use please visit <http://bit.ly/OICLO7>. For more great honey recipes visit the National Honey Board at www.honey.com.