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Supplying local produce and supporting local farmers for 20 years.

Food for Thought

How To Read Nutrition Labels

According to the *Huffington Post*, "New research published in the journal *Agricultural Economics* suggests that people who read nutrition labels tend to be slimmer than those who don't. And that effect was especially pronounced among women: Female study participants who scanned labels were more than eight pounds lighter than their non-label-reading peers. Of course, it could be that those who look at labels are *already* more health-conscious, but it can only help to understand what's really in your food. And while the finding is somewhat intuitive, the truth is that many of us *aren't* reading those labels. A study published last year in the *Journal of the American Dietetic Association* found that while a third of people *say* they always look at the calorie counts on a label, in reality only 9 percent really do. And just 1 percent looked at the other components, including total fat, trans fat, sugar and serving size..." The article goes on to describe what you should look for in a label including serving size, fat, calories, cholesterol, sodium, total carbs, sugars, protein and vitamins. To find out more please read the full article online at <http://huff.to/Rin8rN>.

Love Writing or Taking Photos?

We want to fill the newsletter with the writings and photography (and art, if that's your thing) of our member community. Wax poetic about your favorite veggie, tell us about your volunteer work, send along a photo, recipe and story about your favorite dish, or anything else that strikes your fancy - fun road trips, favorite local eats, opinions on food-related issues, cookbooks, movies, community events and of course, recipes! Or take pictures at the depots or of your veggies and send them along to Anita Deeley at newsletter@farmdirectcoop.org.

Topsfield Fair Discount Tickets

Don't miss the giant pumpkins, show chickens, Friesian horses, duck races, demolition derby, Frankie Avalon and more. Get advance discount tickets now by going to the fair office or purchase tickets online at <http://topsfieldfair.org/tickets/>

Depot Volunteers Needed

Every member of the FDC is expected to contribute two hours of volunteer time to the coop. Volunteer sign-up sheets are available at the sign-in table each week, or contact your depot coordinator for more information.

FDC Fresh Ideas

By Julie Pottier-Brown, Operations Manager

What a beautiful weekend! I had the joy and honor of being one of three judges at the Swampscott Farmers Market's Chef Throwdown event on Sunday. A harder than expected task, after sampling each dish, we scored up to 7 points in 4 categories: use of local ingredients, presentation, preparation and taste. FDC member and volunteer committee member of the Swampscott Farmer's Market, Suki Ellsworth, was instrumental in making this event happen. Check out the recipes and profiles of the chefs on the website <http://bit.ly/RXylgQ>. While I was there, I met a few potential suppliers for the

FDC. I look forward to the possibility of expanding our repertoire of growers.

We are in that shift of seasons again, soft summer crops falling away, yielding to heartier fall crops. Small winter squashes make an appearance for all shares this week. We have some hearty greens back, and hopefully a new planting of green beans. Look forward to sweet potatoes, white potatoes, storage crops, and brussel sprouts in the November share.

We are in week 16 of 20. We have spent the right amount of your share dollars to date. A small veggie share for example, costing \$220 per share, has spent \$172.82 after today. This means we have approximately \$47 left to spend for 4 weeks more weeks - perfect! I need to confirm the spending with Tamara, and then I will plan out the next four weeks. Lemongrass will come for chef shares today, then we will need to let the herbs dry. The chef share will finish out the final week with a blended dry herb packet.

The cheeses this week will be the stretched mozzarella from Maplebrook Farm - Mountain Meadow Mozzarella in VT. We will finish the share with Great Hill Blue in two weeks.

Fruit will be as varied as possible, but I don't know just yet what we have coming this week as I write this.

If you want to extend your time receiving beautiful, local organic produce and fruits, sign up for the November Share. In the next week or two we will confirm enrollment for November and December.



Julie staring down swans at the Melrose depot. Photo by Melrose member Liz Foulser.

Happy Fall!
Julie

Impossibly Easy Vegetable Pie Makeover

Recipe and photo used with permission from www.MealMakeoverMoms.com



Makes 6 Servings

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1½ cups broccoli florets, roughly chopped
- 1½ cups cauliflower florets, roughly chopped
- 1 small onion, cut into 1/4-inch dice (about 1 cup)
- 1 cup shredded reduced-fat Cheddar cheese (4 ounces)
- 2 large eggs, beaten
- 1 cup 1% low-fat milk
- 1/2 cup whole grain baking mix (we used Trader Joe's brand)
- 1/4 cup grated Parmesan cheese, divided
- 1 tablespoon chopped fresh herbs (we used a combo of tarragon, basil, and dill)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper

Directions:

1. Heat the oven to 400°F. Lightly oil or coat a 9-inch pie plate with nonstick cooking spray and set aside. Heat the oil in a large nonstick skillet over medium heat. Add the broccoli, cauliflower, and onion and cook, stirring frequently, until the vegetables are tender, about 8 minutes. Season with salt and pepper.
2. Arrange the cooked vegetables in the pie plate. Top with the Cheddar cheese, and use a fork to gently mix the cheese into the veggie mixture.
3. Place the eggs, milk, baking mix, 2 tablespoons of the Parmesan, herbs, salt, and pepper in a medium-size bowl and whisk until well combined. Pour evenly over the cheese and veggie mixture. Top with the remaining 2 tablespoons Parmesan.
4. Bake until golden brown on top and a toothpick inserted in the center comes out clean, about 35 minutes. (Cover with aluminum foil about 20 minutes into the baking time if the top browns quickly.)

Toasted Sesame Slaw

By Anita Deeley, Salem Depot, Recipe Adapted from *Vegetarian Planet* by Didi Emmons



This is a favorite recipe at my home. Even my four year old loves this slaw. We often omit the sesame seeds or peanuts if none are on hand and it still makes a delicious side dish that stays fresh for several days in the fridge. I usually double the recipe below to use up the entire head of cabbage.

Ingredients:

- 1/2 small green cabbage head, cored and sliced as thin as possible
- 1/2 medium red onion sliced thin
- 1 large carrot, grated or cut into thin julienne strips
- 1 1/2 tablespoons dark sesame oil
- 1/3 cup rice vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- 3 tablespoons sesame seeds
- 3 tablespoons dry-roasted, unsalted peanuts

Directions:

1. Mix cabbage and onion together in a bowl using your hands to separate the pieces, then add the carrot and mix well.
2. In a separate bowl, combine sesame oil, vinegar, sugar, mustard and salt. Add this dressing to the cabbage mixture, and stir to combine. Place mixture in the refrigerator for one hour to soften the cabbage.
3. Using a cast iron skillet over medium heat, toast the sesame seeds for 30 seconds or until toasted.
4. Before serving add the cooled sesame seeds and peanuts and toss well. Serves 6.

"The breezes taste
Of apple peel.
The air is full
Of smells to feel-
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze."
-John Updike, *September*