



September 25, 2012

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Supplying local produce and supporting local farmers for 20 years.

## Food for Thought

### Salem Recycling Event

SalemRecycles is holding its second annual "Clothing and Household Textile Recycling" event on Saturday, November 17 from 8:00am - 3:00pm. You do not need to be a Salem resident to participate! The more we collectively divert from the waste stream, the better. The drop off location is Riley Plaza, Salem, MA -- this is the large parking area in front of Salem's post office. Look for the big Goodwill truck. THE FOLLOWING CAN BE RECYCLED: clothing, sneakers, shoes, boots, slippers, belts, ties, purses, pillows, bedding (comforters, sheets, blankets, etc.), table linens, stuffed animals, curtains, rags. ITEMS MAY BE IN ALMOST ANY CONDITION: reuseable, moth-eaten, faded, torn, stained etc., but they must be clean and dry to be accepted. PLEASE: no carpets, rugs, bric-a-brac, oil rags, or wet or mildewed items. Everything collected will either be sold by Goodwill to benefit their programming, or recycled into other products.

### Rats Fed GMO Corn Die Young

"What happens when rats are fed a lifetime diet of Monsanto's GMO corn, or exposed to Monsanto's top-selling weedkiller, Roundup?" Asks the Organic Consumers Association. The answer "It's not pretty. Tumors. Kidney damage. Liver damage. In a study released yesterday - the first-ever long-term study of its kind - French scientists reported that rats fed a diet containing the herbicide-tolerant GM maize, or given water containing Roundup in amounts considered safe in drinking water and GM crops in the US, died sooner than the rats fed just the standard diet." Watch a video about this study <http://bit.ly/SqoikS> or read the study for yourself here <http://bit.ly/S7l8RE>.

### Boston Chefs Buy Local

Devra First writes on *Boston.com* "Not all that long ago, it was unusual to find chefs shaping their menus around what was available in area farmers' markets and fields. Then "local" and "seasonal" became buzzwords, a form of marketing for restaurants wanting to attract discerning diners. Now the buzzword phase has passed. From hotel restaurants to tiny independently owned bistros, four-star properties to neighborhood joints, it's a matter of course: Everyone is serving dishes that incorporate fruits and vegetables grown in New England." Read more online at <http://bo.st/NBzpAL>.

## FDC Fresh Ideas

By Anita Deeley, Newsletter Editor

Sadly, tomato season has come to an end. Luckily, Atlas Farm has come to rescue those of us who have not had the chance yet to put up any jars of tomatoes this year. They have offered us their jars of tomato puree, made fresh from their organic and locally grown tomatoes. The jars of puree cost \$4.50 each and all the canning work is done for you. If you are interested in buying some jars of puree, please email Julie at [julie@farmdirectcoop.org](mailto:julie@farmdirectcoop.org).

With only a few more weeks remaining for the regular season it's time to think about signing up for the November Share. The November share costs \$65 and consists of two large pick-ups, a few weeks apart, at your regular depot on your regular depot day.



A jar of organic tomato puree from Atlas Farm. The label is shown in the photo below.



The size of each pick-up is approximately double the large share size and will contain both fruits and vegetables. The pickup dates for the Tuesday share are Nov. 6th and Nov. 20th. The 20th is Thanksgiving week so if the pickup date will interfere with travel plans please choose the Thursday share instead by emailing Tamara. The pickup dates for the Thursday

share are Nov. 1st and Nov. 15th. To sign up for the November share, please let your depot coordinator know or email Tamara at [tamara@farmdirectcoop.org](mailto:tamara@farmdirectcoop.org). For more information about the November share please see the write up in this newsletter or visit the website <http://www.farmdirectcoop.org/how-the-coop-works/share-options>.

Are you loving this week's share? Don't keep it to yourself, connect with other coop members on the FDC facebook group. It is filled with beautiful pictures of fantastic meals members have made with the fruits and vegetables from their shares. Feel free to add your own photo right alongside them. You may even be asked if we can print your picture or recipe right here in the newsletter! You can visit us on facebook by clicking on this link or typing this address in your browser <http://on.fb.me/QZCYpU>.

Cheers!  
Anita

## Late Season Shares Available

Still want fresh, locally grown fruits and organic veggies after the regular season ends? Don't miss out! Sign up now for our November and December shares.



One of the November share pickups from last season.  
Photo by Walter Lederhaus, Salem Depot.

**November Share (formerly "Extended Season"):** This consists of two large pick-ups, a few weeks apart, at your regular depot on your regular depot day. The cost of the share is \$65. The size of each pick-up is approximately double the large share size. There is not a large or small share size designation. Each pickup will contain both fruits and vegetables. Some items members have received in the past include: apples, leeks, potatoes, winter squash, carrots, rutabagas, turnips, garlic, sweet potatoes, kale, cabbage, dried herbs, brussel sprouts, onions, broccoli, celeriac, leeks, etc. These items are examples of what you may receive in the share, not guarantees, as all items depend on the current growing season. Many of our members opt to stay in for November. The pickup dates for the Tuesday share are Nov. 6th and Nov. 20th. The 20th is Thanksgiving week so if the pickup date will interfere with travel plans please choose the Thursday share instead by emailing Tamara. The pickup dates for the Thursday Share are Nov. 1st and Nov. 15th. To sign up for the November share please let your depot coordinator know or email Tamara at [tamara@farmdirectcoop.org](mailto:tamara@farmdirectcoop.org).

**Bulk Order:** The Bulk Order is available for all members who would like to stock up on certain items. The order form will be available in late October, and delivery to the depots will be on November 8th. We typically offer carrots, potatoes, squash, onions, apples, maple syrup, honey, jams and more. Stock up your winter root cellar while supporting local farmers at the same time. It's also a great way to get fresh, locally grown fruits and organic veggies just in time for Thanksgiving!

**December Share (formerly "Winter Share"):** This is a single extra large pick-up of produce worth more than the share price of \$65. This huge bounty of items is the last hurrah from every share type we offer: bread, a wedge of cheese, an herb, vegetables and fruits. Other typical items received by members in the past include: dried beans, cider, herbed salt, shallots, radishes, turnips, napa cabbage, bok choy, onions, apples, winter squash, fingerling potatoes, carrots, sweet potatoes, turnips, storage radish, beets, broccoli, kale, kohlrabi, roots, greens and more. As with the November Share, these items are examples of what you may receive in the share, not guarantees, as all items depend on the current growing season. The pickup date is TBA but will be sometime during the first week of December. To sign up for the December share please let your depot coordinator know or email Tamara at [tamara@farmdirectcoop.org](mailto:tamara@farmdirectcoop.org).

## Sensation Stir-Fry

By Andrea Fox, Salem Depot



I prefer bowl food with great depth of flavor and texture and lots of nutrition. This late summer/early fall stir fry hits all the marks and is both a taste and color sensation! I found nearly all the ingredients in the share, my backyard gardens, or at the Farmers' Market.

### Ingredients:

- Leek, slice thin
- Fresh ginger, chop fine
- Thai eggplant, slice in 1/4" half moons
- Orange bell pepper, dice
- Broccoli, blanch and cut in bite-size pieces
- Grape tomato
- Ripe peach, dice leaving skin-on
- Beet greens and kale, remove ribs and cut in small pieces
- Sweet soy sauce
- Mushroom soy sauce
- Forbidden Rice, cook to preference
- Garnish: roasted almonds, dried cranberries, and fresh mint, rough chop

### Directions:

Sweat leeks and ginger in vegetable oil in a sauté pan or wok. Add Thai eggplant, bell pepper to soften, then add broccoli, grape tomato, and soy sauces and stir-fry for about two to three minutes. Add peaches and let soften, about one minute. Add greens, stir, and turn off heat. Cover with a lid and let the greens soften for a minute or two. Scoop stir-fry over cooked Forbidden Rice in a shallow bowl, and top with chopped roasted almonds, dried cranberries, and fresh mint. Enjoy!

## Apple Cake

By Erin Alarcon, Melrose Depot

A friend passed this apple cake recipe on to me a few years ago and it quickly became a family favorite. Even my pickiest son loves it. The best part is it is super easy to make.

### Ingredients:

- 4 cups diced apples
- 4 cups flour
- 2 cups sugar
- 3 eggs, beaten
- 1 cup oil
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. salt

Preheat oven to 350 F. Use 2 loaf pans or 1 9x13 pan. Mix all ingredients together in a large bowl. Put them in a greased pan(s). Bake for 30-45 minutes or until a toothpick inserted comes out clean. Yum!