



October 20, 2009

FARM DIRECT CO-OP

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Food for Thought

FDC garners another mention!

The Essex County Forum is a group that brings together different stakeholders, such as environmental and affordable housing advocates, to collaboratively work on local smart growth issues. The FDC is mentioned as one of three projects that connects Essex County residents to locally grown food in a case study. It provides a great history of how we got started and how we operate. If your knowledge of the FDC just skims the surface, you can check out the full text of the study and learn a little bit more about what goes on behind the scenes! http://www.essexcountyforum.org/documents/WaytoGrow_Locally_Grown.pdf

Local Researchers Seek Participants For Study Of Green Behaviors

Here is an announcement from local researcher and Marblehead Depot member Susan Dobscha:

I am seeking participants for a study about the paths that people take to increased environmental awareness, particularly if your journey was heightened or spurred by some revelation or epiphany. Was there a moment in your life where your awareness changed and as a result you began living a "greener" life? If so, I'd like to talk to you! Please email me at sdobscha@bentley.edu or call and leave a message on my work voicemail (781) 891-4042 any time BEFORE NOVEMBER 1ST, 2009. I will meet you somewhere that is convenient for you to hear your story. I look forward to hearing from you.

Help New And Minority Farmers

If you care about family farmers, the land and increasing opportunities to grow more organic and sustainable food, please act today. The future of our nation rests with how beginning farmers will have access to the land and the methods of production they engage in. The new Conservation Reserve Program (CRP) Transition Option is one of the best opportunities that new and minority farmers have had to gain access to the land in order to create the next generation of organic and sustainable farmers. Please help by asking Agriculture Secretary Tom Vilsack to implement this vital program immediately. http://fdn.actionkit.com/cms/sign/next_generation/#1

FDC Fresh Ideas

By Manager Julie Pottier-Brown

I really, really, tried to get us something different for our final week. The parsnips haven't sized up, OR they were only available from a completely unknown source. The Brussels sprouts will be ready for the extended season, with luck, but not for this week. We do have a few different items in the choice list, but the usual suspects are on the "take" list. We've got potatoes, carrots, onions and more. If a last minute phone call comes in, I will try to switch things around and get us some of the items that were asked for in the mid-season surveys, otherwise, we can enjoy what we can get, knowing it is organically grown with care for the earth, animals and farm workers alike.

The fruit share will taste cranberries from Cranberry Hill Farm. <http://www.organiccranberries.com/about.html> Kristine and Bob Keese have a small 3 acre bog growing native New England berry varieties which are dry harvested in late fall. If you have any desire to own a bog, the Keese's have the property listed on New England Land Link, which is a program that connects new or relocating farmers with available land. http://growingnewfarmers.org/main/for_new_farmers/new_england_landlink/massachusetts/

Cheese shares will see a marinated feta this week from West River Creamery in Vermont. (And if you placed a special order for Organic farmstead cheese from Neighborly Farms, Randolph Center, VT, it is in!)

If you think you are signed up for extended season, please check the updated rosters at the depot.

If you ordered bulk, we will be in touch with you regarding the pick up day. We are likely going to use the week between the extended season dates for bulk, but may consolidate the bulk to one day, possibly Thursday. Two items are still available for bulk order: honey (2 lb = \$10, 12 lb = \$50) and Grade B maple syrup (1/2 gallon = \$29, 1 gallon - \$56.) Email me ASAP if you would like to order either one at julie@farmdirectcoop.org

Julie

This newsletter tastes... different!

Hello all! I am taking over the reins temporarily while our regular newsletter editor Jeanne is having her baby. My name is Danielle Murr and I live in Swampscott with my Doberman Pinscher, Blue, who loves to go to the Marblehead Depot with me on Tuesdays. I am an on-air personality on a morning radio show in Boston. This is my first year as an FDC member.

I am an avid cook and gardner, and always love trying new recipes and researching ingredients online. Last spring, while looking for a recipe for Swiss chard, I came across a food blog that mentioned the blogger's take in her farm share box. "Hmm," I thought to myself, "what's a farm share?" I immediately took to the 'net and checked it out. I've really enjoyed the fruit, vegetables and cheese I've gotten this season. I'm a big fan of cooking seasonally, and what better way to do so than to use ingredients that come right from my area!

I know that many of you are perplexed about how to cook different types of greens, so I figured a little reminder wouldn't hurt, given what we tend to see at this point in the season. Marblehead Depot member Jillian Shaw shared this link with us, and hopes that you will find it helpful! <http://cheaphealthygood.blogspot.com/2009/07/cheap-healthy-leafy-greens-246-recipes.html>

A friendly reminder about 2010!

We mentioned it in last week's newsletter, but have you taken a minute out of your day to pre-register for next year? There's already a waitlist for 2010 so you don't want to miss out! It takes less than a minute... really! Simply go to http://www.farmdirectcoop.org/preregistration_form, fill out your information, and you'll be all set. We will send an invoice in January for your \$100 deposit, which is due by March 1st. After that, enrollment opens to the general public.

Chard, Onion & Gruyère Panade

Adapted from "The Zuni Café Cookbook," by Judy Rogers

Marblehead member Jillian Shaw wanted to share this recipe that she tried and says is fantastic! Jillian notes that it is a little prep intensive, but the results are definitely worth it. It is, in essence, a bread casserole, and you can feel free to substitute different kinds of greens and cheeses.



INGREDIENTS:

1 lb green Swiss chard, thick ribs removed and sliced into 1-inch wide ribbons
1 ½ lbs thickly sliced yellow onions, preferably of a sweet variety (yield about six cups)
½ cup mild-tasting olive oil
6 garlic cloves, thinly sliced
10 oz. day-old chewy peasant-style bread, cut into rough 1-inch cubes (yield about 8-10 cups)
3-4 cups chicken or vegetable stock
6 oz. Fontina or Gruyère or another melting cheese, coarsely grated (a combination works well)

DIRECTIONS:

1. To prepare onions: Place the onions in a deep saucepan (or Dutch oven) and drizzle and toss with oil to coat, about ¼ cup. Set over medium-high heat and, shimmying the pan occasionally, cook until the bottom layer of onions is slightly golden around the edges, about 3 minutes. Stir and repeat. Once the second layer of onions has colored, reduce heat to low and stir in garlic and a few pinches of salt. Stew, stirring occasionally, until the onions are a pale amber and tender but not mushy, about another 20 minutes. If at any point the onions dry, cover them to trap some moisture.

2. Preheat the oven to 325°F.

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Maça Assada (Roasted Apple)

FDC staff member and Marblehead Depot member Dan Burgess wanted to share this wonderful dessert recipe with all of you. He learned it from his friend Julio Dasilva, who says this is a traditional dish in his native Brazil. I've made a similar recipe before with great success, substituting ¼ cup chopped pecans for half the raisins. They are fantastic served hot with ice cream.

INGREDIENTS:

4 large apples
¼ cup brown sugar
½ cup raisins
¾ cup white wine
1 Tb butter



1. Preheat oven to 350°F
2. Core apples and stuff with raisins
3. Sprinkle sugar over filling and top of apple
4. Place apples upright in 8" x 8" baking pan
5. Pour ½" - 1" of wine in bottom of pan (you can use water to substitute)
6. Cover with foil pierced with 4-5 holes
7. Bake 30 minutes. or until apples are soft

3. To prepare chard: Place a few handfuls of leaves in a large sauté pan or skillet with a drizzle of oil, a sprinkling of water (if you've just washed the chard, it may have enough on the leaves), and a few pinches of salt. Set the pan over medium heat until the water begins to steam, then reduce the heat and stir and fold leaves until just wilted, 3 to 4 minutes. (Leaves should be uniformly bright green, the white veins pliable.)

4. To prepare bread: Toss and massage the cubed bread with a few tablespoons of olive oil, a generous ¼ cup of the stock and a few pinches of salt, to taste.

5. To prepare panade: Use a flameproof, 3-quart soufflé dish or enameled cast-iron Dutch oven. Assemble the panade in layers, starting with a generous smear of onions, followed by a loose mosaic of bread cubes, a second layer of onions, a wrinkled blanket of chard, and a handful of the cheese. Repeat, starting with bread, the onions and so on, until the dish is brimming. Aim for 2 to 3 layers of each component, then make sure the top layer displays a little of everything. Irregularity in the layers makes the final product more interesting and lovely. Drizzle with any remaining olive oil.

6. Bring the remaining 3 ¾ cups stock to a simmer and taste for salt. Add stock slowly, in doses, around the edge of the dish. For a very juicy, soft panade, best served on its own, like a soup or risotto, add stock nearly to the rim; for a firm but succulent panade, nice as a side dish, fill to about 1 inch below the rim. Wait a minute for stock to be absorbed, then add more to return to the desired depth. The panade may rise a little as the bread swells.

7. Set panade over low heat and bring to a simmer; look for bubbles around the edges (heating it here saves at least 30 minutes of oven time).

8. Cover the top of the panade with parchment paper, then very loosely wrap the top and sides with foil. Place a separate sheet of foil under the panade or on the rack below it to catch drips.

9. Bake until the panade is piping hot and bubbly. It will rise a little, lifting the foil with it. The top should be pale golden in the center and slightly darker on the edges. This usually takes about 1 ½ hours, but varies according to shape and material of baking dish and oven.

10. Browning and serving: Uncover panade, raise temperature to 375°F, and leave until golden brown on top, 10 to 20 minutes. Slide a knife down the side of the dish and check the consistency of the panade. Beneath the crust, it should be very satiny and it should ooze liquid as you press against it with the blade of the knife. If it seems dry, add a few tablespoons simmering stock and bake for 10 more minutes.