



October 22, 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. They recently published a case study, and the FDC is mentioned as one of three projects that connects Essex County residents to locally grown food. 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. With high land prices, access to the land is often the most significant barrier beginning farmers have in entering farming. 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. Our nation's beginning farmers cannot afford any further delay.

http://fdn.actionkit.com/cms/sign/n_ext_generation/#1

FDC Fresh Ideas

By Manager Julie Pottier-Brown

Ah, the end of the regular season. We've gone through a fun romp with strawberries and zucchini, blueberries and (very few) tomatoes. We land in the winter squash, and, finally, parsnips. I hoped the Brussels sprouts would be ready, but we'll need to wait until extended season to get those. A few new items have shown up in on the choice table, and of course, lots of roots and greens.

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. Special order cheeses for neighborly farms are here. The Sage cheddar was not ready, so my apologies if that was what you ordered. We will get it in November if it is available, so feel free to order a few more organic cheeses. You may cancel your order if you do not want to wait.

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

If you placed a bulk order, we will be in contact with you regarding the pick up day. Likely it will be the middle week between the extended season dates. 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 and watch everyone from the car window to see what's going on. 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 discovered the FDC and immediately sent Tamara an email asking to be put on the waitlist. Soon after, there was a spot for me!

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've tried to spread the word as much as possible about the FDC, and I think I may have convinced quite a few people to convert... especially after they've tried the stuff I've made with my take!

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.

Maple-Cashew-Apple-Salad

Adapted from Maple Grove Farms Cookbook
Yield 8 small or 4 large servings

Ingredients:

8 oz baby spinach

For the maple-roasted cashews:

2/3 cup whole cashews
2 Tb plus 1 tsp maple syrup
¼ cup sugar
dash salt

For the sautéed apples :

1 Gala or Pink Lady apple
¼ cup sugar in the raw
1 tsp butter
3 Tb maple syrup
2 tsp lemon juice

For the maple lemon vinaigrette:

1/2 c white vinegar
1/4 c olive oil
3/4 c maple syrup
1 tsp stone-ground mustard
2 tsp Dijon mustard
salt and pepper to taste

Directions:

Prepare the maple-roasted cashews: In a medium nonstick pan, combine sugar, syrup, and salt. Heat on medium heat to hard-ball stage (about 260 degrees F). Remove pan from heat and add cashews. Stir to coat cashews and spread mixture onto parchment paper. Let stand for about 10 minutes, or until hard. Break individual cashews apart and set aside.

Prepare the sautéed apples: Thinly slice the apple (do not peel). Melt the butter in a medium nonstick pan over medium heat. Add apples, sugar, syrup, and lemon juice. Cook until apples are soft, about 10 minutes.

Prepare vinaigrette: Combine all vinaigrette ingredients and whisk thoroughly.

Divide spinach onto eight salad plates. Arrange about 6 apple slices per plate in a fan-like pattern on top of the spinach. Sprinkle about one tablespoon of cashews on the salad. Drizzle with vinaigrette to taste and serve immediately.

Turnip Fries

Adapted from Abby's Kitchen
Yield 4 servings

INGREDIENTS:

4 med. turnips
¼ cup grated Parmesan cheese
1 tsp onion powder
1 tsp ground paprika

DIRECTIONS:

1. Preheat oven to 425°F.
2. Spray a large baking sheet with nonstick cooking spray.
3. Pare and cut turnips into 2 1/2 x 1/2 inch sticks.
4. In gallon-size sealable plastic bag, combine cheese, onion powder and paprika.
5. Add turnips; seal bag, squeezing out air; toss to coat turnips.
6. Place turnips on baking sheet.
7. Bake 15-20 minutes or until turnips are tender and golden.

Braised Pork Chops with Savoy Cabbage

Recipe courtesy of epicurious.com
Yield six servings

INGREDIENTS:

4 lbs Savoy cabbage
6 Tb butter
6 Tb extra-virgin olive oil
6 pork loin chops
2 tsp coarse sea salt
2 or 3 small branches fresh rosemary
1 cup white wine
Freshly ground black pepper to taste

DIRECTIONS:

1. Bring 6 quarts of water to the boil in the large pot. Slice the cabbage head (or heads) in half, and cut out the core completely so the leaves will separate. Discard all tough and torn outer leaves, lay the cabbage halves cut side down, and slice crosswise into strips about 1 1/2 inches wide. Drop all the strips into the water, cover the pot, and return to the boil. Cook the cabbage until tender, about 15 minutes, and drain in a colander.
2. When the cabbage is cooked, put 3 T each of butter and olive oil in the big skillet and set over medium-high heat. Season the pork chops on both sides with salt and lay them in the hot skillet. Drop the rosemary branches onto the pan bottom.
3. Sear the chops on the underside, about 3 minutes, turn, and brown the second side for a few minutes more. The chops should still be rare; if you like them better done, cook a minute or two longer on both sides. Remove to a platter, and keep in a warm spot.
4. Pour the wine into the skillet and bring to a boil, stirring to deglaze any caramelization. Cook for just a minute or so, to dissipate the alcohol, then drop in the remaining 3 T of butter and 3 T of olive oil. Stir well until the butter melts and the liquid is bubbling.
5. Pile the cooked, drained cabbage in the skillet, turning the strips over as they heat and wilt in the pan juices. Sprinkle 1 t salt all over, and cook, tossing and stirring, until the pan is nearly dry and the cabbage shreds are just starting to caramelize.
6. Push aside the cabbage, lay the chops on the pan bottom, and pour in any meat juices from the platter. Still over medium-high heat, cook the chops for 2 or 3 minutes, turning them over once or twice, just until they're heated through. Stir the cabbage so it continues to caramelize and pick up flavor. Season with more salt and some freshly ground black pepper to taste.
7. Serve right from the skillet or arrange chops and cabbage on a platter and bring to the table.