

September 15, 2006



*Supplying healthful produce and
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FARM DIRECT CO-OP

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NEWSLETTER

FDC News

by Julie Pottier-Brown

The cheese this week – a cow’s milk feta – comes from Neighborly Farms, in Randolph Center, Vermont. A big thank you goes to Marblehead member Jill O’Callaghan whose extra fridge stored the goods, as well as all others who responded to our request for help a few weeks back. For the remainder of the season, we can look forward to fresh mozzarella made with Vermont milk, blue cheese from Great Hill Dairy, in Marion, Massachusetts, fiddlehead tome from Boggy Meadow Farm in New Hampshire, and one more cheese, yet to be determined.

As of this writing the fruit share is looking flush. Peaches and nectarines will make another appearance, probably their last of the season, along with apples, cider, hopefully pears, and we will try to get raspberries to all those who have not received them yet. Look forward to local honey, more jams made from local fruit, and of course lots of orchard fruit. Hopefully, we will get plums and grapes soon too.

There are no “new” items on the vegetable list this week. Cucumbers are finished for the season. The eggplants are just about done too. The beans are tiny and the spinach is too. Everything we are receiving this week comes from DeWitt Thompson at Full Bloom Farm, Whately, MA. DeWitt reports that they did not get a frost over Monday night. His home thermometer read 32 degrees, but the fields are usually warmer. Dew point, wind and humidity all play a role in whether the low temperature will bring frost or not.

So, what are you doing with your produce? Last week, the chard for me went like this: I need a quick lunch ... oh! I haven’t used the chard yet, wash and chop the chard, pout it in a pan with olive oil, sauté until wilted, add leftover brown rice, a dash of balsamic vinegar and a few cut up pieces of chicken, stir to warm, remove to bowl, cut in ripe tomato, take with me to Museum of Science, open in the food court, smile as stranger next to me comments on the delicious looking lunch I have!

ATTENTION MELROSE MEMBERS: We are in need of a search committee for a Melrose depot location for next season. If you care about having the depot stay in Melrose, if you live in Melrose and are familiar with city government, PLEASE join us!! You can contact me at 877-332-3276 or Julie@farmdirectcoop.org. Thanks, in advance, for your interest and assistance!!

**THE ANNUAL FDC POTLUCK WILL BE HELD ON
SATURDAY SEPTEMBER 16TH AT 2 PM AT FOREST
RIVER PARK, 98 WEST AVE. IN SALEM**

(DIRECTIONS AVAILABLE ON MAPQUEST.COM)

ALL MEMBERS ARE INVITED!!

HOPE TO SEE YOU THERE!!

NOTE: MELROSE POTLUCK CANCELLED DUE TO LACK OF APPROPRIATE INDOOR LOCATION

Compact Fluorescent Bulbs: Handle With Care

*This article, sent in by FDC Board Member Caroline Nye, was taken from the November/December edition of **Green News**, the newsletter of the Green Decade Coalition/Newton (MA) and from internet research by NEGEF staff.*

Compact fluorescent lamps (CFLs) provide significant energy savings when they are used in place of incandescent bulbs, but we need to remember that CFLs are really fluorescent lamps. And that means that they contain small quantities of mercury, cadmium and antimony. Although the average CFL contains only about 4 mg of mercury, every product containing mercury should be handled with care.

Ironically, CFLs present an opportunity to prevent mercury from entering our air where it most affects our health. The primary source of mercury in our air comes from burning fossil fuels such as coal, the most common fuel used in the United States to produce electricity. A CFL uses 75% less energy than an incandescent light bulb and lasts at least 6 times longer. A power plant will emit 10mg of mercury to produce the electricity to run an incandescent bulb compared to only 2.4mg of mercury to run a CFL for the same time. Replacing a single incandescent bulb with a CFL will keep a half-ton of CO₂ out of the atmosphere over the life of the bulb. **If everyone in the United States used energy-efficient lighting we could retire 90 average sized power plants.**

While the mercury poses no threat while it is contained in the bulb, they should never be handled with bare hands if they break. Open nearby windows to disperse any vapor that may escape, carefully sweep up the fragments, and wipe the area with a disposable paper towel to remove all glass fragments. Do not use a vacuum. Place all fragments in a sealed plastic bag and dispose of properly.

CFLs are categorized as household hazardous waste. They should not be put in with your regular trash. Check with your local trash removal company and/or municipality to see where and when to dispose of these bulbs. If there is not a collection site in your area, talk to your local officials about the importance of starting one.

Note: Melrose is having a Drop Off Day this Saturday, September 16, from 9am to 12 noon, at the City Yard, for the collection of mercury-containing items, tires, and cathode ray tubes (CRTs, primarily found in televisions and computer monitors) and a Hazardous Waste Collection Day on Saturday, October 21st.

Peach cake

Submitted by Amy Kamosa, courtesy of her mother-in-law

1 ¾ cup unsifted flour (we use 1 cup King Arthur's white whole wheat and ¾ cup all purpose)
¼ cup sugar
½ tsp. salt
1 package (1/4 Oz) active dry yeast
2 Tbsp. butter, softened
½ cup very hot tap water
1 egg
peach topping (recipe below)

In a large mixing bowl, thoroughly mix ½ cup flour, sugar, salt and undissolved yeast. Beat in butter. Gradually add water to dry ingredients; beat 2 minutes at medium speed with an electric mixer. Add egg and ½ cup flour or enough to make a thick batter. Beat at high speed for 2 minutes. Stir in remaining flour. Spread batter evenly into two greased 9-inch round pans or one 9-inch square pan. Cover with peach topping.

Peach Topping:

2 cups peeled, sliced peaches
3 Tbsp. sugar
¼ tsp. ground cinnamon
½ cup peach or apricot jam

Arrange peaches on batter. Sprinkle with combined sugar and cinnamon. Cover and let rise in a warm place, free from draft, until double in bulk (about 1 hour). Bake at 400° for 25 minutes. Allow to cool 10 minutes. Heat jam in a saucepan over low heat, brush on top of cake(s).