

October 5, 2006



Supplying healthful produce and supporting local farmers for 13 years

FARM DIRECT CO-OP

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NEWSLETTER

FDC News

by Julie Pottier-Brown

Our 2006 season is almost over! Next week, Oct 12th, is the last pick-up of the regular season.

Correction from last week's (9/28) Newsletter: Extended season dates are Thursday November 2nd and November 16th, NOT November 17th.

Bulk Orders: Bulk orders are available for delivery on November 2nd. I will accept half orders for potatoes and apples. There is no guarantee I will be able to find you a partner, although it has worked out every year thus far. Orders will arrive on November 2nd, whether you are signed up for the extended season or not. If you are interested in ordering in bulk, please contact me at Julie@farmdirectcoop.org. Please place your order ASAP, especially for cranberries! The prices are as follows:

POTATOES (RED OR YUKON GOLD): 50 LBS./\$36.00
BUTTERNUT SQUASH (1 BUSHEL=10 TO 20 SQUASH): 50 LBS./\$24
CARROTS: 10 LBS./\$13.00 OR 25 LBS./\$30.00
BEETS: 10 LBS./\$13.00
CRANBERRIES: 1 LBS./\$5.00
APPLES (1 BUSHEL=36 TO 40 LBS): \$21 - \$32, DEPENDING ON VARIETY (MACINTOSH TO MACOUN)

There is a small possibility that we will do the "winter share" again in December. Talks have begun between the farmer and myself. No details yet, check next week's newsletter, or the website thereafter.

This week our apples are from Cold Spring Orchard in Belchertown, MA, and our raspberries are from Silverleaf Farm in Concord. Thanks to a rainy Sunday, the "pick your own" at Silverleaf Farm did a light business this weekend, which means we get more berries on Thursday. As of this writing, I am hoping that we get pears this week. If we do, they are Bosc from Brooksby Farm in Peabody. The veggies all come from DeWitt Thompson of Full Bloom Market Garden. (Interesting note: you can see his picture at Whole Foods Market on their checkout screen, with the name Happy Valley Growers Cooperative. DeWitt and his partner Doug Caldwell are two of the founders of this cooperative.)

For our final delivery next week, look forward to the last two cheeses, dried herbs, cider, cranberries, and more yummy veggies. Please fill out a **survey** at the depot today or next week. We hope to have it up on the website soon too. We appreciate your feedback!!

Colombian Victims of our Energy Needs Ask for Help

by Caroline Nye

A delegation of academics and labor/social justice activists recently participated in a Witness for Peace fact-finding trip to the coal-producing region of Colombia. **Power plants from the United States and Canada are major importers of Colombian coal, and coal burned in the Salem power plant is imported increasingly from Colombia.** The people of this region have asked for our help, and now we have the chance to give something back.

HOW CAN YOU HELP? The residents of La Guajira suffer from respiratory and skin ailments caused by dry soil and coal dust from the open-pit coal mine that is four times the size of Manhattan. On October 31, 2006 several participants will return to the remote region of La Guajira with medical professionals to assess the health needs of the people affected by the coal mine and to deliver desperately needed medical supplies. We are hoping to fill two duffel bags with basic first aid supplies. A doctor on this trip has made specific recommendations and any of the following supplies would be greatly appreciated: vitamins for children and adults (particularly C), asthma inhalers, pain killers for adults and children (Tylenol, ibuprofen, aspirin), bandages/gauze, medical tape, anti-bacterial ointment (Polysporin, Neosporin, Bacitracin), anti-parasitic medicine, and Zantac. A collection box will be located at Nona's Café, 335 Lafayette Street in Salem until October 25th. If you prefer, tax-deductible checks may be made out to HealthLink with "coal/Colombia" on the memo line, and sent to: HealthLink, P.O. Box 301, Swampscott, MA 01907.

If you would like to learn more about the people whose daily lives are affected by us all, on Thursday, October 12th, Salem State history professor Avi Chomsky will show slides and describe and analyze what was learned on her recent trip to this coal mining region of Colombia. The presentation will be held at First Church in Salem, Unitarian, 316 Essex Street at 7:00pm. Donations will be accepted at the event.

READER RECOMMENDATIONS:

Co-op member Cheryl Snider writes:

As I was perusing my latest issue of the "Nutrition Action Health Letter", it occurred to me that other farm co-op members might be very interested in it. If you don't know about it, it's published monthly by the Center for Science in the Public Interest and has really great articles and nutritional comparisons of various products. "CSPI is an independent non profit consumer health group which advocates honest food labeling and advertising, safer and more nutritious foods and pro-health policies."

This month's newsletter has articles about soy and isoflavones, misleading advertisements, a quiz on caloric content of common foods (including fast foods) and a comparison of the nutritional content of whole grain pasta and rice mixes. It also has some recipes using whole grains. Subscriptions cost \$24.00 for 10 issues. Check it out at www.cspinet.org.

Co-op member Michele Fandel Bonner writes:

After buying a frontloading washing machine I began searching for an unscented laundry detergent that would work and be safe for the environment. I tried Trader Joe's Laundry Liquid, Sun & Earth, and Seventh Heaven. They left our clothes grey. I tried Ecos Ultra but the scent was too strong. I finally found **Charlie's Soap** online after much searching, and I am sold! It is certified biodegradable, non-toxic, hypoallergenic, has no scent, and works! The bag says "If you want flowers, go pick some." Check them out at www.charliesoap.com.

Caponatina Eggplant

Submitted by Barbara Rotger

Adapted from "Carolyn's Kitchen" by Carolyn Shohet

1 medium eggplant, cut into ½ inch cubes (no need to peel)
1/3 cup olive oil
1 celery stalk, coarsely chopped
1 green pepper, diced
2 cloves garlic, minced
6 ounces tomato paste
2 tablespoons wine vinegar

¼ cup water
2 teaspoons sugar
1 teaspoon salt
½ teaspoon oregano
¼ teaspoon black pepper
½ cup stuffed green olives, sliced
1 tablespoon capers, drained

Garnish:

2 tablespoons pine nuts, toasted
Minced fresh basil or parsley for garnish

Heat the olive oil in a Dutch oven and sauté the eggplant, onion, celery, green pepper, and garlic until vegetables are soft – about 10 minutes. Add the remaining ingredients, cover, and simmer for 30 minutes. Cool to room temperature. (Can be refrigerated for up to a week.)

To serve, stir in the pine nuts, place in an attractive bowl, and top with fresh herbs.