

October 12, 2006



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## FARM DIRECT CO-OP

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# NEWSLETTER

### FDC News

*by Julie Pottier-Brown*

Well, this is it – the last day of the regular season for 2006! I hope you all have enjoyed the bounty from our local farmers. It doesn't have to end ... bulk ordering is still available. Please refer to the October 5th newsletter for pricing. In case you no longer have yours around, all newsletters are available on the website, [www.farmdirectcoop.org](http://www.farmdirectcoop.org).

The vegetables this week are from DeWitt Thompson of Full Bloom Farm, and the apples are from Cold Spring Orchard, Belchertown. The cider is from Cider Hill Farm in Amesbury. The veggie shares are small today, as I have been warning you they would be. Officially the single share money was spent as of last week. The season runs *about* nineteen weeks, and today is the nineteenth pick up. Because we had no control over price increases (nor did you), the FDC has supplied enough extra cash to give the single shares about half a week's worth of extra produce. The family shares received a boost too – yours would have looked paltry today if we had stopped at the \$250 mark. The produce last week looked so good, I wish we could have found a way to stretch ourselves for one more week. Alas, that just couldn't happen.

For you hardy folks who will be back in November, remember that Extended Season pick up dates are the 2<sup>nd</sup> and the 16<sup>th</sup>. The depots will open at the regular time, and close at 5:00pm. If you absolutely cannot make the early closing time, please call or email ahead to your depot coordinator. She will respond with the "plan," which is usually to provide a member's porch in the depot community so you can pick up your share after hours. Your depot coordinators are: In Salem -- [Heather@farmdirectcoop.org](mailto:Heather@farmdirectcoop.org); in Marblehead – [Tamara@farmdirectcoop.org](mailto:Tamara@farmdirectcoop.org); and in Melrose – [Betsey@farmdirectcoop.org](mailto:Betsey@farmdirectcoop.org).

For those of you with outstanding balances, please remit payment ASAP so we have cash on hand to pay farmers in November. We will bill again probably for November 2<sup>nd</sup>, but if you know what you owe, it will help us save paper and postage if you mail your check to: FDC, P.O. Box 1146, Marblehead, MA 01945.

*Thanks for a great season, hope to see you all again next year!*

## SEE SOMETHING REALLY SCARY IN SALEM THIS HALLOWEEN SEASON!

*Submitted by Caroline Nye*

**On Thursday, October 19<sup>th</sup> at 7:00pm The First Church in Salem, Unitarian, will be hosting a free screening of *An Inconvenient Truth*.**

"Humanity is sitting on a ticking time bomb. If the vast majority of the world's scientists are right, we have just ten years to avert a major catastrophe that could send our entire planet into a tail-spin of epic destruction involving extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we have ever experienced. If that sounds like a recipe for serious gloom and doom – think again. From director Davis Guggenheim comes the Sundance Film Festival hit, **An Inconvenient Truth**, which offers a passionate and inspirational look at a fervent crusade to halt global warming's deadly progress in its tracks by exposing the myths and misconceptions that surround it. With wit, smarts and hope, *An Inconvenient Truth* ultimately brings home the persuasive argument that we can no longer afford to view global warming as a political issue – rather, it is the biggest moral challenge facing our global civilization."

**“In 39 years, I have never written these words in a movie review, but here they are: You owe it to yourself to see this film. If you do not, and you have grandchildren, you should explain to them why you decided not to.”** – Roger Ebert, Chicago Sun-Times

**An Inconvenient Truth** is sponsored by the people at Massachusetts Interfaith Power and Light, and will be shown across the country this month. It is part of First Church’s ongoing Film Series. Following the film, there will be a discussion with Nick Lewis, geologist and environments scientist with Poles Apart. Admission is free and open to the public. First Church is located at 316 Essex Street in Salem. For more information call (978) 744-1551 or visit their website – [www.firstchurchinsalem.org](http://www.firstchurchinsalem.org).

**Recipes** -- Like me, I’m sure many of you still have some items in your crisper drawers from weeks past – perhaps some of those less familiar vegetables that you just haven’t gotten around to using yet. Here are a couple of recipes that may help you save your produce from the compost pile or trashcan.

## **Mashed Potatoes & Kohlrabi**

Submitted by Bill Brown

The first time we got kohlrabi at the beginning of the season, we had no idea what to do with it. I looked it up on line and saw that you could cook it and mash it up. So, I decided to combine it with potatoes and mash them together, in hopes that my 9-year-old son would at least try it. Well, the results were spectacular! The kohlrabi gives the potatoes a sweeter flavor and a different texture. He loves kohlrabi now and was very excited to get a second round of it in the fall. So, here’s the recipe – simplicity itself!

2 Idaho potatoes (peeled, if you prefer)  
1 kohlrabi (leaves removed, peeled)  
skim milk  
butter  
salt & pepper  
Minced chives or parsley, or dash or paprika

Dice up the potatoes and kohlrabi into large chunks. Add to boiling water and cook until done. Drain, then mash the potatoes and kohlrabi together, adding milk and butter to taste (but not too much, you want mashed potatoes and kohlrabi, not cream of potato and kohlrabi soup!) Add salt and pepper to taste. Garnish with minced chives or parsley, or sprinkle with paprika. Is that easy or what?

## **Italian Spaghetti Squash**

I found this recipe, and lots more winter squash recipes, at [www.cooks.com](http://www.cooks.com).

1 spaghetti squash, about 1 ½ pounds  
1 medium sized green pepper, chopped  
1 medium sized onion, chopped  
1 tsp. dried basil leaves, crushed  
1 tsp. dried oregano leaves, crushed  
1 tsp. garlic powder  
¼ tsp. each of dried marjoram, thyme and sage  
2 Tbsp. Italian olive oil  
5 to 6 medium sized tomatoes, chopped  
2 Tbsp. butter  
¼ cup grated Parmesan cheese

Wash squash, prick with a fork. Cook in 400° oven until tender, about 40 minutes. Cook green peppers and onions in oil over medium heat until the vegetables are tender. Stir in the tomatoes. Simmer uncovered for 5 minutes. Cut the squash into halves, remove the spaghetti-like squash strands with two forks. Toss the squash with the butter and cheese. Spoon tomato mixture over squash.

**WE HOPE YOU’VE ENJOYED THE 2006 SEASON!  
HOPE TO SEE YOU NEXT YEAR!**