

November 16th, 2006

*Supplying healthful produce and
supporting local farmers for 13 years*

FARM DIRECT CO-OP

P.O. Box 1146 Marblehead, MA 01945
1-877-FDC-FARM
www.farmdirectcoop.org

NEWSLETTER

Manager's Corner

Welcome to the second and final pick up for the Extended Season. Today we are getting:

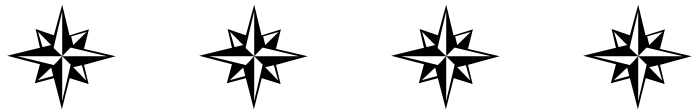
Rutabagas - *Appleton Farms*
Herbs - *Herb Pharmacy*
Cider - *Cider Hill Farm*
Apples - *Cold Spring Orchard*
Everything Else - *Full Bloom Market Garden*

The cider was pressed this morning, so it couldn't be any fresher!

Also, if you have not yet pre-registered for 2007 and would like to, please email tamara@farmdirectcoop.org.

Thanks for being a part of the FDC and supporting local agriculture!

Julie



Winter Share 2006

This doesn't have to be the end of your farm fresh veggies! Join the Winter Share to be distributed on December 7th - a large box full of winter veggies to bring you right into the New Year! We will mail you a postcard to remind you to pick up!

Here is a tentative list: **delicata squash, regular or fingerling potatoes, Chantenay carrots, yellow and red onions, celery root, sweet potatoes, bok choi/napa cabbage/ winter radish, parsnips, beets, arugula, and apples.**

The cost of the share is \$48 for approximately 25 pounds/items, plus an 8 ounce jar of organic apple butter.

Winter Share is available to people who are not currently members of the FDC. Feel free to share the information with your friends, neighbors and co-workers who might be interested in the co-op. A Winter Share would also make a nice holiday gift.

If you would like to participate, please send an email tamara@farmdirectcoop.org or call 1.877.FDC.FARM, ext. 13.

You know what they say about one bad apple...be sure to check in on your stored vegetables from time to time to make sure nothing has gone bad. Removing a spoiled piece promptly can help prevent the problem from spreading.



Bulk Order for December 7th

Whether or not you get a Winter Share, you may place a bulk order for pick up on December 7th. Following is a list of items and prices.

- Butternut or Delicata Squash** - \$1.25/lb.
- Fingerling Potatoes: purple or yellow** - \$2.50/lb.
- Carrots** - \$1.25/lb.
- Onions: yellow and red** - \$1.25/lb.
- Rutabaga** - \$1.25/lb.
- Parsnips** - \$1.25 lb.
- Beets** - \$1.25/lb.
- Cabbage** - \$1.25/lb.
- Sweet Potatoes** - \$2.50/lb.
- Celery Root** - \$2.50/lb.

If you'd like to place an order, you may do so by emailing julie@farmdirectcoop.org or calling 1.877.FDC.FARM, ext. 11.

Since there is a limit on the quantity of food we can get from our farmer, we cannot guarantee that an order you place will be filled – we have to be able to accommodate the Winter Share orders first. If it comes to pass that we will not be able to fill your order, we will let you know as soon as possible.

\$ From The Bookkeeper \$

Please check to see if you have a bill. All payments are due at this time. Please contact tamara@farmdirectcoop.org if you have questions.

Butternut Squash Casserole

From allrecipies.com via member Leah Jacobson

- 3 cps mashed, cooked butternut squash
- 1/2 cp white sugar (I used 1/4 cp)
- 1/2 cp brown sugar (I used 1/4 cp)
- 1/4 cp butter melted *
- 1 (8oz) can crushed pineapple w/juice (I doubled this, minus the liquid)
- 1 t ground cinnamon
- 1 t ground nutmeg
- 1/3 cp chopped walnuts (I used pecans)

1. Preheat oven to 325. Grease 2 qt casserole dish.
2. Combine butternut squash, white sugar, brown sugar, butter, pineapple, cinnamon, and nutmeg. Mix well and pour into casserole dish.
3. Sprinkle with chopped nuts and bake 40-45 min. - (I covered it with tinfoil so as not to burn the nuts)

* editorial note: The recipe called for margarine, but I changed it to butter. Sarah Lincoln-Harrison suggests Organic Earth Balance, which is an organic, vegan spread sold at Trader Joe's and Whole Foods.

Carrots and Rutabagas with Lemon and Honey

from *Bon Appétit* via epicurious.com

- 1 1/4 pounds rutabagas, peeled, cut into matchstick-size strips
- 1 pound carrots, peeled, cut into matchstick-size strips
- 1/4 cup (1/2 stick) butter
- 1/4 cup fresh lemon juice
- 3 tablespoons honey
- 1 teaspoon grated lemon peel
- 1/2 cup chopped fresh chives

Cook rutabagas in large pot of boiling salted water 2 minutes. Add carrots and cook until vegetables are tender, about 6 minutes. Drain.

Melt butter in large pot over medium-high heat. Add lemon juice, honey, and peel. Bring to boil. Add vegetables; cook until glazed, stirring occasionally, about 6 minutes. Season to taste with salt and pepper. Remove from heat. Mix in fresh chives.

Makes 6 to 8 servings.