



July 26, 2007

FARM DIRECT CO-OP

NEWSLETTER

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FDC News

by Julie Pottier-Brown

The 2007 season is well under way, and I hope all of you have been enjoying the bounty of wonderful fruits and vegetables we've been receiving! This week our blueberries are from several different growers: Fran Sobieski, River Valley Farm in Whately, Kosinski Farm in Westfield, MA and Joe Czajkowski Farm in Hadley, MA. Our organic sweet corn comes from Mike Wisseman of Warner Farm in Sunderland, MA. All our other produce this week is from Jenny and Bruce Wooster of Picadilly Farm in Winchester, New Hampshire. Dan, the truck driver, got a vacation last week, and we had a farmer guest appearance. So anyone who happened to help unload the truck last week, the person handing you boxes was Bruce Wooster, our main veggie grower!

I've had a couple of ideas that I'd love to see happen this summer. What about food demonstrations at the depot?! Do you have an easy recipe that you'd like to share with the FDC by doing a taste testing? Let us know and we can order extra produce for you to demonstrate at the depot. And, what about potlucks? Did you offer to organize a potluck as your volunteer effort when you joined the FDC? Let's have some early potlucks, before the school season starts. If you have a preference for days/evenings, let me, or your depot coordinator know.

Also, I'm interested in hearing what people have been doing with their produce. Here's what I did with my ...

- Beets: cut and wrap in foil, put on grill, eat some, ply my children with some, leftovers become a beet/corn/scallion salad with cilantro and dressing.
- Arugula: salad, folded into eggs, into risotto, or wilted into pasta.
- Chard: sliced and sauteed, served with dilled rice and Iranian lamb shanks.
- Carrots: handed out as healthy snacks to my children, cut into salads.
- Basil: still a pretty good bouquet on my counter, using as needed.
- Broccoli: steamed and eaten!
- Napa cabbage: Asian inspired slaw with sesame and olive oil, vinegar, ginger and toasted sesame seeds and white radishes thrown in for crunch.

What did you do with yours?

Look forward to red potatoes, local honey and peaches in upcoming weeks. Enjoy your produce!

Julie

Focus on Local!

A & J King Artisan Bakers
48 Central Street, Salem
978-744-4881 www.ajkingbakery.com

This is a small local bakery in Salem. They use local fruit for their tarts and carry other local products. If you haven't discovered them yet, plan a visit!

"It is our hope that more and more communities will have bakeries of their own as people are reintroduced to the freshness of locally-made products. We are proud to join those bakers who have helped revitalize the artisan bread movement in this country."

Focus on Local!

We would like to invite members from each community to submit their own "Focus on Local" items, or to advertise an event happening in your community that you think would be of interest to FDC members.

Getting Kids to Eat Their Veggies ...

Submitted by Kimberly Trudel

I recently read an excellent article by Jane E. Brody in the New York Times ("When School is Out, Getting Food In," June 12, 2007). In it the author mentions that summer is an ideal time to introduce children to more nutritionally wholesome foods and to encourage them to become more physically active. Brody mentions two books in her article. The first is The ABCs of Fruits and Vegetables and Beyond. It is an easy-to-read series of alphabet poems along with simple recipes that can be prepared by the family. It introduces children to the wonderful foods, many of them available from our co-op during the growing season, that can help them grow up healthy and strong. The second book Brody mentions is The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals. This book is chock-a-block full of ideas for incorporating healthy foods into everyday recipes. Spaghetti and meatballs with eight hidden veggies anyone? Brody's article also offers suggestions and suggested reading for helping children to maintain a healthy weight. One of my favorite suggestions was not to keep cookies, candy, chips and other junk food in the house if you do not want your children to consume it. Rather, keep a bowl of fresh fruit readily at hand and within your children's reach.

CORN RECIPES!

Ten years ago, members of the Marblehead Eco-Farm CSA (predecessor of the Farm Direct Co-op) put together a guide book entitled Bringing Home the Harvest. "Inspired by the beauty, taste and freshness of locally grown produce, they set out to help other CSA (Community Supported Agriculture) members learn how to best utilize the beautiful, fresh vegetables and fruits that are grown regionally." The following recipes come from that guide book.

JALAPEÑO CORN BREAD

Contributed by Sandra Broughton

1 cup cornmeal	2-3 jalapeno peppers, chopped
½ cup flour	1 onion, grated
2 tsp. molasses	¼ cup corn oil
2 tsp. baking powder	1 cup corn kernels
½ tsp. salt	1 cup Monterey jack or sharp cheddar cheese, grated
2 eggs	
1 cup milk	

Mix all ingredients and pour into a *hot* oiled 8x8-baking pan. Do *not* over stir. Bake at 375° for 40 Minutes or until browned on top. Serve hot with butter. Variation: For an equally delicious yet less "hot" cornbread, simply leave out the jalapenos and onions.

MEXICAN CORN & ZUCCHINI RELISH

(NO cooking required!)

3 medium or 2 large zucchini	2 Tbsp. olive oil
1 red onion, chopped	½ cup vinegar
2 cups corn, cooked	½ tsp. salt
2 Tbsp. cilantro, finely diced	½ tsp. oregano

Shred zucchini using a food processor or grater. Spread between paper towels and squeeze to remove extra liquid. Mix corn and onion and zucchini. In a separate bowl, combine cilantro, vinegar, oil, salt and oregano, then pour over vegetables and mix. Cover and refrigerate for 4-6 hours, or overnight. Makes 1 quart of relish.

Vacation Swap: Melrose member Lisa Weldon will be away on August 2nd. If you would like to arrange a swap, please contact her at 781-620-1323.