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## FARM DIRECT CO-OP

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# NEWSLETTER

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### FDC News

by Tamara Butts Sullivan

Julie is taking a very well-deserved vacation with her family, so this week's order was put together by the FDC Bookkeeper / Marblehead Depot Coordinator. This week's take is similar to last week's, focusing on the best of the season, according to many – fresh organic sweet corn and fat, juicy tomatoes. The corn has been really tasty; I usually end up eating some portion of mine raw at the depot.

As the crispness of the evening weather is suggesting, it's time for apples. This week we are getting Paula Reds from Cold Spring Orchard in Belchertown, MA. Paula Red apples are one of the earliest ripening varieties. They are billed as tart, juicy and crisp – excellent for eating or for applesauce. Peaches are waning in productivity, but we will have them for this week, along with more blueberries.

### Recipes from our readers:

*From Laurie Barkham:* This is the recipe for the apple cake that so many of us enjoyed at the FDC Kickoff Potluck.

#### Apple Dabble Cake from *San Francisco A La Carte*

2 cups sugar  
1 ½ cup corn oil  
3 eggs  
3 cups unsifted all purpose flour

1 tsp baking soda  
1 tsp salt  
3 cups finely diced peeled apples  
2 cups chopped pecans  
2 tsp vanilla extract

Preheat oven to 325°. Combine sugar and oil, add 1 egg at a time. Sift dry ingredients into the egg mixture, then beat in the apples, nuts and vanilla. Pour batter into a buttered springform tube pan and bake for one hour.

#### Glaze:

1 cup dark brown sugar  
¼ cup brown sugar  
½ cup heavy cream

Combine ingredients and boil for 3 minutes, then pour glaze over warm cake, removed from pan. Reserve 1/3 cup to pour over cake right before serving.

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*From Lynda Morgenroth:* This wonderful salad supposedly serves four, but I eat the whole thing myself!

#### Cold Beet Salad (aka Matisse Beet Salad) from Nikki & David Goldbeck's *American Wholefoods Cuisine*

There are (at least) two approaches to making this salad. You can cut and dice everything and toss it, in which case you will have a savory and nutritious salad, which can even serve as a lunchtime dish, accompanied by bread and cheese. Everything will become beet color. Or, you can slice the cooked beets, cucumbers and hard cooked eggs and arrange the colorful circles on a platter, scatter the chopped scallions on the top, and carefully nap the painterly arrangement with a vinaigrette (mustard vinaigrette goes well with beets).

1 cup chopped or sliced cooked beets  
1 cup chopped or sliced cucumber  
2 chopped or sliced hard-cooked eggs

4 scallions, thinly sliced  
¼ cup sour cream or whole milk plain yogurt  
lemon juice  
salt, pepper, possibly dill

Combine all ingredients, add lemon juice. You can substitute a simple vinaigrette for the sour cream and lemon juice.

*From Paul Schuster:* This recipe is a little different! We found it to be delicious on chicken as an after-grill baste.

**Blueberry Barbecue Sauce** Adapted from a recipe published by Steve Raichlen, and attributed to Crescent Dragonwagon.

2 quarts fresh blueberries	2 Tbsp ketchup
1 ½ cups finely chopped celery	1 Tbsp paprika
1 ½ cups finely chopped onions	1 ½ tsp kosher salt
1 ½ cups finely chopped green peppers	1 ½ tsp ground black pepper
1 carrot, minced	1 tsp cinnamon
1 clove garlic	½ tsp mustard powder
½ cup finely chopped fennel	½ tsp ground ginger
1 cup cider vinegar	¼ tsp nutmeg
¾ cup honey	¼ tsp cayenne pepper
2 Tbsp molasses	¼ tsp whole cloves

Puree the blueberries in a food processor or blender. Combine the blueberry puree, vegetables, vinegar, honey, molasses, ketchup and spices in a large, heavy, non-reactive saucepan. Gently simmer over medium heat until the vegetables are soft and the sauce is thick and flavorful (15-20 minutes). Return the sauce to the blender and puree until smooth. Strain (if the sauce is too thick, add water). Taste and correct the seasoning (vinegar, honey or cayenne). Use right away or store in the refrigerator. It will keep a few weeks.

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*From Terri Smith:* This delicious recipe used both my cauliflower and my herb share sage. I served it over pasta.

**Roasted Cauliflower with Brown Butter and Sage** From *Fresh Every Day* by Sara Foster

1 head cauliflower, cut or broken into bite-sized florets  
4 Tbsp unsalted butter  
2 Tbsp olive oil  
2 Tbsp chopped fresh sage leaves  
Sea salt and freshly ground black pepper to taste

1. Preheat oven to 400°.
  2. Place cauliflower on a baking sheet with sides.
  3. Melt the butter over medium heat and cook for 2-3 minutes, until it just browns and gives off a nutty aroma; be careful not to let it burn. Add the olive oil and sage and pour over the cauliflower. Season with salt and pepper and toss to coat.
  4. Roast the cauliflower for 30 to 40 minutes, stirring midway through so it cooks evenly, until it is light brown around the edges. Season with additional salt and pepper and serve warm.
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*From Sandi Peaslee:* Judy Jacobi was handing out this recipe a couple of Saturdays ago, at the coffee booth at the Marblehead Farmer's Market.

**Stuffed Tomatoes with Peaches, Corn, Cucumbers and Basil** From *Martha Stewart Living*

8 ripe medium tomatoes	kernels from 2 ears of corn
½ red onion, chopped	6 Tbsp extra virgin olive oil
2 ripe peaches, cut into ½" pieces	2 Tbsp fresh lime juice
1 large cucumber, peeled, seeded, cut into ½" pieces	1 ¼ tsp sea salt, plus more to taste
½ cup fresh basil leaves plus sprigs for garnish	freshly ground black pepper to taste

Slice off tops of tomatoes (about ½ inch). Scoop out seeds and ribs and coarsely chop. Stir together chopped tomatoes, peaches, cucumbers, corn oil, lime juice, salt and pepper. Let stand for 15 minutes. Stir in basil.

Season inside of tomato shells with salt and pepper. Fill tomatoes with tomato mixture and garnish with basil sprigs. Serve immediately.