



August 30, 2007

FARM DIRECT CO-OP

NEWSLETTER

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FDC News

by Julie Pottier-Brown

Last week my family and I enjoyed our cantaloupe (and tomatoes, beets and carrots!) on the banks of the Saco River in Maine. I heard we missed fantastic corn from Warner Farm, which will be the last of the organic corn for the season. Conventional corn will be available through September. We should be getting a mix of yellow and red watermelons today from Picadilly Farm. Jenny and Bruce grew these specifically at our request, as melon growing is not particularly profitable (and sometimes not very successful) in New England. If these melons are as good as the cantaloupes were, we are in for a sweet treat!

The apples today are from Cold Spring Orchard in Belchertown, MA and Brooksby Farm in Peabody, MA. Varieties you may find are Gravenstein, Akane, Macintosh and Paula Red. Peaches, regular and white varieties, are from the crew at Cider Hill Farm, who also picked the plums for us. The take this week is pretty straightforward. Every vegetable share gets a lettuce, and everything else is a choice. Ninety-five percent of the choices are weighable items. Did you know that weighable items can be mixed? A "unit" is a bunch (banded together), a head (like lettuce or cabbage) or a pound. *Remember: please ask the depot coordinator if you want more than one unit of any item!* But, what if you want a cucumber, tomato, pepper AND a summer squash, but as a single you may only take two choices? If the mixture of one cuke, zuke, tomato and a pepper equals two pounds, that is two units. Or, if the only cucumbers you can find are $\frac{3}{4}$ of a pound, but two cukes weigh too much? Throw in a small onion to make a pound and that is one unit. This is another way to get more variety in any sized share.

For members of the herb share, we owe you one more fresh bundle, an infused vinegar, and a packet of dried herbs. The fresh bundle should come in the next few weeks. Sorry I can't be more specific than that; we are "between plantings" right now. The vinegars are steeping, and the dried herbs will come in early October.

Cheese share members, cheese will continue to come every other week until we have reached approximately six pounds. Feedback is welcomed on the Westfield Farm blue goat cheese. This is the first time we have bought this style from them, and we'd like to have your reactions. Look forward to a fresh Vermont mozzarella, a New Hampshire baby Swiss, a Vermont soft rind "three mountain" cheese, Great Hill Blue, from Marion, MA and more!

Look forward to fall broccoli, raspberries, winter squash, spinach and purple-topped turnips. Enjoy your produce!

Julie

An Upcoming Conference Sponsored by the **Massachusetts Public Health Association** may be of interest to FDC Members:

Safe and Healthy Food: Growing a Massachusetts Food Policy

Thursday, October 11, 2007 10:00 am – 4:00 pm

Royal Plaza Hotel, Marlborough

Keynote Speaker: Frances Moore Lappe, author of “Diet for a Small Planet”

“How we grow, distribute and market our food affects many vital public health issues – from obesity to food safety, from hunger to the environment. Public policy – or lack of it – helps determine the health and safety of what we eat. It takes a movement to grow a policy. In Massachusetts, we can make the connections necessary to build such a movement.”

Get Informed. Get Inspired, Get Involved. Visit www.mphaweb.org for online registration, or contact Terry Mason at tmason@mphaweb.org or 617-524-6696 for questions.

PEACH COBBLER

Submitted by Colin and Leah Piegras

Here is a favorite recipe of mine from West Soy ... if you can restrain yourself from eating the fresh fruit! It isn't really a cobbler at all, more like a pudding. Peaches are better skinned. To do this boil a pot of water and dip peaches in for a minute or so. The peels will slip right off. I throw in blueberries with the peaches, or just berries of any sort are really good too. This recipe can also be made with frozen fruit in the depths of winter. I never use a food processor – just mixing by hand works well.

Ingredients:

Cooking spray

3 large peaches, cut into ½ inch slices (or any seasonal fruit equaling about 3 cups)

1 cup WestSoy non-fat vanilla soy milk

3 large eggs or egg substitute (per directions)

½ cup Arrowhead Mills white flour

1/3 cup Hain Turbinado sugar

½ teaspoon baking powder

¼ teaspoon Hain sea salt

1 teaspoon lemon or orange zest

Procedure:

Preheat oven to 425°. Use cooking spray to lightly coat a 10-inch tart pan. Cover bottom of pan with fruit, overlapping slices to form circles. In a food processor blend soy milk and eggs until smooth. Add dry ingredients and zest and combine. This will be a runny mixture. Pour processed batter over fruit, spreading evenly to cover. Bake for 15 minutes at 425°, then reduce oven to 350°. Bake for about 30 minutes, until a knife inserted in the center comes out clean. The cobbler will be lightly brown. Let cool on wire rack. Serve warm with a non-dairy topping. Makes about 6-8 servings.