



September 6, 2007

FARM DIRECT CO-OP

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NEWSLETTER

FDC News

by Julie Pottier-Brown

August was glorious, and now we need some rain! Jenny at Picadilly Farm says this: "Arugula, spinach, broccoli, and cauliflower are at a bit of a standstill. We need some rain. We just dug a well last week, after months of permitting and planning – hope to begin irrigating in a few days." Picadilly grew the melons we will receive this week (as well as all other weeks) which will most likely be the last of the season. Summer squash is gone, peppers are in. September is a season of transition for crops. Summer crops are finishing and fall crops are coming on strong, and we get a few weeks of both. Apples and peaches are coming, we just haven't heard from whom yet. Corn is IPM grown (Integrated Pest Management – you can find out more about this method of pest control on our website www.farmdirectcoop.org) from Cider Hill Farm in Amesbury, MA.

I want to thank everyone for their patience and understanding as Picadilly Farm continues to learn the routes that make up the network of farmers from whom the FDC buys its fruits and vegetables. Every time the truck has been late there has been a reason – three different River Roads ... oh, which one to choose to bring us to blueberries? A substitute driver ... a new route each week ... and so on. Bruce and I spoke this week about Picadilly harvesting a little more on Wednesday – they already harvest around 80% or more the day before, but if they can make it closer to 100%, and send the truck off earlier on Thursday morning, it would give Dan, the driver, time to compensate for the occasional mistake, and he would still arrive on time. In Marblehead, it is a little annoying to wait, in Salem, more so, and in Melrose, it can be very frustrating, as the lateness of the truck grows exponentially! Again, thank you for your understanding.

The cheese this week is a handmade Vermont mozzarella from Maplebrook Farm – made to order, just for us! This is a short shelf-life cheese, but it freezes well, without any harm to the quality of the cheese. Enjoy!

Julie

Volunteer Opportunities!

It's time to start planning the **END-OF SEASON POTLUCKS!** Each town – Salem, Marblehead & Melrose – will have its own event, with the time and location to be decided by members at that location.

We would like to find **three volunteers, one from each town, to coordinate these potlucks.** Please contact Julie if you would like more information, or would like to get involved. Julie@farmdirectcoop.org.

ANYONE FOR JELLY?

FDC Board member Sarah Shamel has the following offer for FDC members –

Pick-Your Own Concord Grapes:

We have an arbor of Concord grapes in our backyard in Beverly and have more grapes than we can handle. Co-op members are welcome to come over and pick some. Please call first to confirm availability and for the exact address. The grapes have not been watered, so some are dry and they are small, but if anyone is looking to cook with them (jam or jelly?) they would be great. I've also made some delicious apple and grape crisps with them (but they need to be put through a food mill to extract the seeds). My number is 978-969-1913.

Moroccan Carrot Salad

Submitted by Chris Vander Rhodes

I made this salad with my FDC carrots and cilantro. I'd highly recommend it; it's spicy and garlicky. I found it at www.epicurious.com.

1 lb. carrots, coarsely grated (about 4 cups)
¼ cup vegetable oil or extra virgin olive oil
3-4 Tbsp. fresh lemon juice
¼ cup chopped fresh cilantro or parsley
2-4 cloves garlic, mashed or minced
1 tsp. ground cumin **or** ½ tsp. ground cumin &
¼ tsp. ground cinnamon

1 tsp. sweet paprika
Pinch of salt
About 1 tsp. harissa* (Northwest African chili paste), 1 Tbsp. minced green chilies, **or** ¼-½ tsp. cayenne pepper (optional)

In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 2 hours, or up to 2 days, to allow the flavors to meld and permeate the carrots. Serve chilled or at room temperature. Makes 8-10 servings.

*See Box below for details

Variations:

Moroccan Cooked Carrot Salad (Shlata Chizo Metbucha): Do not grate the carrots, but cut them on a diagonal into ¼-inch-thick slices. Cook in gently boiling water until crisp-tender, about 10 minutes. Drain, rinse under cold water, and drain again. Toss with the dressing as above.

Moroccan Carrot-Orange Salad (Shlata Chizo): Omit the cumin and add 1 ½ tsp. orange blossom water or ½ cup fresh orange juice, ¼ cup chopped fresh spearmint, and, if desired, 1 Tbsp. sugar or honey.

Turkish Carrot Salad with Yogurt (Havuc Salatasi): Substitute 1 cup plain yogurt for the lemon juice.

EDITOR'S NOTE:

For those who may not be familiar with **Harissa**, here are the facts (found on about.com). Harissa is a hot chili paste that is commonly found in North African cooking, mainly Moroccan, Algerian, and Tunisian cuisine. It is added to couscous, soups, pastas and other recipes. It can also be purchased from Middle Eastern stores.

For a very spicy harissa, use a blend of cayenne, chile de arbol, or cayenne with a milder chili like ancho chilies. For a medium spiciness, use a blend of New Mexico chilies with guajillo chilies.

Ingredients:

10-12 dried red chili peppers
3 cloves garlic, minced
½ tsp. salt
2 Tbsp. olive oil
1 tsp. ground coriander
1 tsp. ground caraway seeds
½ tsp. cumin

Preparation:

1. Soak the dried chilies in hot water for 30 minutes. Drain. Remove stems and seeds.
2. In a food processor combine chili peppers, garlic, salt and olive oil. Blend.
3. Add remaining spices and blend to form a smooth paste.
4. Store in an airtight container. Drizzle a small amount of olive oil on top to keep it fresh. Harissa will keep for a month in the refrigerator.