



September 13, 2007

## FARM DIRECT CO-OP

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# NEWSLETTER

### FDC News

by Julie Pottier-Brown

These soft rains have helped the broccoli crop come along. As long as our friends at Picadilly Farm can harvest 400 pounds, we'll all be getting some this week. If not, we'll get it in stages, one depot per week. All our veggies this week are from Picadilly, and the peaches are from Cider Hill Farm in Amesbury, as well as some of the apples. The other apples are from Cold Spring Orchard in Belchertown.

As the weather turns cooler, our thoughts turn to fall and winter, and to the idea of "putting by." Now is the time to decide if you want to join the extended season, if you haven't already. Extended season is a pick-up of fall crops twice in November – this year the dates are November 1<sup>st</sup> and 15<sup>th</sup>. In your share you may find kale, carrots, squash, cranberries, cider, apples, parsnips, sweet potatoes, Brussels sprouts, dried herbs, and more. Please join by the end of September. If there is space available, we will invite the waitlisted members to try us out.

Just a little reminder: you can order any item from the FDC in bulk. Need tomatoes to put up? Want to freeze red peppers? Liked that jam from last year we haven't gotten yet, or the raspberry vinegar? Please email Julie at [julie@farmdirectcoop.org](mailto:julie@farmdirectcoop.org) to get prices and details. Your order will be at the depot along with your regular share.

Enjoy your produce!

*Julie*

## MELROSE JAZZ FEST '07

*Submitted by Lynda Morgenroth*

Melrose is well known for its Victoriana, but less well known – at least beyond its tidy five-square-mile city limits – for its prodigious jazz offerings. Fostered by local jazz lovers over the years, and a healthy sprinkling of music faculty at Boston conservatories and schools who live in the community, Melrose stages periodic gigs and galas in its lively synagogues, churches, coffee houses and restaurants.

A major, sonorous, all-day blowout – **Melrose Jazz Fest 2007** – is scheduled for **Sunday, September 30<sup>th</sup> at Memorial Hall, 590 Main Street, Melrose**. The family friendly festival costs just \$10 for adults, and \$5 for children and seniors. One ticket provides admission to all three concerts. Musicians include an impressive array of prominent Boston area pros, including Bruce Gertz, Stan Strickland and Rebecca Parris.

Tickets can be purchased at the door, and are also on sale at Hourglass, 468 Main Street, Melrose; Artesania, 542 Main Street, Melrose; and the Bohemian Coffee House, 132 West Emerson Street, Melrose. All sales are cash or check only, no credit cards will be accepted. For telephone sales, call 617-957-1697. Tickets requested before September 20 will be mailed, and after that date they will be held at the door. (FDC members might consider buying Melrose Jazz Fest tickets on the same day we pick up our veggies.)

The first Jazz Fest performance, at 2:00 pm – a total steal if music lovers consider the price of an evening at a Boston or Cambridge club – features the Melrose Jazz Collective, with Bruce Gertz on bass, Joe Mulholland on piano, and Ken Cervenka on trumpet. Beloved jazz vocalist Rebecca Parris

Thanks So Much!

To all of our Volunteers:  
We couldn't do it without  
you!! Thanks for all you  
do to make the Co-op  
possible.

joins the troupe as well. The second performance, at about 4:00 pm, titled “Jazz for Kids” – but unlikely to disappoint adults – features Ricardo Monzon and Stan Strickland engaging the audience in the roots and way of jazz, along with forays into calypso, New Orleans and blues. Children will be invited to partake in music making. The cap-off performance, at about 6:00 pm, the Paul Broadnax Quartet, will likely dazzle and delight the audience with the music making of Broadnax, a veteran performer, chosen 2003 Musician of the Year by the Boston Musicians’ Association.

The inaugural festival is a non-commercial, homegrown effort made possible by the people and businesses of Melrose, with a sponsoring grant from Verizon. Other major sponsors include the Massachusetts Cultural Council, Juliet Leydon of Remax, and Honey Dew Donuts. **Be there or be square!**

## **Everybody Loves Broccoli!!**

*(Recipes from Better Homes and Gardens website)*

### **Lemon Broccoli Rice**

¾ pound broccoli	1 cup chicken broth
½ cup long grain rice	1 8 oz. can sliced water chestnuts, drained
1 medium onion, chopped	1/3 cup water
2 Tbsp. margarine or butter	1 tsp. finely shredded lemon peel
¼ tsp. lemon-pepper seasoning	

1. Wash broccoli, remove outer leaves and tough parts of broccoli stalks and discard. Cut broccoli into ½ inch pieces (about 3 cups). Cook broccoli, covered, in a small amount of boiling salted water for 8 to 12 minutes or until crisp tender, then drain.
2. In a medium saucepan cook the rice and onion in margarine or butter until onion is tender but not brown. Remove from heat. Stir in the broth, water chestnuts, water, lemon peel, and lemon-pepper seasoning. Bring to boiling; reduce heat. Cover and simmer about 15 minutes or until rice is tender. Stir in the cooked broccoli. Remove from heat. Let stand, covered, for 5 minutes. Fluff with a fork. Makes 4 side-dish servings.

### **Stir-Fried Shrimp and Broccoli**

1 pound fresh or frozen medium shrimp in shells &/or 12 oz. fresh or frozen scallops	2 cloves garlic, minced
1/3 cup water	2 cups broccoli florets
¼ cup soy sauce	1 cup thinly bias-sliced carrot
2 Tbsp. rice vinegar or 1 Tbsp. cider vinegar	1 small onion, halved lengthwise and sliced
1 tsp. cornstarch	1 cup sliced fresh mushrooms
1 ½ tsp. sugar	2 cups hot cooked rice or 8 oz. packaged dried vermicelli or fusilli, cooked and drained
1 Tbsp. cooking oil	¼ cup cashews or sliced almonds, toasted

1. Thaw shrimp or scallops, if frozen. If using shrimp, peel and devein shrimp, leaving tails intact. If using scallops, cut any large scallops in half. Rinse shrimp or scallops; pat dry with paper towels. Set aside. In a small bowl combine water, soy sauce, vinegar, cornstarch and sugar; set aside.
2. Heat oil in a wok or a 12-inch skillet over medium-high heat. Add more oil as necessary during cooking. Cook and stir garlic in the hot oil for 15 seconds. Add broccoli, carrot and onion. Cook and stir for 3 minutes. Add mushrooms; cook and stir for 1 to 2 minutes more or until vegetables are crisp-tender. Remove vegetables from wok with slotted spoon. Stir soy sauce mixture. Add to wok; cook and stir until slightly thickened and bubbly. Add shrimp and/or scallops; cook about 3 minutes or until shrimp or scallops are opaque. Stir in vegetables; heat through. Serve with rice or pasta, and sprinkle with cashews.
3. Makes 4 servings (1 cup stir-fry + ½ cup rice).

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**Marblehead Depot Needs Your Bags!** If you have a collection of plastic or paper grocery bags hanging around the house, please bring them to the Marblehead depot on your next visit. Thanks!!