



September 27, 2007

FARM DIRECT CO-OP

P.O. Box 1146 Marblehead, MA 01945
1-877-FDC-FARM
www.farmdirectcoop.org

NEWSLETTER

FDC News

by Julie Pottier-Brown

Happy Autumn! What a wonderful summer-like week of weather we have had! Unfortunately the dry September weather means we have no lettuce still, and the spinach is stunted – really just waiting for rain. The grapes were on the small side probably for the same reason. I was expecting a bigger grape globe. I have mixed feelings about the grapes. I was disappointed in their size, and I couldn't quite get used to them. I wanted my "regular" grapes, you know, walk by the bowl, pluck two or three, pop them in your mouth, enjoy, and go on with your day. They sat there for a few days. Finally on Sunday I leaned into the grape problem. I went out on the back porch with the bowl. When I finally slowed down and gave myself time to eat them properly, the grapes became an enjoyable experience. If we get them again they will be seedless and from UMass Cold Spring Orchard. This week all our vegetables are from Picadilly Farm. Raspberries round two are from Silverleaf Farm, Concord, MA. The apples are from Cold Spring Orchard or Cider Hill Farm, Amesbury, MA.

Enjoy the harvest!

Julie

EXTENDED SEASON SIGN UP NOW!!

CONTACT

**JULIE@FARMDIRECTCOOP.ORG OR
INQUIRE AT YOUR DEPOT.**

**TWO PICKUPS: NOV. 1ST &
NOV. 15TH
THE COST IS \$65**

**GET ORGANIC ROOT
VEGETABLES, APPLES,
CRANBERRIES AND MORE!!**

Melrose Depot Pot Luck

**When: Sunday, September 30,
4:30-6:30 pm**

Where: At the Melrose depot

**Please bring plates, utensils, a
blanket or chair, and food to
share.**

**RSVP at the Depot. See you
there!**

BUYING THYME

Submitted by Jill O'Callaghan

Here's a helpful time-saving idea that I thought other co-op members might be interested in – a shop called **Buying Thyme**, located in the Cummings Center in Beverly, where you can go to assemble your own freshly prepared meals, and stock up your freezer at home. The owner, Karen Andrews, offers a variety of services. You can pick from a monthly menu of meals to assemble yourself, to your own family's preferences – they do all the shopping, prepping and cleaning up – or you can simply pick up ready-made meals from her refrigerator. She uses local suppliers whenever possible, hormone and antibiotic free meats and poultry, and organic fruits and vegetables. Karen can help you accommodate special diets as well; she established a gluten free night when I asked if she could modify her recipes to meet our family's specific needs. In addition to being healthy, it is so nice at the end of a delicious meal to have only to clean up the dishes you ate on – no pots, pans or bowls – that was all done in Karen's kitchen. If you're interested, you can find more details on her website www.buying-thyme.com.

A 100 MILE MEAL

Submitted by Julia and David Long

After a few fits and starts, we finally assembled some neighbors and family for our inaugural 100-mile meal. The premise was simple: all food and drink (and the ingredients thereof) must have been grown and produced within 100 miles of Beverly.

The practice was not so simple.

We collectively began our research—surfing the internet, making telephone calls, and visiting local shops, farms, and farmers markets. We asked everyone to note the birthplace of each ingredient in his or her contribution. However, with unclear source information on some products, and “imported” ingredients in others, we all seemed to bump into one hurdle after another, unless the dish was a single ingredient.

In the end, and after some reported tension and anxiety, we gathered for a deliciously diverse and (mostly) local meal. The participating suppliers of Farm Direct Coop were thankfully nestled within our 100-mile radius. FDC cherry tomatoes served as edible table decorations; carrots and white cabbage from FDC made their way into a nice slaw; corn from FDC landed in the popular griddle cakes; peaches from our neighbor’s fruit share provided for a tasty peach cobbler.

In all, fifteen farms and five personal gardens supported our meal. Pear wine and hard cider hailed from Russell Orchards in Ipswich. Puleo’s in Lynn and Richardson’s in Middleton offered dairy products for various dishes. We even gobbled a turkey from Raymond’s Turkey Farm in Methuen (baked and stuffed with whole onions from FDC!).

Our pointed discussion during the meal revealed shared challenges finding local basic cooking ingredients: salt, pepper, vegetable oil, sugar and flour. And some creative new ideas: butter from Mendon Creamery in Mendon, MA provided relief for the oil shortage; honey from Beverly was a grand replacement for sugar in homemade ice cream; and maple sugar, we decided, also would be an adequate local sugar substitute.

We also discussed how traveling to and fro in our own vehicles just to collect our ingredients potentially defeats the environmental benefits of eating local foods. In the discovery phase of this inaugural 100-mile meal, this was seemingly true. We brainstormed ideas on how to be more efficient:

- fit the local food pickups into your regular errands or commute
- share pickup duties with friends and neighbors
- walk or bike to the local farmer’s market
- carpool to the orchard
- join FDC or another co-op or CSA in your community
- write to your representatives – one of us learned that Massachusetts is not as “small-farmer-friendly” as, say, New York or Vermont

All in all, participants and venders alike appreciated the concept of the 100 mile meal. We unanimously agreed that the endeavor was worth repeating. For more information on hosting your own 100 mile meal, check out the resources available on the 100 Mile Diet website: <http://www.100milediet.org/getting-started-guide/>

Marblehead Squash Soup

From Bringing Home the Harvest, a cookbook compiled by the Farm Direct Co-op in 1999

Contributed by Sarah Lincoln Harrison

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|------------------------|--------------------------------------|
| 2 medium winter squash | 1 Tbsp. curry powder |
| 2 medium apples | 3 Tbsp. fresh basil or dill, chopped |
| 1 large onion | dash of cayenne pepper |
| 2 cups soy milk | dash of paprika |
| 1 cup vegetable broth | |

1. Steam pieces of winter squash until soft. Peel squash after steaming, and puree in food processor. (The puree can be frozen, it will keep well for months in the freezer.)
2. In oil, sauté a good amount of onion and diced apple. When soft add some curry, and cayenne and salt to taste. Add to blender or food processor with soy milk and squash. Can be thinned with vegetable broth. Sprinkle with paprika plus basil or dill and serve.