



July 3, 2008

FARM DIRECT Co-OP

NEWSLETTER

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FDC News

by Julie Pottier-Brown

Week three brings us more greens, but at least a few different green things. Zucchini /Summer Squash harvest began Saturday, and we expect to get just a taste this week. So there, I mentioned the first item you may get in this week's share.

In last week's news, I had decided to reveal a few likely items, while withholding the "choice" items. Somehow it still didn't work out as we fell short on garlic scapes. I have asked Jenny to send a few more this week for those of you who missed out. The shares will also have scallions, a head of napa cabbage, and more.

The fruit share should have one last taste of strawberries this week. These IPM berries come from Warner Farm and Czajkowski Farm, both in Western, MA. It is no mistake that both the single fruit and family fruit shares received the same amount of berries last week. The season is so short, that getting strawberries in the quantities we need, in July, is really a gift. I feared last week would be the end of the berries, hence the large share.

The herb share, from The Herb Farmacy, Salisbury, MA, is a mixed bouquet of garlic chives and spearmint. Chop the mint onto your berries, or make a refreshing iced tea. The garlic chives may be cut into any green salad for a zing of flavor. Always plan ahead, cut the bottoms of the herbs, place them in water like a bouquet of flowers. If you notice you've not used them in 4 or 5 days, start the drying process. Get the most out of your share!

Several members have asked about getting a larger share size. Any one may increase their share size any time for fruits or vegetables. You may add the herb share or cheese share mid-season (we pro-rate the cost for what you missed), and anyone may order any item in bulk anytime during the season. Do you want to freeze in-season fruit, or put up tomatoes? No problem. Please order by Monday of the week you want your produce, as I typically put our order in that evening. (email julie@farmdirectcoop.org or call 1-877-332-3276 ext. 11) I order early in the week so Jenny and Bruce know what to keep in the field for us. Picadilly is a busy place; they have their own CSA as well as several satellite CSA drop-offs which they harvest for on Tuesday morning. What we order will get saved for "our" harvest on Wednesday, cooled in the walk-in overnight, and delivered Thursday morning. I always request our berries (and corn) to be harvested on Thursday morning for best flavor.

Enjoy the 4th!
Julie

Expected Cheese Dates

6/26 (received - goat cheese)	9/4
7/10 (raw sharp cheddar...?)	9/18
7/24	10/2
8/7	10/16
8/21	

These dates are basically every other week, and should not interfere with religious or secular holidays. Some weeks will bring one 1/2-pound piece of cheese, others will bring more. If you know you are going to be away for one of these dates, please make pre-arrangements with your depot coordinator for her to hold your cheese share.

Product of the Month for July

Certified Organic Herbal Vinegars from **The Herb Farmacy**, Salisbury, MA

Rita and Brooke have been supplying the Farm Direct Co-op with fresh and dried herbs, heirloom tomatoes, and herbally infused vinegars for over 8 years. Their greenhouses in Salisbury are bursting with every herb imaginable, and they can be found at the farmers market in Marblehead on Saturday mornings. This month we are featuring their herbally infused Certified Organic vinegars as our product of the month. Each vinegar starts as a plant. The basil, chiles, rosemary and garlic are all grown right on the farm, harvested, dried, and finally added to each 5oz bottle to be kept in the dark as time and patience do their magic on the organic vinegar. The end result is a wonderfully aromatic product, tasty as well as beautiful. Please support this small farm with your purchase.

Rosemary (cider vinegar) - \$5.00
Purple Basil (cider vinegar) - \$5.00
Chile Garlic (cider vinegar) - \$5.00
Lemon Garlic (cider vinegar) - \$5.00
Mediterranean (balsamic vinegar) - \$7.50

To order send an email to julie@farmdirectcoop.org, or call 1-877-FDC-FARM ext. 11
Product will arrive on July 31.

Recipes for the Week

Spicy Stir Fried Napa Cabbage from About.com

1 lb Napa cabbage
1 large garlic clove
2 scallions
2 tbsps vegetable or peanut oil
2 - 3 tps chile paste, to taste
1 tbsp Chinese rice wine, dry sherry, or white wine
1/2 tsp salt
1/4 c water
1 tsp sugar
1 - 2 tps soy sauce, optional
1 tsp cornstarch mixed in 4 tps water



Rinse the cabbage and pat dry. Remove the leaves and cut diagonally into 1-inch pieces. Finely chop the garlic. Rinse the green onion and cut into 1-inch lengths. Heat the wok and add 2 tablespoons oil. When the oil is hot, add the chile paste. Stir-fry for 30 seconds, then add the garlic. Stir-fry for a few seconds until fragrant, and then add the cabbage. Stir-fry the cabbage for 1 minute, splashing with the rice wine or dry sherry and stirring in the salt. Add the water. Turn down the heat, cover, and simmer the cabbage for 3 minutes. Turn the heat back to medium-high. Stir in the sugar and green onion. Stir in the soy sauce if desired. Push the cabbage to the sides of the wok. Give the cornstarch and water mixture a quick stir and add it in the middle, stirring quickly to thicken. Cook briefly to mix everything together. Serve hot.

Sauteed Zucchini with Feta from Food Network

2 tbsps olive oil
2 large zucchini, thinly sliced in rounds
2 garlic cloves, chopped
Salt and pepper, to taste
1/4 c chopped parsley or basil
1 tbsp chopped cilantro
1/2 cup crumbled feta

In a 12 inch skillet, heat oil on low. Slowly sauté zucchini and garlic with a little salt until golden and slightly caramelized, about 20 minutes. Season with salt and pepper. Mix in parsley or basil, cilantro and feta.

Makes 4 servings

Strawberries in Balsamic Vinegar

1 quart strawberries, hulled
2-3 tbsps best quality balsamic vinegar
1-3 tbsps sugar (depending on sweetness of berries)
freshly ground black pepper

Drizzle vinegar over strawberries in a bowl. Add sugar, stir gently to combine. Leave covered at room temp for about an hour. Just before serving, sprinkle with black pepper.

Vacation Swap:

Rosaleen Doherty, Salem member, will be away on July 24th and 31st. Please contact rosaleen3@aol.com if you are interested in arranging a swap.