

The 2016 summer season of our Wakefield Farmers Market is behind us, but luckily, most of our vendors will be at the Melrose-Wakefield (MEWA) Winter Farmers Market. Our winter market takes place one Sunday a month from 11:00 a.m.-3:00 p.m. each November through April at Memorial Hall, 590 Main Street in Melrose, right on the MBTA bus line. The 2016-2017 dates are November 20, the Sunday before Thanksgiving, continuing December 18, the Sunday before Christmas, and then one Sunday a month from January-April 2017: January 15, February 19, March 19, and April 23.

You will find updates and the final vendor list right here in the WFM Friday column spot as we get closer to the opening day, but in the meantime, read on to learn how to order a fresh turkey for the holiday, get fresh produce between market days, how you can invest in a local farm.

Have you ordered your Thanksgiving Turkey?

You can order a fresh, locally pasture-raised turkey from Lilac Hedge Farm and pick it up at our first winter market on November 20! You can place your order online via <https://lilachedgefarm.wufoo.com/forms/2016-thanksgiving-turkey-form/>. If you have questions, email to lilachedgefarm@gmail.com, or contact the farmers directly: Ryan MacKay:774-249-4675 or Tom Corbett 978-257-2207. Lilac Hedge also offers CSA shares of meat and/or poultry. See lilachedgefarm.com for more information.

Missing freshly picked produce?

You can learn where to find Farmer Dave's produce, how to sign up for a CSA share that you can pick up in Reading (their late fall through December 15 and the early spring one starts the first week of March)) by going to <http://www.farmerdaves.net/>. You can also find Farmer Dave's produce all kinds of local produce and products at one of their farm stands. The closest one to Wakefield is: East Street Farm Stand, 460 East Street, Tewksbury, MA 01876 Phone: (978) 851-2048. Hours are Monday – Friday 11:00 a.m. – 6:00 p.m., Saturday 10:00 a.m. – 5:00 p.m., Sunday 10:00 a.m. – 5:00 p.m.

Do you know what a CSA is and why they are so important?

Wikipedia defines community-supported agriculture (CSA) as " an alternative, locally based economic model of agriculture and food distribution. A CSA also refers to a particular network, or association of individuals, who have pledged to support one or more local farms, with growers and consumers sharing the risks and benefits of food production. CSA members, or subscribers, pay at the onset of the growing season [or raising season, for meats or poultry] for a share of the anticipated harvest; once harvesting begins, they periodically receive shares of produce. In addition to produce, some CSA services may include additional farm products like honey, eggs, dairy, fruit, flowers and meat."

The bottom line is that each subscribing person or household makes an investment with the understanding that the size and quality of their "return," is dependent on whether or not the farmer has a good season. In general, the value is excellent because, if things go as planned, the resulting price per pound will be below the market rate. However, a bad season could result in a loss. But, sharing the loss among several people/households means that the farmer is not as vulnerable to the very real challenges faced by those who make their living, and provide local jobs, never mind fresh healthy local foods, as well, via farming. CSAs help ensure the continuity of both long-time family farms and enable new farmers to survive and thrive.

Note: Kelly's Farm, Flats Mentor Farm, and West River Creamery do not offer CSAs, but we are sure glad to have Kelly's and Flats Mentor with us in the summer and West River Creamery at both our

summer and winter markets! Lilac Hedge Farm and Farmer Dave's will be at our winter market, as well, along with Oakdale Farm (produce and eggs) and Shady Pine Farm (meats, poultry, eggs.)

WHAT'S COOKING? I just wanted to once again say a thank you to all who stopped by the Market Kitchen Tent this summer to try a bite, talk "kitchen shop" and/or give great advice on cooking times and final seasonings. I had a blast and plan to continue doing the cooking demos at the winter farmers market.

On a personal note, I have always felt that our food choices, at least for those of us lucky enough to have both physical and financial access to a variety of foods, can have a powerful effect on many levels, from the personal, meaning our own and our family's health, to the economic and social health of our local, state, national, and international communities. Nothing makes me happier than finding and/or creating simple yet tasty and nutritious ways to use locally grown foods and sharing ideas and recipes with others, because that is where it can all start.

I'll end by sharing a recipe that was a big hit at the market, a no-tomato marina sauce. I used just the simplest of ingredients when doing the cooking demo, and even forget to add the one herb, parsley, that was available at the market that day.

Simple Carrot-Beet Marinara Sauce

Chop small and cook in water not quite to cover until soft:

6 medium carrots
1 small beet
1 large onion
1 stalk celery

(Note: No need to peel the carrots or beet!)

Process until still just a bit lumpy in a food processor or blender or just mash thoroughly.

Sauté in 3 or so tablespoons of olive oil:

3-4 garlic cloves minced
1 onion, chopped fine

And whatever other herbs and seasonings such as fresh or dried oregano, basil, parsley etc.

Add processed carrot-beet mix to sautéed onion and garlic and cook for 3-5 minutes or until flavors meld. Serve over your pasta of choice. Note: you can add any fresh or dried herbs to sauté with the onion and garlic, and further season with salt and/or pepper, as desired. But, this was pretty darn tasty as is!

See final web site post and/or page 166 of The Self-Healing Cookbook by Kristina Turner for the original recipe.

The Wakefield Farmers Market runs RAIN OR SHINE (except in dangerous weather, e.g. lightening or hurricane conditions). The market opens at 9:00 a.m. and closes at 1:00 p.m. every Saturday. Our next summer season will run from June 17 through October 14, 2017. Please visit www.wakefieldfarmersmarket.org for a listing of vendors, recipes, and upcoming events and to sign up for our email newsletter. You can also find us on Instagram, Facebook, Tumblr, and Twitter.