

Roots & Sprouts

News and Ideas from the Belmont Food Collaborative

autumn 2012

www.belmontfarmersmarket.org



Open through
October 26th —
rain or shine!

Thursday afternoons
2:00 to 6:00 pm
Belmont Center parking lot

in this issue . . .

Vineyards reach markets
Meet C&C Lobsters and Fish
Insights on livestock care
Recipe for boiled lobster

Massachusetts Vineyards Thrive

New law gives local wineries a boost

Perhaps you noticed last year that local wineries began appearing at farmers' markets. And perhaps you were surprised to learn of the variety of grapes grown right here in Massachusetts. Many farmers' market shoppers were delighted to see wine added to the produce mix. But, it turns out that the wineries may be even more delighted! Consider this snapshot of recent Massachusetts wine-making history:

August 2010: Massachusetts lawmakers approve a new law allowing for the sale of wine from licensed farm wineries at approved agricultural venues, including farmers' markets.

2011 Season: Eighteen local wineries participate at 67 different agricultural events, including 63 farmers' markets and four agricultural fairs and festivals.

February 2012: The Massachusetts Department of Agricultural Resources (MDAR) releases the results of its survey, *Evaluation of Wine Sales at Massachusetts Agricultural Events 2011*. From the survey results:

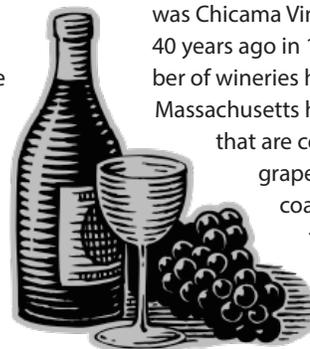
- Massachusetts wineries report an average 66 percent increase in overall sales due to sales from farmers' markets.
- Sales at farmers' markets total 34,280 bottles of wine, with an approximate value of \$514,200.

It appears that winery participation at farmers' markets has contributed to some encouraging winemaking statistics. Consider the following:

- Ninety-four percent of winery respondents report increased recognition for their wine.
- Eighty-two percent report increased visitors at their winery with an average increase of 28 percent.
- Thirty-five percent plan to expand production; 29 percent plan to increase wine production by an average of 38 percent in the coming year; and 53 percent plan to hire more employees.

Local wines—who knew? While we all look for “local produce” when we shop, many of us may not have extended that mindset to include wine. The farmers' markets have served as a collective venue to give local wineries the visibility they deserve.

The first bonded vineyard in Massachusetts was Chicama Vineyards, established over 40 years ago in 1971. Since then, the number of wineries has increased to over 30. Massachusetts has a variety of microclimates that are compatible for growing grapes, from the southeastern coast, bordered by the Atlantic, to the cooler regions of the Berkshire foothills.



(continued on page 4)

From local sea to your table

C&C Lobsters and Fish arrive with a fresh haul

Talk of eating local food is everywhere these days. But what does local mean exactly? When it comes to lobster and fish, I found out the answer by chatting with Carolyn Manning of C&C Lobsters and Fish, one of the new vendors this season at the Belmont Farmers' Market. Carolyn and her husband Chris own the family-run lobster and fish business. Their four children and other members of the family are also involved in the business. Chris and his brother-in-law go out daily to haul a portion of their 800 lobster traps.

Chris grew up around the sea and comes from a family of fishermen. As a child, he spent lots

of time at his local marina. Years later, Chris turned his love for the sea into a fishing business. But he found the cost of the boat, fuel, bait, and the crew was not being covered by the price the fish were fetching. Carolyn had seen a crowded tank of lobsters in a large chain supermarket selling for a high price, even though

the tank was not very clean and the lobsters were not in their natural environment. "We can do this in a much healthier way," she thought. Carolyn and Chris added lobsters to their offerings, and C&C Lobsters and Fish was born.

"Once you have fresh seafood and lobster you won't go back; there is nothing like it," says Carolyn. Most think of local food as being grown (or sourced) at home or as close to home as possible. C&C's products fit this definition: all the lobsters the Mannings sell are landed at their home dock in Hull, MA.

The lobsters are not held in tanks, but kept in their natural environment, the sea. They are fed fish purchased by the Mannings at the Boston Fish Pier and are brought fresh from the sea to the Belmont Farmers' Market and other local markets.

C&C also offers the freshest fish you can get. The fish is caught daily by local fishermen at the Boston Fish Pier. The fish is caught, cut, and picked up the morning C&C is at the Farmers' Market. The Mannings watch the fishermen fillet the fish right in front of them. You can't get fresher than that, unless you went fishing yourself. In contrast, many larger

markets buy in such large quantities that the seafood must be sent to a distribution center and frozen before it arrives.

How will you know if fish is fresh? Carolyn told me if it smells fishy, it is not fresh. The nose knows. Some of Carolyn's favorites are haddock, scallops, and swordfish. Their children

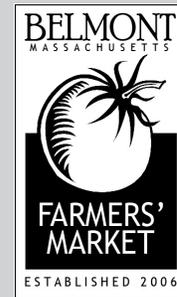
love it all and get very excited when they know they are having fish for dinner.

Carolyn says they really like selling at the Belmont Farmers' Market because of the many interesting people they are able to meet. They also love selling their products in the great outdoors. C&C Lobsters and Fish are at the BFM every week, so be sure to email topnotchhull@comcast.net or call 781.925.3842 to find out what fresh catch they are bringing. You can also ask to be put on their e-mail distribution list to receive notice of their offerings a day or two before Market day.

— Kim Raubenheimer



photo: Hal Shubin



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The Market is a member of the Belmont Center Business Association.

BEST OF BOSTON 2009

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2012 Vendors

Here are our vendors. Not all of them appear every week. Check the BFM website or e-newsletter for complete details.

- **ButterGirl Baking Co.** fresh baked treats made with a whole lotta luv
- **C & C Lobsters and Fish** a family run business selling locally-caught seafood
- **Carlisle Honey** local honey and hand-made beeswax candles
- **Coastal Vineyards** of South Dartmouth
- **Coutt's Specialty Foods** natural jams, jellies, applesauce, relishes
- **Dan's Brick Oven Bread** natural whole-wheat sourdough
- **Dick's Market Garden Farm** vegetables, fruits, and plants
- **The Farm School** organic vegetables, fruits, flowers, eggs, grass-fed meat
- **Fior d'Italia: The Pasta Man** pasta in many different shapes and flavors
- **Flats Mentor Farm** fresh Asian produce
- **Foxboro Cheese/Lawton's Family Farm** fresh cheeses and veal
- **Goodies Homemade** award-winning, better-than-homemade cookies
- **Hutchins Farm** certified organic plants, vegetables, herbs, small fruit, and apples
- **Japonaise Bakery** French pastries with a Japanese twist
- **Kimball Fruit Farm** vegetables, fruit, and plants
- **Mamadou Bakery** handcrafted breads
- **Nicewicz Family Farm** apples, peaches, plums, berries, vegetables, flowers
- **Nutting Farm** 100% pure Vermont maple syrup, candy, sugar
- **Pat-O's Pickles** hand-packed pickles
- **Samira's Homemade** Middle Eastern dips and salads, freshly made, delicious
- **Sfolia's Pizzelles** Italian treats hand-made in Belmont
- **Soluna Garden Farm** herb, spice and tea blends, organically, sustainably produced
- **Something Sweet Without Wheat** wheat-free, gluten-free goodies
- **Stillman's at the Turkey Farm** grass-fed meat and freshly cut flowers
- **Stow Greenhouses** hybrid lilies, flowers
- **Turkey Brook Farm** home of Red Label Poultry, raised in the French tradition
- **Turtle Creek Winery** of Lincoln
- **Underwood Greenhouses** potted plants grown in Belmont
- **Well Fed Dog** complete, balanced nutrition for all stages of your dog's life
- **Westport Rivers Vineyard & Winery**
- **Wild Acre Inns** flowers, herbs and more

Food for Thought

During the first week of veterinary school at Tufts, we were lucky to have a visit from Temple Grandin, who has designed animal handling facilities around the world and is famous for her work about humane livestock handling. Dr. Grandin spoke with us about the ways to lessen stress for animals entering a slaughterhouse. Non-slip footing, for example, is essential so that the animals don't slip as they move from one area to another.

It was remarkable to be able to listen to this presentation as a new veterinary student, sitting among classmates with varied backgrounds and many different opinions about eating meat in the first place. Dr. Grandin spoke positively about the systems that large corporations such as McDonald's are using to monitor animal welfare, and this influenced my evolving view on the fast-food industry: having heard Dr. Grandin speak, it seems wrong to reject that food on the basis of the handling of the animals as they enter the processing facility.

Many of the animal-handling principles she described are applicable to small-scale farms as well. For example, when raising beef cattle, it is important to build an area where the animals can be restrained while the farmer and veterinarian perform routine health-checks or treatments. The safety of both the animals and the humans are at stake.

In her lecture, Dr. Grandin emphasized the value of practical field experience in order to counter a phenomenon that she named "abstratification." Dr. Grandin has accomplished

much of her work through the process of visualizing what it would be like to be a cow. She is able to recognize what would be scary: a shirt hung over a railing, or light visible through a fence. When making decisions about ways to manage large numbers of animals, practical experience is valuable. If you've spent time with the animals, you can learn what distresses them. You can notice how they actually behave rather than relying entirely on your own ideas about how you think they would behave.

Veterinary school begins with the study of the basic biological sciences and the normal function of the animal body. There are many

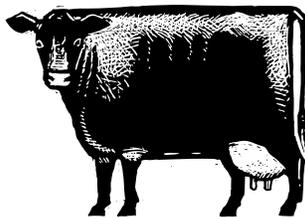
details, and they all start to make sense when thought of in the context of a particular disease.

One feels a great responsibility to both learn the material and then apply it appropriately. While it at first seems abstract, soon it begins to come together.

Dr. Grandin's lecture was a reminder to *look* so that we can *see* the way this happens. Animal health is complicated in itself, but is also related to the environment and the interactions with humans; an awareness of these factors can in fact yield understanding. Dr. Grandin brought it all together quite elegantly, saying: "Things aren't complicated. Things are interconnected." The small, diversified farms represented at farmers' markets are an excellent example of many facets of agriculture coming together. Take a good look as you're walking around the market, and remember that you're part of the web as well.

— Rebekah Meyer grew up in Belmont and wrote about Habitat's sheep and goats for *Roots & Sprouts* last spring.

*Becoming attuned
to the health and well-being
of livestock on the farm*



(continued from page 1)

Wineries at the Belmont Farmers' Market

The three Massachusetts vineyards that sell wine at the Belmont Farmers' Market alternate weeks at the Market and offer tastings.

Proud "garagiste"

Turtle Creek Winery is located in Lincoln. Owner and winemaker Kip Kumler proudly claims the appellation *garagiste*, from the originally pejorative phrase *vin de garage*, coined by established French winemakers to describe a new phenomenon of small-scale wineries. The *garagistes* may account for a negligible market share, but small-scale wineries can devote more attention than larger ones to detail and innovation—such as fruit thinning, ripening criteria, hand picking and sorting, or batch size. Turtle Creek produces about nine hundred cases a year of Chardonnay, Cabernet Franc, Pinot Noir, Riesling, Cabernet Sauvignon, and Syrah.

Turtle Creek will be at the Market October 11.

Four generations of winegrowing

Westport Rivers Vineyard and Winery is a small, family-owned farm, home to a fourth generation of winegrowers. Already in 1982 the family recognized the potential of the south coast of Massachusetts, with its rich loam on well-drained gravel, a cool climate moderated by the Gulf Stream, and rainfall appropriate for farming grapes. Over the past 25 years, Westport Rivers has garnered dozens of Gold Medals and had its wine served in two White Houses! The farm grows 80 acres of grapes and produces Chardonnay, Pinot Noir, Riesling, Rkatsiteli, Pinot Blanc, Pinot Gris, Gruner Veltliner, Muscat, and Pinot Meunier.

Westport Rivers will come to the Market October 18.

A successful start-up

Coastal Vineyards is located on the southeastern shore of Massachusetts in South Dartmouth. After 15 years in the corporate world, followed by developing his own garden center and landscape business, Dave Neilson and his wife Linda started Coastal Vineyards in 2004. By late 2008 they had a

fully functioning winery and harvested seven tons of grapes for their first commercial production run, bottled in the summer of 2009. Eight acres of grapes consist of twelve different varieties, including Chardonnay, Pinot Gris, Gewurztraminer, Riesling, Sauvignon Blanc, Pinot Noir, Merlot, and Cabernet Franc.

Coastal Vineyards will be at the Market September 27 and October 25.

A promising future

Dave Neilson of Coastal Vineyards is also chairman of the Massachusetts Farm Wineries & Growers Association, an organization that promoted the new law that allows winemakers to take part in farmers' markets. He reports that the law is having a positive effect—not just for Coastal Vineyards but for new wineries getting started throughout the state. "This is not the end of the story," Neilson says. "It's just the beginning."

— Sara Cummins

Boiled Lobster with Aromatic Spices

After purchasing your lobster from C&C Lobsters and Fish, profiled on page 2, how will you prepare it? Chef and food coach German Lam recommends boiling the lobster with a variety of spices to infuse the meat with rich flavors. Be sure to save some of the cooking broth to dip the lobster meat into, or you could mix some fresh lemon juice with olive oil—either is a healthful alternative to butter.

1 stalk lemongrass (sliced thin on the bias)
1 oz fresh ginger (sliced thin)
3 bags green tea
**4–5 bags of lemongrass, ginger or citrus tea
can substitute for the first three ingredients
1 orange (sliced into 6 slices)
1 star anise
1 carrot (sliced thin on the bias)
1 small onion (sliced thin)
2 stalks celery (sliced thin on the bias)
1 bay leaf
½ cup white wine
4 whole black peppercorns
4 lobsters (1.5-lb each)

Bring a large pot of water to boil with all the ingredients, minus the lobsters. Use enough water to cover all the lobsters once they are added.

Once the water is boiling, add the lobsters. Boil the lobsters until they change to a red color all over; for 1.5-lb lobsters this may take up to 12 minutes.

Remove the lobsters and place them in an ice water bath to stop the cooking process. Cool in the ice water for 5 minutes or more, until the lobsters can be safely handled.

Makes four servings, one lobster per person

— German Lam, Food Coach/CEO,
Glam Foods, LLC, german@glamfoodsllc.com.

