

# The Gannick\* Weekly

## Norwood CSA Newsletter

Distribution @ 2974 Bainbridge Ave, Bronx NY ~ 917-2133808 ~ www.norwoodfoodcoop.org

\* Gannick /GAN-nik/ - One who raises, eats or advocates organic foods and/or lifestyle.



### This Week's Share

Pac Choi      Celery      Greens      Winter Squash      Carrots      Beans      Radish  
 Sun-Choke (more details to be announced at site)

### Fruit Share (Full & Half Shares)

To be announced at site

### 2011 Season Calendar

*Other items and Fruit schedules are subject to change  
 Be sure to check calendar regularly to note changes*

Week	Date	Veggies	Other	Fruit Full	Fruit Half
Week 1	6/23	1	1		
Week 2	6/30	2			
Week 3	7/7	3	2		
Week 4	7/14	4		1	1
Week 5	7/21	5	3	2	
Week 6	7/28	6		3	2
Week 7	8/4	7	4	4	
Week 8	8/11	8		5	3
Week 9	8/18	9	5	6	
Week 10	8/25	10		7	4
Week 11	9/1	11	6	8	
Week 12	9/8	12		9	5
Week 13	9/15	13	7	10	
Week 14	9/22	14		11 & 13	6 & 7
Week 15	9/29	15	8	12	
Week 16	10/6	16		13 & 14	7 & 8
Week 17	10/13	17	9	15	
Week 18	10/20	18		16	9
Week 19	10/27	19	10	17	
Week 20	11/3	20		18	10
Week 21	11/10	21	11	19	
Week 22	11/17	22		20	11

### Composting

If you have any vegetable scraps from your CSA share, you can contribute to the compost bins at the Bainbridge Avenue Community Gardens! Just drop them in the "beehive" bins toward the front of the gardens. If you have any questions, you can ask Jennifer Classon, a Bainbridge community garden member or a coordinator on site.

Thanks!

### Hello Everyone!

Thank you to all of the volunteers who contributed to the CSA this year, by working at the site and sending articles and recipes to me for the newsletter. Without all of you we would not have had a successful season so far. Even though we had bumps in the road (Hurricane Irene for example) we pulled through it all. Please continue to donate articles and recipes to the newsletter for these last 5 weeks of the season!

Thanks so much,

Patrice

# Kitchen Aid

## Leek



**Leeks** belong to the lily family, along with onions, garlic, scallions, and chives. Leeks taste and smell milder than onions and sweeten as they cook. In the Northeast leeks take several months to mature. They are planted in the spring and are harvested in the fall and winter months.

### Storage

Store leeks unwashed and untrimmed wrapped in a damp cloth or paper towel, in the refrigerator. They will keep for 2-3 weeks stored this way.

### Preparation

The dark green leaves of the leek are too tough to eat. Cut the leek just before the light green stem begins to darken. Discard the leek top or use it for soup stock. Trim the roots of the white bulb-end and peel off the outside layer. Cut the trimmed leek in half or in rounds and rinse thoroughly under running water. Dirt and sand tends to collect deep in the leaves, so make sure you rinse them well. You can also chop the leek, soak in a bowl of warm water, and agitate with your fingers to loosen dirt between the layers. When leeks are fresh you can use most of the light green leaves and the white stem (down to the roots). If the leek seems tough, only use the lightest part. Leeks can be eaten raw, but they are best cooked. You can braise, steam, grill, sauté, or roast leeks. They are also a great addition to salads, casseroles, stews, stocks, stir-fries and quiches. Use them anywhere you would use onions, although their delicate sweet flavor deserves its own special recognition.

## Leeks in Olive Oil

1/3 cup olive oil  
2 pounds leeks, roots and tough green parts removed, sliced into 3/4 inch rounds, and washed thoroughly  
2 small carrots, peeled, halved and sliced  
1/3 cup uncooked rice  
1 1/2 teaspoons sugar  
1/2 teaspoon salt  
1 1/2 cups water  
Juice of half a lemon

In a heavy skillet, heat olive oil. Stir in leeks and carrots. Cook covered for 30 minutes, stirring occasionally. Add rice, sugar, salt, lemon juice and water. Cover and simmer for 30 minutes, checking occasionally to make sure there is enough liquid (if not, add more water). When cooked, it should be very moist but not watery. Serve cold with a sprinkling of lemon juice.

# Low Fat Veggie Muffin

Some days, breakfast consists of whatever vegan protein bar we can grab before running out the door to work. But these Low-Fat Veggie Muffins are the perfect way to have a healthy grab-and-go morning meal. Filled with carrot, zucchini, and apple, these simple snacks from VN contributor Katherine Lawrence are delicious. For a quick baking demo, watch Katherine whip them up on [VegNews TV](#).

*Makes 12*

## **What You Need:**

1/3 cup hot water  
1/4 cup ground flaxseed  
1/3 cup agave nectar  
2 tablespoons maple syrup  
1 teaspoon vanilla  
1/2 cup applesauce  
1 cup grated zucchini  
1 cup grated carrot  
1 apple, grated  
1-3/4 cups whole-wheat pastry flour  
2 teaspoons baking powder  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1/2 cup chopped walnuts (optional)

## **What You Do:**

1. Preheat oven to 350 degrees. In a small cup, add water and ground flaxseed, stirring with a fork. Let it sit for 5 minutes, until mixture thickens.
2. In a small bowl, combine agave nectar, maple syrup, vanilla, and applesauce. Add in zucchini, carrot, and apple. In a medium bowl, combine flour, baking powder, cinnamon, and salt. To agave mixture, add flaxseed mixture and stir to combine. Mix dry ingredients to wet, and stir to combine.
3. Divide batter evenly into muffin tins and top with walnuts, if using. Bake for 25 to 35 minutes or until a toothpick inserted comes out clean.

*From VegNews Magazine*

# Nutrition Facts

## Complementary Proteins:

**Proteins** are an important part of almost every cell in the human body including body tissues, enzymes, hormones, and immune cells. Protein is made from building blocks called amino acids. Amino acids can be created in the body, but nine of them, called **essential amino acids**, must be obtained from food.

**Complete proteins** are proteins that contain adequate levels of all of the essential amino acids. Animal foods such as meat, dairy, eggs, poultry, and fish are complete proteins.

Plant proteins are often **incomplete proteins** because they are missing one or more essential amino acids. Soy is an exception to this rule. Soy contains complete proteins.

**Complementary proteins** are incomplete proteins that, when eaten together, create complete proteins. Therefore, even though plant proteins are often incomplete, you can combine them to create complete proteins. **Plant foods can adequately meet your protein needs if you combine their complementary proteins.**

Combination	Food Examples
Grains + Legumes	Rice + beans Pea or lentil soup + whole-grain toast Lentil curry + rice Tofu + rice + vegetables Tofu + wheat or corn tortilla Rice and beans + wheat or corn tortilla Whole-grain corn bread + bean chili
Grains + Dairy	Pasta + cheese Rice pudding Cheese + whole-grain bread sandwich Breakfast cereal + milk Yogurt + granola
Legumes + Seeds	Hummus (chick peas + sesame seed paste) Falafel + tahini (sesame seed paste) Roasted soybeans + sunflower or pumpkin seeds snack

**This complementary effect occurs even when these foods are consumed at different meals during the day!**

**Norwood CSA Food Co-op Members, you're invited to give back to the Bainbridge Garden and learn more about composting!**

### **Food Scrap Composting Made Easy:**

**This workshop starts with a one-hour session covering the essentials of outdoor composting with food scraps, from choosing your bin to harvesting and using your finished product. In the second hour, we'll apply the workshop tips and techniques by helping Bainbridge Avenue Garden recycle their fruit and vegetable trimmings into compost.**

**Saturday, October 22 • 3:30–5:30 p.m. • Bainbridge Avenue Garden • 2978 - 80 Bainbridge Avenue, between Bedford Park Boulevard and East 201st Street**

### **MEMBER TASKS & DESCRIPTIONS**

#### **Meet the Truck Assistant**

Thursday, hours vary but approx. 2:00-3:30PM

Each week, members meet the truck to help the driver unload our share items. After unloading the truck, members set up tables, arrange veggies, and label amounts each member will receive.

#### **Distribution Site First Shift**

Thursdays, 3:30-5:30PM

Work with First Shift Site Coordinator to set up tables; weigh food, determine appropriate amount per share; make signs; arrange site (exchange basket, scales, etc); greet Coop members, facilitate sign-in and answer questions. First shift workers will also put together the 6 shares purchased by POTS for later pick-up.

#### **Distribution Site Second Shift**

Thursdays, 5:30-7:30

Work with Second Shift Site Coordinator to greet Coop members; answer questions; break down site; put tables away; leave site clean and neat.

**Newsletter contributions** (0.5 hour per contribution): Contribute a recipe, article, photograph, joke, cartoon, drawing by your child, etc. (generally food-related) to the weekly The Gannick Weekly, our Coop newsletter. Contributions must be emailed to the newsletter editor, Patrice Hall by Tuesday at 5PM of the week for publication, copying the Coop Work coordinator, Jennifer Classon, so we can log your contribution.

**Event Coordination Assistance** (organized throughout the season) 2-4 hours. Assist Core Group members and others in the planning and implementation of a Coop event; plan, publicize, set up and take down, etc. Event possibilities include Norwich Meadows Farm Trip, Distribution Site Clean-Up & Beautification, canning/jarring demonstration, cooking demonstration, health presentations, and Veggie Happy Hour. Be creative!

**Contact Jennifer Classon or log onto the Google Docs to sign up for these opportunities**



## CITY FARMS MARKET SCHEDULES

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### The 2011 City Farms Markets:

For market information, please see the market contact information below. For information about the City Farms Market Network, contact Nadia Johnson at 212.645.9880 ext. 237, or [nadia@justfood.org](mailto:nadia@justfood.org).

All markets below accept FMNP checks, EBT/SNAP/Food stamps, Health Bucks\*

### **Bronx:**

#### **La Familia Verde Farmers Market**

East Tremont & LaFontaine Avenue,  
East  
Tremont/Crotona

**Tuesdays, 8am – 2pm**

**Season: July 12 to November 15**

#### **The Market at Bissel Gardens**

Baychester Avenue just south of 241st Street,  
Wakefield

**Saturdays, 9am – 4pm**

**Wednesdays, 8am – 4pm**

**Season: July 9 to November 12**

#### **Mott Haven Farmers Market**

139th Street at St. Ann's Avenue,  
Mott  
Haven

**Wednesdays, 10 am – 6pm**

**Season: July 6 to November 9**

#### **Taqwa Community Farmers Market**

Ogden Avenue & 164th Street,  
Highbridge

**Saturdays, 8am – 4pm**

**Season: July 9 to November 13**

#### **Drew Gardens Community Farmstand**

Just east of the intersection of East Tremont &  
Boston Road, West Farms

**Wednesdays, 8am – 4pm**

**Season: Once monthly, dates forthcoming**

### About Just Food

Just Food is a non-profit organization that works to develop a just and sustainable food system in the New York City region. We do this by fostering new marketing and food-growing opportunities that address the needs of regional, rural family farms, NYC community gardeners, and NYC communities. We build partnerships among diverse groups to advance dialogue and action on farming, hunger and nutrition. **For more information about**

**Just Food, please visit**

[www.justfood.org](http://www.justfood.org)