

# Norwood CSA Newsletter

3400 Reservoir Oval East • Bronx, NY 10467 • 212-229-7954 • [www.norwoodfoodcoop.org](http://www.norwoodfoodcoop.org)



## Greetings, Co-op!



Welcome to those of you just joining us, and for all who were a part last year, welcome back.

Our second year should be a great one. Last year's group of near-strangers (many with little or no co-op experience) is now seasoned, and we have a lot of the bugs worked out. We're better organized this year and looking for more member involvement in planning, social events, outreach... and this newsletter! Anyone with ideas for these or any other aspects of the co-op can share them via the Yahoo! group (see right).

Once again, our farmer is Zaid Kurdieh of Norwich Meadows Farm ([www.norwichmeadowsfarm.com](http://www.norwichmeadowsfarm.com)), a certified-organic farm since its inception in 1998. Zaid specializes in varieties of vegetables not commonly found in the market; varieties chosen for taste and nutritional content, not shelf-life! For those looking for more of Zaid's wares, they are available at the Union Square Greenmarket on Saturdays.

## Reminders!

- Everyone with egg shares, please remember to return your cartons next week.
- The volunteer shift sign-up book will be available at the pick-up site. Everyone should sign up for at least 5 hours per season, which may include volunteering to tutor or garden for the church.

## This Week's Share

- Tatsoi and/or Mizuna and/or Pac choi
- 2 Lettuce heads
- Leeks
- Pot of Basil

## Keeping in Touch

The CSA's listserv can be found at <http://groups.yahoo.com/group/norwoodfood/>. You can also drop questions, suggestions and comments at [norwoodcsafoodcoop@yahoo.com](mailto:norwoodcsafoodcoop@yahoo.com).

If you don't have internet access, you can still keep in touch via the phone tree. (Please make sure your contact information is correct on the sign-in sheet.)

If you can't make the pick-up, and can't arrange for someone else to pick up your share, please call or email a site coordinator so that we can make sure no food goes to waste.

## Contact People

### General Information

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## MESSAGE from ZAI

“It has been mostly sunny and dry on the farm. Planting is moving along quite well. Today we will be planting onions, eggplants, peepers, and tomatoes. Unlike previous years, we have a good bunch of employees.” - 5/31/05

“Finally a cooling spell is looming. We have had the same heat wave that hit NYC too. This caused the plants to grow fast. This is good for heat loving plants such as tomatoes. We also got much needed relief in the form of about 2 inches of rain Sunday night. Our employees are looking forward to the cooler temperatures. We are building a much needed washing station and a chicken processing facility.” - 6/15/05

## Some Vegetables You May Receive in JUNE

**Leeks** are a relatively subtle, sweet member of the allium family. To clean, cut off the roots and dark green leaves (leave the light green parts attached). Slice lengthwise into the center, and rinse thoroughly between the leaves to remove grit. Leeks can be served braised as a side dish, sautéed with other vegetables, stewed in potato leek soup, or substituted for onions.



**Mizuna**, a tender Japanese green also known as spider mustard, adds a peppery flavor to a mixed salad, stir-fry, or soup.

**Pac Choi** (“baby bok choy”) and **Tatsoi** are small Asian cabbages rich in vitamins A and C, folic acid, potassium, and calcium. They are usually included in stir-fries or soups. They can also be braised, steamed, or sautéed and served alone. Bok choy has been cultivated in China since the 5<sup>th</sup> century.

## KITCHEN AID

### Omega-3 Lettuce Salad

1 large or 2 small head(s) of any lettuce  
½ c. chopped walnuts  
2 fresh pears, diced  
2 T grated Parmesan cheese  
Dressing (see below)

Toss lettuce and pears with dressing. Sprinkle walnuts and cheese on top. Refrigerate a couple of hours for a crisper salad, or overnight for a more marinated one. (Marinating for several hours or more blends the flavors of the salad and tames the bitterness of certain types of lettuce, though the lettuce loses much of its crispness.)

**Dressing:** Pour ¼ cup olive oil (may substitute 2T walnut oil, if available, for half the olive oil) slowly into ¼ cup cider vinegar, while beating vigorously to emulsify. Add a pinch of salt.

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### Spicy Cabbage Soup using Pac Choi

1 Pac choy cabbage, cut up  
1 quart vegetable broth  
1 onion, chopped  
1 can tomatoes with green chilies  
1 can stewed tomatoes  
1/8 cup of lemon juice  
3 large tomatoes sliced  
salt to taste

Cut the cabbage and add broth, lemon juice, and the tomatoes with green chilies in large pot. Bring to a boil then cut to a simmer. Then add salt and stewed tomatoes. Simmer over low heat until the Pac choy becomes soft, then add the tomato slices, you can add water if you want to thin the soup.

### How did you use your vegetables?

If you have recipes, comments, or anything else to contribute to the newsletter (pictures! bucolic poetry!), email it to [norwoodcsafoodcoop@yahoo.com](mailto:norwoodcsafoodcoop@yahoo.com)