

The Gannick* Weekly

Norwood CSA Newsletter

3400 Reservoir Oval East Bronx, NY 10467 212-229-7964 www.norwoodfoodcoop.org

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



Tutoring Project

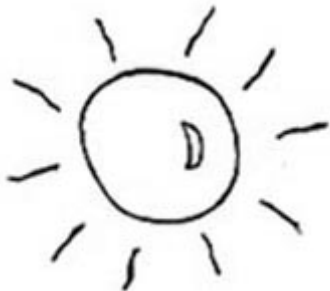
As part of our agreement with Epiphany Lutheran Church, our site host, the Co-op will coordinate academic tutoring assistance for some of the children in the Church's after-school program. This project will probably start in September, but maybe sooner. We need a volunteer from the Coop to organize the project – communicate with the Church after-school director, set a schedule, coordinate volunteers. This will satisfy your work requirement and continue to build community – Anyone? If you'd like to volunteer, call Tanya Greene at (718) 432-2567 or email seanandtanya@yahoo.com. P.S. You don't have to be a math whiz or a reading specialist to do this! Stay tuned for the call for actual tutors . . .

St Stephen's Thrift Shop

Epiphany Lutheran Church welcomes donations of used clothes, toys, books, etc, for its Thrift Shop. Co-op members are also invited to shop at the Shop – Hours are Fridays and Saturdays from Noon to 3 PM.

BAGS, BAGS, BAGS!

We need grocery bags – please drop off at the site during pick-up. Or, bring your own reusable bag.



MESSAGE from Zaid

“I am sure you are tired of the heat too. This has been the longest and hottest summer we have experienced. We are working early and taking 3-4 hour breaks during mid day to cope with the heat. This heat is benefiting our tomato and night shade crops. We hope to have tomatoes for you in 2 weeks. The winter squash and all squashes are doing very well. On the other hand, the greens and Cole crops are not enjoying the heat. However, it looks like we will be getting a break this week as the highs are forecasted to be in the high 70' s.” 7/20/05

New Member's Summer Reflections

by Nicole R. Hanley

I remember lazy summer days upstate as child, sitting on a bench under my grandparents' miniature grape arbor. I remember studying the sturdy pear tree in the center of the yard wondering when Grandma would pick the choicest pears to slice them for an afternoon snack. I helped her tend to her small vegetable garden, which included such delights as peas and basil. My father planted his own small garden in our backyard and he would feign indignation when my brother and I would sneak out and eat his baby carrots, peas, and tomatoes. Such simple and delicious fun were those summers.

Twenty some odd years later I had grown accustomed to supermarket shopping, where fruits and vegetables know no season, because everything is in season anymore. I can't count the number of people who grumble because they can't find strawberries in January, for instance. The marketing is clever enough to suggest that produce from exotic locales in winter is really gourmet and that I should even take joy in the privilege of paying twice what its all worth -- because produce in the supermarket has minimal taste. Aren't greens supposed to have flavor? Has there been a new regulation that requires fruit to be mealy and bitter? And why do we pay through the teeth to support big business farming to get so little in return?

I had resigned myself to the fate of supermarket produce shopping. Then some friends told me about the Norwood Food Co-Op. I admit that I was a bit skeptical -- what do you mean there are seasons for produce? Watching them bring in bags full of fresh produce piqued my curiosity. My intrigue only grew when I noticed that their daughter had the same smile I had many summers ago in my father's garden. And then I ate some of the produce. I was instantly sold.

The Norwood Food Co-Op has brought back the joy of summer again. I can now happily munch on fresh peas and savor the carrots. I can make yogurt-beet soup, squash bake, and pesto things galore. And I always know that I am in a community that says yes to responsible farming and happily says no to the supermarket produce shopping phenomenon.

Share your perspective!

Send your story, idea, or favorite recipe
for the Newsletter to
norwoodcsafoodcoop@yahoo.com.

KITCHEN AID

The name of **Holy Basil** (aka Tulsi) reflects its traditional use in Hindu religious practice and Ayurvedic medicine. It is known as “The Incomparable One” or “Elixir of Life” and is said to nourish the mind for meditation and to balance energies. You can use it to make a tea, or to add a spicy, clove-like flavor to food. It is used in Thai cooking, e.g. the recipe below.

Storing Basil: Basils (including holy basil), like most herbs, do not freeze well. More than some others, basil’s character changes markedly when it dries, making it less usable for a variety of purposes. Fortunately, pesto can be quite freezable. To store that fresh flavor for a later time, simply purée the basil with a little oil to make a very basic pesto (do not freeze pesto made with cheese, as this may become gummy), then freeze in an ice cube tray. Once frozen, the cubes can be popped out and stored in a freezer bag. When the taste of fresh basil is needed, simply slip one or more cubes into the recipe.

Gai Pad Bai Gaprow

(Thai Chicken Stir-Fry with Holy Basil)

- 1 pound skinless boneless chicken breast
- 1 tablespoon vegetable oil
- 3 garlic cloves, chopped fine
- 2 small fresh red or green Thai (bird) chilies or serrano chilies, or to taste, seeded and minced (wear rubber gloves)
- 1/4 cup chicken broth or water
- 1 tablespoon Asian fish sauce (preferably naam pla)
- 2 teaspoons sugar
- 1 teaspoon soy sauce
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups loosely packed fresh holy basil leaves or Asian basil leaves (from about 2 ounces sprigs), washed well and spun dry
- 2 tablespoons fresh lime juice or to taste

Freeze chicken, wrapped in plastic wrap, 30 minutes to facilitate slicing. Cut chicken lengthwise (along grain) into thin slices and cut slices lengthwise into thin strips. Cut strips crosswise into 2-inch pieces.

Heat a wok or heavy skillet over high heat until hot. Add oil and heat until hot but not smoking. Add garlic and stir-fry until golden. Add chicken and cook, stirring constantly to prevent sticking, until all chicken is opaque white, 3 to 4 minutes.

Add chiles, broth or water, fish sauce, sugar, soy sauce, and black pepper and stir-fry until combined. Add basil and stir-fry 30 seconds. If using holy basil, stir-fry 1 minute more, or until basil is wilted but still green. Stir in lime juice.

Serve chicken with rice. (Serves 6.)

Source: *Gourmet* (April 1996)

Cold Beet and Yogurt Summer Soup

- 4 medium beets, boiled till tender, then peeled & quartered
- 2 cups yogurt
- 2 shallots, peeled and minced
- dash of cumin
- salt and freshly ground pepper
- 1 T minced fresh dill

1. Mix the beets (they should be chunks that are a bit chewy and take a little more time to eat than if pureed) with the yogurt, shallots, cumin, salt, and pepper to taste. Refrigerate for 3 to 4 hours.

2. Serve the beets chilled in individual bowls and sprinkle with the dill. Served with a slice of bread and fruit (strawberries or melon) for dessert, this soup makes an excellent summer lunch. Serves 4.

Submitted by Nicole Hanley

Source: *French Women Don't Get Fat*, by Mireille Guiliano



Squash Bake

- 6 medium-size zucchini or summer squash
- 2-3 T water
- salt and pepper to taste
- 4 T butter
- 2 T chopped onion
- 2 T sugar
- 1 cup soft bread crumbs
- 2 eggs, lightly beaten
- 1/2 tsp. oregano
- 2/3 cup grated mild cheddar [or Jarlsburg] cheese

1. Preheat oven to 350 degrees.

2. Wash the squash and slice into a saucepan. Add the water, salt, and pepper. Cover and cook slowly until tender, about 10 minutes. Drain squash and mash well.

3. Melt 2 T of the butter in a small skillet and sauté the onion in it until tender. Mix onion with 2 1/2 cups of the mashed squash, the sugar, bread crumbs, eggs, and oregano. Season with salt and pepper.

4. Turn mixture into a small casserole, sprinkle with cheese and dot with remaining butter. Bake, uncovered, about thirty minutes.

Submitted by Nicole Hanley

Source: *The New York Times Heritage Cook Book*, by Jean Hewitt

