

The Gannick* Weekly

Norwood CSA Newsletter

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

Labor Day

Crossword Puzzle

See how many words related to Labor Day, farm workers, Norwich Meadows Farm, our CSA, and the overlap of these topics, you can find. (Feel free to work with a partner, while you hang out at the pick-up site.) Enjoy!

H A R V E S T N O W K L S F
 E S M L M U F W A F L C I O
 I I H P W A T E B R U L Q R
 R A C T O B U Y L O C A L T
 L N A E S H B L U N C B C Y
 O V N F S E I N V O U O J H
 O E J P L A N T H E M R P O
 M G X C E T R F O N R M C U
 R E H W O V J C K A U O F R
 T T A J P M W C H W M V B W
 B A J W K X I F H A K E A O
 C B J W P X J I R B V M E R
 V S L I V I N G W A G E N K
 S E A S O N A L J S K N Z W
 O S H W K A O C H W N T I E
 N O P E S T I C I D E S W E
 S U M M E R S Q U A S H D K

MESSAGE from ZAID

“How things change. We have had nice weather in the seventies during the day and cool at night as low as 43 degrees. For the last 2 days we have received much needed rain. Prior to these rains we have had to stop irrigating from our pond as it had dropped to about 2 feet of water and our fish were threatened. It appears from our makeshift rain gauge that we have gotten over 4 inches of rain over the last 48 hours. So now in typical farmer fashion we will complain about things being too wet and too cool.”

- 8/31/05



Photo by Michael Putos

Work for your CSA.

Submit stuff for the newsletter – or volunteer to tutor neighborhood kids – by emailing norwoodsafoodcoop@yahoo.com.

KITCHEN AID

Grilling Vegetables



Most vegetables are delicious cooked on a barbecue grill. To make sure your vegetables cook evenly, cut in uniform pieces no more than 1" thick. Soak the pieces in cold water for half an hour before cooking. Pat dry, brush lightly, and place directly on the grill – or, for very small vegetables/pieces, in a grill basket. Here are some tips for grilling specific vegetables:

Bell Peppers: Cut through the middle of the pepper top to bottom. Remove stems, seeds and whitish ribs. Brush lightly with oil and grill for 2-3 minutes on each side.

Chili Peppers: Brush with oil. Grill whole on each side, 2-3 minutes. To reduce the heat, cut off the stems and pull out the seeds.

Onions: Remove skin and cut horizontally about ½ inch thick. Brush with oil and grill 3-4 minutes.

Tomatoes: Cut in half, top to bottom. Grill cut side down 2-3 minutes.

Potatoes: Wash thoroughly and dry. Rub with oil. Wrap in aluminum foil and grill 35-40 minutes, turning occasionally.

Zucchini and small squash: Slice 1/2 inch thickness. Brush with oil and grill 2-3 minutes per side. Small squash can be cut down the middle and grilled in halves.

Source: Derrick Riches, <http://bbq.about.com>

Kohlrabi and Grilled Red Pepper Salad

1 thick skinned medium red bell pepper
4 small kohlrabi
2 T lemon juice
3 T light olive oil
2 T minced fresh dill
salt and pepper to taste

Grill pepper directly over a gas flame until blackened all over (or broil). Wrap in damp toweling and let stand 5-10 minutes. Peel off all skin, remove ribs and seeds. Dice into 1/4 inch pieces. Cut off leaves of kohlrabi, peel bulbs and cut into 1/16 inch slices then into julienne strips the same width. Combine in a serving dish with diced red pepper. Blend together lemon juice and salt. Add oil and mix. Toss with the kohlrabi, red pepper, dill and pepper. Serves 4.

Source: Mary King, University of Florida Cooperative Extension

Zucchini-Tomato-Onion Casserole

2 cups zucchini, thinly sliced
1 tomato, thinly sliced
1 medium onion, thinly sliced
1 T parmesan cheese

Preheat oven to 350 degrees. Layer half the veggies in a greased baking dish. Sprinkle with half the cheese. Repeat. Bake 40 minutes. Remove from oven; cover and let rest 20 minutes before serving.

Submitted by Mary Caluori

Stuffed Summer Squash

Serves 2-4

4 summer squash
1 small onion, diced
2 medium tomatoes, diced
1 cup chopped broccoli florets, diced
4 T butter, divided
½ cup breadcrumbs
1 t oregano
½ lb. mozzarella

Split the squash into halves lengthwise. Scrape out soft flesh, leaving sufficient thickness to hold shape stiffly (about ¼ "). Reserve pulp, chopping up any large bits.

Sauté onions gently in 2 T butter. After a minute or two, squeeze excess liquid from reserved squash pulp and add the pulp, with broccoli, to the onions. Dice broccoli, and add to the onions.

When onions are translucent and broccoli tender, melt remaining butter and combine with breadcrumbs; mix vegetables, breadcrumbs and tomatoes together, and fill squash with as much as they will hold.

Bake at 375 degrees for 45 minutes to an hour or until squash is tender; top with sliced or shredded mozzarella and return to oven until cheese is melted. Serve.