

# The Gannick\* Weekly

## Norwood CSA Newsletter

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



### Announcements

A **Donation Box** for our host, Epiphany Lutheran Church, will be available on pick-up days. Let's show our gratitude to the this local community for sharing their wonderful space with us, and help keep the church going strong!

If you are interested in a **Fall Farm Trip**, please give Tanya Greene a call at (718) 432-2567. The Washington Square CSA has invited us to plan shared transportation to Zaid's farm.

### MESSAGE from ZAID

"The days are becoming shorter, we are losing about 2 minutes a day and the mornings are always filled with fog as our low temperatures go lower and lower. The fall leaves have begun to turn due to hot days and no rain. Many of the crops are dwindling from the tomatoes to the melon crops, the hot temperatures made crops mature early and all together. Usually our melon crops start maturing around mid September and we still have melons into October. But at least this year you get melons 3 times compared to last years one time only.

"The first group of jovial CSA members came last weekend and visited The Evans' farm and our farm. As usual they were happy to be out in the country. I overheard a few of them saying they would like to stay up here for a month. I forgot to tell them about the hungry mountain lions we have in the back 40. We will have a group coming on the 24th and another in October. Hope to see you on the farm." – 9/14/05

And our contest winner is...  
*The Man Himself: Michael Putos*



"Hey guys, are you sure the bus for Norwood stops here?"

### Harvest Moon



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This Sunday, September 18, will be the night of the full "Harvest Moon" (the full moon closest to Autumn Equinox). In the Northern Hemisphere, the moon rises very soon after sunset at this time of year, which is useful to farmers working late to harvest their crops.

The Harvest Moon has long been a time of community gathering and festivity. As a co-op, we are more connected than most to the turn of the seasons. As a co-op, we are also a community. It seems appropriate, therefore, to recognize this seasonal celebration.

### *The Moon Festival*

The festival of the Harvest Moon is celebrated throughout east Asia. In China, *Zhong Qiu Jie* is a day of family reunions, much like American Thanksgiving. In Korea, it is *Hangawi* or *Chusok*, a time to celebrate and also to visit and clean the graves of ancestors. In Japan, it is *Tsukimi*, when people gather in special pagodas and eat "moon-viewing noodles". In Vietnam, on *Tet Trung Thu*, children march in the night, carrying fantastic lanterns shaped like animals.

Probably most famous aspect of the festival is the moon cake. There are several varieties of moon cake, but most are dense, sweet cakes, often quite small (a little goes a long way). Perhaps the best known variety is made with lotus seed paste, and contains an egg yolk at the center to represent the moon. Here in New York, Chinatown bustles at this time of year as bakeries offer the seasonal delight.

# KITCHEN AID

## Potato Leek Soup

2 T butter or margarine  
1 bunch leeks, sliced  
1½ lb. potatoes, chopped  
2 cans (3 c.) chicken stock or vegetable broth  
1½ c. milk  
½ c. sour cream  
2 T salt  
pepper  
parsley

1. Saute leeks in butter over medium heat until limp (8-10 minutes).
2. Add potatoes and stock. Bring to a boil. Lower heat, partly cover, and simmer, stirring occasionally, until completely soft (about 20 minutes).
3. Combine milk and sour cream. Stir into soup, along with salt and pepper. Simmer 10 minutes. Garnish with parsley. Serves 4.

## Grilled Portobello Mushrooms, Sweet Peppers, and Onions

1/4 cup balsamic vinegar  
1/8 cup olive oil (preferably extra-virgin)  
1 tsp. chopped fresh thyme  
1/2 tsp. grated lemon peel  
3 4-inch Portobello mushrooms, stemmed, gills cut out and discarded  
1 large red bell pepper, halved, seeded  
¼ lb. mini bell peppers, halved, seeded  
1 large onion, cut into half-inch-thick rounds

Prepare barbeque (medium-high heat). Whisk vinegar, oil, thyme, and lemon peel in a large bowl to blend well. Season vinaigrette to taste with salt and pepper.

Brush vinaigrette over vegetables. Grill until mushrooms are tender and juicy, and peppers and onions are crisp-tender, about 12 minutes per side.

Cut mushrooms and peppers into half-inch-thick strips. Toss mushrooms, peppers, and onions in a bowl. Season with salt and pepper. Serve at room temperature. Serves 4.

Source: *Bon Appetite* (November 1997) – adapted to suit this week's share.

## Mixed Greens and Grape Salad with Lime Dressing

Toss together mixed baby greens and a handful of grapes. To make dressing, whisk together...

2 T lime juice  
2 T vinegar  
1 T honey  
1 T olive oil  
1/4 tsp. grated lime peel  
1/8 tsp. black pepper  
dash of salt

## Fall Recipe Spotlight: Fennel and Apple Salad

Fennel and apple sounds like a delicious combination, but the recipe comes in such a plethora of variations, it was impossible to choose one! A quick web search turns up...

Spinach, Apple, and Fennel Salad  
Apple, Fennel, and Walnut Salad  
Fennel, Apple, and Carrot Salad  
Apple and Fennel Salad with Cider Vinaigrette  
Apple-Fennel Salad with Fusilli  
Fennel and Apple Salad with Blue Cheese and Pecans  
Green Leaf Salad with Fennel, Apple, and Macadamia Nuts  
Jarlsberg with Apple and Fennel Salad  
Fennel, Apple, Celery Salad with Cilantro and Lemon  
Shaved Fennel, Celery, Apple, and Bacon Salad  
Arugula, Fennel, Apple, Mandarin Orange, and Pomegranate Salad

What did YOU put in your  
Fennel and Apple Salad?

E-mail your personal favorite recipe, along with  
the Moon Poems you wrote, to  
[norwoodcsafoodcoop@yahoo.com](mailto:norwoodcsafoodcoop@yahoo.com)



*Salsa Picante!* Co-op member Margaret Groarke does the salsa at last Thursday evening's concert. Photo by Michael Putos.