

The Gannick* Weekly

Norwood CSA Newsletter

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

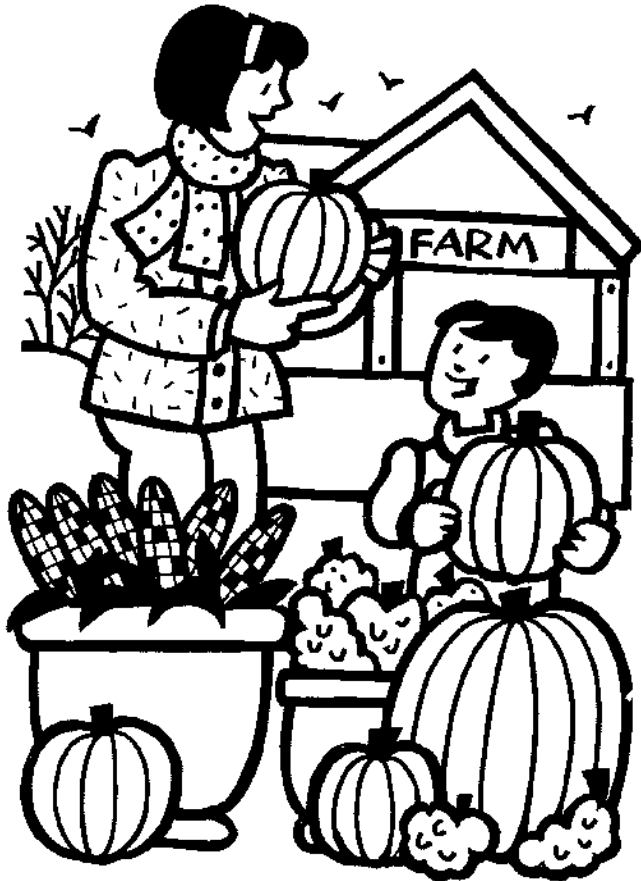
* Gannick /GAN-nik/ - One who raises, eats or advocates organic foods and/or lifestyle.



MESSAGE from ZAID

“Summer lingers on during the day. Temperatures reach mid 80’s. The arrival of fall is very apparent by the early morning cold temperatures and the shortening of the day. In a week or two we will most likely have our first frost that will end most summer crops. Traditional fall crops will become more abundant, such as winter squash, cabbage, potatoes. We are waiting the arrival of CSA members who will visit the farm; they will be the second wave. For those who cannot make it this Saturday, there will be a final trip in October. We’ve begun to plan and think about next year’s CSA as well as a CSA for this fall and winter. The crop supply on the farm is beginning to dwindle as the summer heat brought many vegetables at once, such as tomatoes, summer squash. Hope you enjoy this week’s share!” – 9/21/05

Happy First Day of Fall!

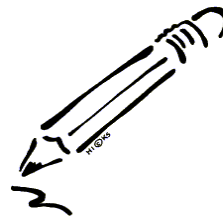


Coloring Page © The Holiday Zone

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.



Tutoring: Volunteers wanted

Epiphany Lutheran Church needs volunteers to help After School Program kids with homework. Volunteers would sit at tables where kids are working, and be available to help whoever asks (e.g. “How do you spell...?”). This would take just one hour of your time, 3:30 to 4:30 PM, and you can volunteer for any weekday. Right now we are working on an October volunteer schedule, so if you are willing to help out during October, please call Erin at (718) 994-8491 or email eeminer@verizon.net. This would count toward your Co-op volunteer hours, if you still need to do some.

GannickAid 2005!

Unlike commercial newsletters, member-supported Gannick Weekly relies on contributions from readers like you. Won’t you help keep classic features like “Message from Zaid”, “Vegetable Spotlight” and “Announcements” in print? Call now at (718) 994-8491 or email eeminer@verizon.net and make your pledge of one inch, two inches, or even a whole column of print. Erin is standing by.

Remember, a donation of as little as one recipe, community event notice, news snippet or humorous picture a day can help feed an entire 4-page newsletter for a week.

KITCHEN AID

Vegetable Spotlight: Spaghetti Squash

Spaghetti squash is named for its unique texture: When cooked, the flesh becomes a mass of long strands, resembling cooked spaghetti. In fact, it can be used as a substitute in pasta or noodle recipes, making it a great food for the wheat or gluten sensitive, or for those who eat a low carbohydrate diet. It has a mild/bland taste.

To prepare spaghetti squash, cut in half and remove the seeds. Place cut-side-down in a baking pan, pierce a few times with a fork, and bake at 375 degrees for 45 minutes or until skin is tender and strands can be loosened easily with the fork. Once it has cooled enough, carefully remove the inside of the squash. One medium spaghetti squash yields about 4 cups cooked. [Source: *Southern Living*, June 1994] If you wish, you can finish preparing by sautéing the cooked flesh in olive oil or butter, adding your favorite extras (tomatoes, cheese, etc).

Spaghetti Squash Curry (Vegan)

- 1 Spaghetti Squash
- 1 Onion, large, diced
- 1 tbsp. Curry, powder
- 1 tsp. Cinnamon, ground
- 1 - 28-oz. can Tomatoes, crushed, unseasoned
- 1 lb. Peas, fresh or frozen
- 1 lb. Corn, kernels, fresh or frozen
- 1 cup Raisins

Begin by cooking the spaghetti squash. Wash, peel and dice the onion and place in a large, covered glass or ceramic baking dish, if cooking in a microwave oven, or in a wok. Add the curry powder and the cinnamon and mix well. If cooking in a wok, add a little water to prevent sticking as you stir-fry the onions. Cook until the onions begin to become translucent.

Add the crushed tomatoes, corn, peas, and raisins and cook until the sauce begins to boil. When the spaghetti squash is cooked, and the strands have been mostly separated, add to the sauce and mix well to ensure final separation of the strands of spaghetti squash and that they are thoroughly coated with the sauce.

If cooking in a microwave oven, we suggest cooking for another ten minutes, mixing half way through. If cooking in a wok, cook until everything is hot; to avoid sticking, add a little water as necessary. Serve and enjoy! Serves 4-6.

Source: all-creatures.org

For more Spaghetti Squash Recipes, including Spaghetti Squash with Vegetables and Mozzarella, Spaghetti Squash Alfredo, and Spaghetti Squash Pancakes, read **“Discovering Spaghetti Squash”** by Cheri Sicard, at <http://www.seedsofknowledge.com/squash.html>

Colcannon

- 4 cups mashed potatoes
- 2 1/2 cups cabbage, cooked and chopped fine
- 1/2 cup butter (avoid corn oil margarines as they will not add the needed body and flavor)
- 1/2 cup evaporated milk or cream
- 3/4 cup onion, chopped very fine and sautéed
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper

Sauté onions (traditionalists sauté in lard or grease, but butter is acceptable.). Boil the potatoes and mash them (do not use artificial potato flakes). In a large pan place all of the ingredients except the cabbage and cook over low heat while blending them together. Turn the heat to medium and add the chopped cabbage. The mixture will take on a pale green cast. Keep stirring occasionally until the mixture is warm enough to eat. Lastly drop in a thimble, button, ring, and coin. [Editor's note: *This part is optional, and maybe more appropriate to an All Saint's Day or Samhain celebration.*] Stir well and serve.

Source: www.broomcloset.org



Southern Fried Cabbage

- 1/2 pound bacon
- 1 large head cabbage
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 clove garlic
- 1/2 tsp red pepper flakes

Fry the bacon until crispy in large frying pan. Pour off most of the grease. Break the bacon into pieces. Chop the cabbage into pieces removing the hard center. Add the cabbage to the pan containing the bacon. Add the seasoning and 1/3 cup of water.

Cook covered over medium heat for 5 minutes. Stir then continue cooking until desired tenderness.

Note: You preserve more vitamins and mineral if you cook the cabbage less.

Source: www.chitterlings.com