

The Gannick* Weekly

Norwood CSA Newsletter

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



MESSAGE from ZAD

"As I gaze through the window it is foggy again. It seems like fog has become permanent feature of our fall mornings. The leaves are turning the splendid fall color and by the end of this week it looks like we will have a hard frost that will send the trees into the peak of fall color. We enjoyed some nice days last week with cool mornings. We completed the harvest of winter squashes and it was the best winter squash harvest in a few years. Most crops have been harvested now with only some of the hardiest crops left such as cabbage and Brussels sprouts. We are clearing our fields and preparing for next year." – 10/5/05

Just Food News

Our sponsoring organization, Just Food, publishes a weekly CSA-related news article during the CSA season. The latest weekly article describes another way our neighbors are working to increase access to fresh, healthy food in the city.

The City Farms: Growing Food in a Neighborhood Near You

By Kathleen McTigue and Sara Katz,
The City Farms Program, Just Food

Supporting your local grower is an important component of the CSA program in NYC. Ever think about *being* a local grower? Hundreds and hundreds of NYC residents have gone back to the land by reclaiming vacant lots, building up the soil and planting food. These urban growers or community gardeners are addressing the food system issues as well as the needs of their local communities by providing a reliable source of local, fresh, quality produce. Just Food's City Farms program is assisting these gardeners to increase food production, marketing and food distribution throughout NYC.

Here are some 2005 highlights of The City Farms (TCF) program:

- TCF holds an annual **Training of Trainers program**. Community gardeners attend this training program and go on to teach community based workshops (more than 30 this year) throughout the city on topics such as Seed Saving, Season Extension, and Canning.

One of TCF's trainers, Ena Nemely, has conducted Homemade Baby Food workshops for the last two seasons, a skill she learned growing up in Jamaica, where commercially processed baby food was not an option. This year, while Ena was leading a workshop at the East New York Farms! Farmers' Market, she was approached by a woman carrying a healthy

baby, who remembered her from last year. The woman thanked Ena, letting her know that her baby has only received fresh, homemade baby food since she learned how to prepare it last year.

- The City Farms is providing technical assistance to establish **Urban Farm-stands** at four community gardens sites, three in the Bronx and one in Brooklyn. The markets are equipped to accept both **Farmers Market Nutrition Program** coupons and **EBT/Food Stamp** benefits, which will provide greater access of fresh fruits and vegetables to low-income community residents.

At the **La Familia Verde Farmers' Market**, serving the Crotona/East Tremont section of the Bronx, sales from the market have hit record highs this year, currently at \$11,688! Bronx community gardeners sell part of their harvest at this market, providing organic tomatoes and herbs like Papalo and spearmint, freshly picked, to their community, as well as products from regional farms. Stop by the market on a Tuesday morning, and you're sure to hear the jovial chant of the gardeners, "We Grow 'Em, You Eat 'Em!"

- The TCF Program has also expanded to include an urban **beekeeping** component. For gardeners adept at growing fruits and vegetables, honey production through beekeeping is a logical next step towards successful gardens and markets. Honey bees are responsible for pollinating of over a third of the fruits and vegetables grown in NYC community gardens and backyards, and honey brings in a high-value product to markets. This year, TCF Program Manager Kathleen McTigue and Georgine Yorgey, of East New York Farms!, started a hive in a Brooklyn community garden. Almost 100 pounds have been harvested so far this year, and jars of this Brooklyn Honey are sold weekly at the East New York Farms! Farmers' Market.

As CSA in NYC members, you have also taken a productive step toward building a just and sustainable food system. Supporting each others' efforts can only make us stronger. Many CSA sites are already working community garden programs.

Together we can build a more sustainable food system. Stay Involved!!

For more information on upcoming workshops, TCF Toolkit or urban farm-stands please contact Kathleen McTigue at Just Food at 212-645-9880 x229 or Kathleen@justfood.org.

KITCHEN AID

Vegetable Spotlight: Cardoon

Like globe artichokes, the cardoon plant belongs to the thistle family. Its stalks (the part of the plant eaten as a vegetable) are somewhat similar to celery in shape and texture, but have an artichoke-like flavor when cooked. Because cardoon is tougher than celery, you may want to remove the outer stalks and/or strip out the fibers before preparing. They can be sliced and eaten raw, added to soups, boiled, braised, or baked. If your cardoon has leaves on it, cook and eat the greens with the stalks. Cardoon is a popular vegetable in Italy, and is very low in calories.

Fried Cardoons – Fritto di Cardoni

Cardoon
1 cup flour
1 T olive oil
1 T aquavit
1 egg, separated
pinch of salt
cold water

Begin by preparing a batter from the above ingredients [except the cardoon]: Stir the yolk and the other ingredients except the white into the flour, then add water bit at a time until you have a not too liquid batter. Stir well and let the batter rest for several hours. Before using it whip the white and fold it in. This batter is especially well suited for frying fruits and vegetables.

Then prepare the other vegetables, cardoons in this case: Peel the strings from the cardoons, boil them in salted water until just shy of being fork tender, cut them into pieces, and sauté them in butter, salting them again lightly. Then flour them, dip them in the batter below, and fry them in abundant oil.

Source: Kyle Phillips, trans. Artusi's *Scienza di Cucina*, <http://italianfood.about.com/blind44.htm> (see for more cardoon recipes)

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Send your cardoon recipes or veggie-related thoughts to norwoodsafoodcoop@yahoo.com

Baking Winter Squash



rwtech.com

To bake winter squash, simply cut in half and place halves face-down on a baking sheet. Pierce a few times with a fork. Bake at 375 degrees for 45 minutes, or until flesh is tender. Serve the halves –or quarters – with butter or margarine and cinnamon. Other possible toppings are maple syrup, brown sugar, cream.

Winter Squash Braised in Pear or Apple Cider

[This recipe is even better with a sliced apple added to the squash before cooking.]

2 lb. butternut or other winter squash or sweet potatoes
2 T unsalted butter
2 T finely chopped rosemary
2 c. fresh unfiltered apple or pear cider
sea salt and freshly ground pepper
balsamic or apple cider vinegar, to taste

1. Peel the squash, then dice it into ½-in. cubes or even smaller pieces.

2. Melt the butter in a wide skillet and add the rosemary. Cook over medium heat to flavor the butter. After 3 minutes, add the squash and cider plus enough water to cover. Bring to a boil. Add ½ tsp. Salt, and simmer until the squash is tender, 20 to 25 minutes, by which time the juice will have reduced enough to provide a glaze for the squash. If not, raise the heat to reduce it quickly. Sprinkle on a teaspoon of vinegar and taste for salt. Add additional vinegar if you need to balance the sweetness, then season with pepper.

Source: NYC Greenmarket

Winter Squash Soup

2 tablespoons lite margarine
1 cup finely chopped onion
2 teaspoons curry powder
3 pounds butternut squash, peeled and cut in to 1 inch pieces
2 cans (14 ounces each) defatted chicken broth
2 cups water
1 teaspoon peeled, grated fresh ginger
1/2 teaspoon ground pepper
1/2 cup plain nonfat yogurt

Melt margarine in a Dutch oven over medium heat. Cook onions 2 minutes, stir in curry powder and cook an additional minute. Stir in squash, broth, water, ginger and pepper. Increase heat to high and bring mixture to a boil; reduce heat and simmer 15-20 minutes, or until squash is tender. Puree this mixture in a blender in batches. Transfer each batch to a large bowl, then return to Dutch oven when last batch is pureed. Simmer soup in the Dutch oven 5-10 minutes, or until heated through. Top each serving with 1 tablespoon yogurt, slightly mixed in.

Source: *The Three Sisters Cookbook*, <http://oneida-nation.net/cookbook>