

The Gannick* Weekly

The Norwood CSA Food Co-op Newsletter



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*Gannick: /GAN-nick/ -- one who raises, eats, or advocates organic foods and/or lifestyle.

House Keeping

We are off and running again this year - apologies for the tardy newsletter. The next *Gannick Weekly* will be available at food distribution on Thursday. Thanks to fellow Gannicks Greg Jost and Rosanna Viera for their editing help (Photo on the right is of week one's Bok Choy)



From the Farm

Last week was another roller coaster in terms of temperatures and activities. Our first CSA harvest and delivery went off with only a few snags. We continue to catch-up on planting which is a struggle as we continue to be short of helpers. On the bright side, we had four folks come up from the South Bronx CSA and in a few short hours were able to plant a tunnel of cucumbers and 5 beds of winter squash.

To date, we have had two groups volunteer to come up and we have learned a few things from this experience. It is gratifying that folks come up to the farm to appreciate what goes on, the pace, the challenges and the beauty of the surroundings.

While people may view this as a getaway, I have to view it as an opportunity to get caught up and thus push hard to shape it into a positive yet fruit-full work experience for our CSA's.

We can use more sets of volunteers over the summer as there is always something to do. To make this a positive experience for us and for you here are some points that will help:

- Arrive with a group of others who have their own transportation. This allows you to go to town and take care of needs. I am still working 14-16 hours/day, 7 days trying to catch up and this lessens the burden on me.
- We are offering a tent that can accommodate 4 people, we will try to get a solar shower. We can afford to help with gas money if we can get a group of 3-4 or more that are willing to put in a good full day or two of work.
- Try to bring enough supplies to be self sufficient in terms of personal items.
- Folks that have farm or gardening experience can help by training others.
- If you have any special circumstances, we need to discuss these in advance of your visit. We love to be hospitable, but need to balance the hospitality against the need to get the most production out of your labor.

Thanks to all of those who have come up and helped to make the CSA experience better for all.

Zaid Kurdieh
Norwich Meadows Farm

This Week's Share

- Kale
- Napa
- Lettuce
- Garlic Scapes
- Radishes

We will continue to be light on a number of different products due to late planting and the cool weather we had for 3 weeks.

Positions Still Available

Site Coordinator, First Shift: This person(s) is responsible for being here at the site every week from 3:30 to 5:00, opening up the church and working with the volunteers to set up tables and help unload the truck when it arrives.

Newsletter Editor for July: This person(s) is responsible for what you are reading right now. You can use this template to create a weekly newsletter that includes news, recipes and other expressions of creativity related to the co-op. Access to a copy-machine is ideal, but not necessary.

If you think you might be interested in one of these positions, speak with a member of the core-group for more details.

What is a CSA?

The Norwood Food Co-op is one of a number of Community Supported Agriculture (CSA) groups throughout the City sponsored by a nonprofit organization called *Just Food*. For more info, check us out at norwoodfoodcoop.org

More on June Vegetables

Kale is a flavorful, curly-leafed green. Collards and kale may be substituted for each other. Kale is a mild flavored member of the cabbage family and can be served fresh in a salad or cooked as a garnish. Kale is rich in vitamins A and C, potassium, calcium and iron. The **Radish** is a

member of the mustard family grown for its root (*Raphanus sativus*); generally, the crisp white flesh has a mild to peppery flavor and can be eaten raw or cooked. **If you have a recipe or piece of news to contribute to the newsletter, email it to norwoodsafoodcoop@yahoo.com or write it down and drop it into our suggestion box at the pick-up site.**

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