

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.



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.

Contact Information

General Information

Tanya Greene 718-432-2567
seanandtanya@yahoo.com

Sandra Lobo Jost 347-224-3293
sandra-lobo@yahoo.com

Financial Coordinator

Gregory Lobo Jost 347-224-3296
gjost@yahoo.com

Site Coordinators

Michael Putos 718-324-0539
jzzgtr2000@yahoo.com

One More Needed!

Volunteer Coordinator

Sarah Aucoin 718-796-5617
saucoin@optonline.net

Newsletter Editor

Sean Miner 718-995-8491
gannickweekly@yahoo.com

From the Farm

“The truck wasn't able to come down to NYC due to severe flooding. Roads are closed, only emergency vehicles can get through. The driver called all the Wednesday stops and left messages. I just got in after leaving at 5:30AM to see the CSA truck off (supposedly). Our fields are flooded, the river is overflowing. We've got pumps going and little tractor-made ditches to help. The chicks were *screeeching* because they were flooded. They're now in crates in the shed.”

– Ghafar Kurdieh, 6/29/06

Rain. Rain. Go away.

Ghafar's account is scary, but it's being told by thousands of others. New York City was blessed with a relative sprinkle of the tropical rain that's flooded the Northeast, killing ten as of Wednesday's count. The Binghamton area, where Norwich Meadows Farm is located, received 2-3 inches of rain per *hour*. CNN meteorologist Chad Myers has stated that the flooding situation that resulted from this might occur once every 20 years.

Only time will tell how this is going to affect our shares. Zaid's crops made it through drought conditions last year, and numerous weather-related difficulties of the year before.. The late-season vegetables, especially, have months left to recover.

Feed Your Gannick!

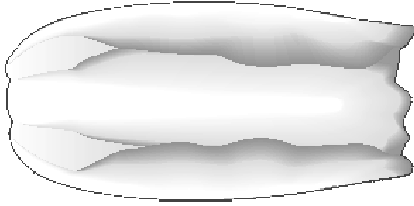
This stuff doesn't grow out of the ground, folks! As always, we need *your* words, pictures, and ideas. We also need someone to print out and drop off the Gannick on pick-up days (this would count for your work requirement). Write us at:

gannickweekly@yahoo.com



KITCHEN AID

Vegetable Spotlight: Chinese Cabbage



Chinese cabbage has been cultivated for over six thousand years. *Brassica rapa* seeds have been found in jars in the excavated New Stone Age settlement of Banpo. They were a common part of the diet in southern China by the 5th century.

The Ming dynasty pharmacologist Li Shizhen studied the Chinese cabbage for its medicinal qualities. Before this time the Chinese cabbage was largely confined to the Yangzi Delta region. During the following centuries, it became popular in northern China and the northern harvest soon exceeded the southern one. Northern cabbages were exported along the Grand Canal to Zhejiang and as far south as Guangdong.

They were introduced to Korea in the 15th century, where it became the staple vegetable for making kimchi. In the early 20th century, it was taken to Japan by returning soldiers who had fought in Manchuria during the Russo-Japanese War.

This information is taken from Wikipedia (http://en.wikipedia.org/wiki/Chinese_cabbage), and is subject to the GNU Free Documentation License.

Quick Napa Cabbage Salad

no time for food prep?

- 1 head napa cabbage
 - 1 shredded carrot
 - 3 tbsl cider vinegar
 - 2 tbsl olive oil
 - 1 tsp powdered ginger
 - 1/4 tsp pepper
 - 1/2 tsp sesame oil (optional)
1. Shred the head of cabbage, or chop quite small. Place carrot and cabbage in a large bowl.
 2. Combine oil and vinegar, pour over salad.
 3. Add pepper, ginger and sesame oil, mix until well blended. Optionally, refrigerate one hour.

Napa Cabbage Salad

Recipe courtesy of Tanya Greene

- 1 head napa cabbage
 - 1 bunch minced green onions
 - 1/3 cup butter
 - 1 (3 ounce) package ramen noodles, broken
 - 2 tbsl sesame seeds
 - 1 cup slivered almonds
 - 1/4 cup cider vinegar
 - 3/4 cup vegetable oil
 - 1/2 cup white sugar
 - 2 tbsl soy sauce
1. Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.
 2. Preheat oven to 350 degrees F (175 degrees C).
 3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
 4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
 5. Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Bok Choy with Ginger Vinaigrette

Recipe courtesy of Emmett

- 1 pound bok choy
 - 1 tbsl white wine vinegar
 - 2 teaspoons dijon mustard
 - 2 teaspoons reduced sodium soy sauce
 - 1 teaspoon sugar
 - 1 small glove garlic, finely chopped
 - 1 tbsl fresh ginger, finely chopped or grated
1. Separate bok choy leaves and rinse under cold water to clean. Place in steamer and steam until stalks begin to turn translucent and are soft when pierced.
 2. Combine vinegar, mustard, soy, etc. and mix well
 3. After bok choy is steamed you have two options:
Chop up piece into bit size pieces while still warm and pour the ginger vinaigrette over.
or
Plunge steamed bok choy into cold water to crisp it back up. Drain and cool. Then chop and pour ginger vinaigrette over.

Makes 4 - 1 cup servings