

# The Gannick\* Weekly

## Norwood CSA Newsletter

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



### Say Hi to Grace!

*Due to poor planning, the Gannick has not yet gotten its hands on the returned questionnaires we had for you last week. So we now introduce the editor's daughter, who's been with the Norwood Food Co-op since year one!*



**Name:** Grace Elizabeth Miner

**Years in Co-op:** 3

**Years before Co-op:** 1 ½

**Favorite vegetable:** Peas

**Occupation:** Looking at Daddy and deciding whether I want to help him or not.

**Best thing about the Co-op:** That's a hard question. I guess... the fun that everyone's having..

**Something people don't know about you:** Sometimes I just say "Bathtub." I am a calf.

### Monday in the Park with Zaid

I was in Union Square Monday morning, and I decided Grace (left) should see the greenmarket. She was dubious, but I told her she could get some fruit and that settled her.

We paused at the Information tent on our way in. As I looked for anything of interest, a hand fell on my shoulder. All the veggies I've been eating must be good for my nerves because I did *not* yell for help, but turned around; there stood our farmer, Zaid Kurdieh, who smiled and asked, "Are you lost?"

We talked for a bit about the farm and the weather (when you're a farmer, apparently, the weather isn't small talk). The water, it seems, went down since last we heard, due to the extreme heat. Then they got three inches more rain, turning the place into a quagmire again. Then of course came the heat of this week, which dried *that* up. The good news: while wild swings aren't good for crops in general, the heat should be bad for the potato blight that hit the first year of our CSA, and should be good for tomatoes.

Then I went to the Norwich Meadows Farm booth, which was right next to us. Okay, for all you folks who aren't sure if your share is worth it; I saw what other people are paying for the veggies you and I get weekly. There were cauliflowers just like the one I took home last week, selling for four dollars. Each. Cabbages went for \$3. Small heads of lettuce were \$2.50. I couldn't have put together last week's share for less than \$15 (plus a trip to Manhattan).

There were also items that we didn't see in our share: broccoli, orange cauliflower, potted chili pepper and basil plants, among others. (Zaid grows dozens of varieties of some things; to include all of them in the share would result in amounts like three cranberry bean pods.)

After more CSA chat, I picked up a little broccoli that I needed for that night's pasta & veggies (quick recipe: steam a medley of veggies, add to pasta sauce, heat through. Pour over cooked pasta.), the girls and I went on our way, and from another booth picked up a couple of apples for the ride home.

If you ever need anything after the week's share, Zaid and others are waiting to help you at the greenmarket. It's nice to live in the best of both worlds, isn't it?

# KITCHEN AID

## A Brief Word on Swiss Chard

Known as Swiss Chard, Silverbeet, Perpetual Spinach or Mangold.

In the beet family, but without a bulb.

Fresh young chard can be used raw in salads.

Treat as you would spinach; cook stalks like asparagus.

## Swiss Chard with Raisins and Pine Nuts

*Courtesy of Rock Miller*

- Swiss Chard, one large bunch
- Pine Nuts (1/4 cup)
- Raisins or Currants (1/4 cup)
- Garlic (2 whole cloves, peeled)
- Cumin Seeds (1 tablespoon or so)
- Olive Oil (2 tablespoons plus additional to taste after cooking)
- Red Pepper Flakes (2 tsp) or Cayenne Pepper (1 tsp) or more to taste (Optional)

Bring a large pot of salted water to a boil. Wash chard and separate leaves from stems. (For young chard, stems can simply be cut into 4-5 inch pieces. For older chard, split into "sticks" no more than about 1/4 inch by 4-5 inches in size.)

Blanch chard leaves for five minutes, blanch stems for 10 minutes. Rinse in cold water.

Using a colander and a bowl fitting inside it, press excess water vigorously out of the blanched greens until as dry as possible.

In a large sauté pan, place 2 tablespoons of olive oil, the whole cloves of garlic, the cumin seeds, and red pepper flakes (if used) and turn the fire on high. As the oil warms, cook until the cumin seeds turn a shade darker. Add pine nuts and raisins or currants and cook in the oil until the raisins puff up a bit and the pine nuts are a little brown. Immediately chard stems, cook for 3 minutes or so, then add chard leaves in batches to cook until wilted in the oil. Sprinkle with salt, pepper and cayenne pepper (if used), lower heat and cover to steam for 5 minutes or so until greens are fully cooked.

Remove to serving dish, drizzle in best-quality olive oil, add salt/pepper as needed, and mix thoroughly. Serve at room temperature.

This approach also works well with other greens, including broccoli di rape. Or try cut-up figs instead of raisins. The hot pepper is optional if you can't tolerate spicy food, but it completes the bitter/sweet/hot combination.

## Kale Rice

*Courtesy of Maya Harvey*

- 1 cup white rice
- 5 leaves of kale or Swiss Chard(minced)
- 1/2 carrot(shredded)
- 1/4 onion(diced)
- 1 sprig fresh thyme or pinch dried
- thyme
- 3 tablespoons oil
- 2 cups water
- 1 clove garlic(minced)
- salt to taste

Heat saucepan. Add oil, onion, garlic and carrot. Stir for 1 min. Add water. Bring to a boil. Add rice, thyme, greens and salt. Stir and cover. Return to boil. Reduce heat and cook for 15 to 20 min. Remove thyme, fluff with fork. *Serves 2 to 4.*

## Fava Beans and Pasta with Peperoncino (soup)

*Courtesy of Sean and Tanya Greene*

- 7 oz. dried fava beans
- 3 oz. Spaghetti
- 1 onion, finely sliced
- peperoncino (chili peppers)
- 1 large tomato
- 6 Tbs. olive oil
- salt

Let the fava beans soak in water for at least 24 hours, 48 if possible. Drain and remove the skins. Put 1 qt. of water in a pot with the fava beans, the onion and the peeled, seeded, chopped tomato. Salt, cover and cook over low heat for about 2 hours or until the fava begin to fall apart. Break-up the spaghetti into 1" pieces. In a separate pot cook the pasta in plenty of salted water. When al dente, drain and add them to the fava beans. Add peperoncino and olive oil, mix well and serve. This soup is also good at room temperature

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