

July 27, 2006 – Season 3, Issue 7

# The Gannick\* Weekly

## Norwood CSA Newsletter

3400 Reservoir Oval East Bronx, NY 10467 (718) 514-3305 [www.norwoodfoodcoop.org](http://www.norwoodfoodcoop.org)

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



### Say Hi to Maureen!

**Name:** Maureen Ocasio

**Years in Co-op:**

2; the first year and this one. I was out last year.

**Favorite Vegetable:** zucchini

**Something people in the Co-op don't know about you:**

I was part of the organic food cooperative at Mosholu Montefiore Community Center run by Fran

**Anything else you'd like us to know about you:**

I have lived in Norwood for almost 19 years.

### In from Just Foods

*Just Foods*, the nonprofit organization which sponsors our CSA, has a job opening. The Institutional Purchasing Program Coordinator will, appropriately enough, be responsible for the expansion and on-going management of Just Food's *Institutional Purchasing Program*. Primary responsibilities will be working with farmers, Emergency Food Relief Organizations (EFROs), Grantwriter and partners. The full job description is available at

<http://www.justfood.org/jobs/ipp.html>.

Qualified candidates send cover letter and resume by email to Paula Lukats at [paula@justfood.org](mailto:paula@justfood.org) (please no attachments) or by fax: 212 645-9881. Application Deadline is Sunday August 6, 2006.

**The Rural Route Film Festival** has been created to highlight works that deal with rural people and places. While the term "rural" is defined by Webster's Dictionary as: 1) Of or relating to the country: RUSTIC 2) Of or relating to people who live in the country 3) Of or relating to farming: AGRICULTURAL, the creators of *Rural Route Film Festival* leave it up to you, the film and video artists, to explain your own definition of "rural." Whether it be a documentary about an organic turnip farm in West Virginia, a fictional backpacking drama set in Peru, or a personal/experimental work about life in a small town in Wisconsin, we want to see and hear what you have to say. Works that include alternative country, country western, and folk music are encouraged, as are those that play loud rock in cornfields.

**Did You Know** what makes an heirloom vegetable an *heirloom* vegetable? There are a number of definitions. Some people define heirloom vegetables varieties by their age- more than 100 years old or introduced before 1951 (or 1945 or the 1920's). Others believe the seeds must have a history of being passed down through a family. Most people, however, agree that heirloom vegetables are old, open-pollinated (pollinated by wind or insects- not a hybrid) varieties that are genetically distinct from commercial varieties. While the multicolored, striped, and ruffled heirloom tomatoes are the most well known, there are heirloom varieties of most vegetables including beans, corn, squash, lettuce and peppers. Heirloom vegetables have been intentionally chosen by growers over time for taste, beauty and suitability to a local growing area. They also preserve local heritage and genetic diversity.

### Message from the Farm

This week members will be receiving two types of tomatoes, cucumbers (green and yellow), broccoli, eggplant, boston lettuce, oak leaf lettuce and summer crisp lettuce. A word about broccoli - not much is grown on the farm because it is a nutrient intense plant and the yield small. Another crop you will not see is string beans. They are labor intensive and would represent an economic loss for the farm.

### VEGGIE HAPPY HOUR!

Thursday August 3 from 5:30 - 7  
PM

at the Coop Pick-Up site  
BYOB or wine or juice or water  
we'll provide the sliced veggies!  
all kinds of dips welcome!

# Meanwhile, down on the farm...

## Winter CSA Deliveries

Although we are still in the heat of summer, it is time to start planning for the winter CSA program. The winter CSA season will run from mid-December to mid-April. Deliveries will be once a week and will depend on weather conditions. Drop-off points will be determined and most likely will alternate between the various CSAs and will also depend upon the number of participants. Last year, items were delivered by another company called Regional Access due to the fact that there were only 50 participants and it was not cost effective to send our own truck.

If we could get 200 members this season, transportation costs would be less and we could run our own truck. Crops that would be delivered are: greens (mid-December) the rest of the season would be storage items such as, potatoes, onions, winter squashes, cabbages, sweet potatoes and carrots. Items from other producers would consist of (for lacto-ovo vegetarians) cheese and eggs. Non-vegetarian items would include organic chicken and beef. There will also be a supply of granolas, honey and maple syrup for all.

The cost for the winter membership will be \$175.00. We welcome any suggestions and if members want to get an idea of how previous winter deliveries worked, they can contact the Prince George CSA in Manhattan as they have participated in prior winter programs.

## New Business:

### Tunnel Investment Program (TIP)

Norwich Meadows Farm is also starting its Tunnel (greenhouse) Investment Program (TIP). Each member or CSA can invest as much as they want in the construction of a new tunnel. The goal is to get enough money early in the season to be able to construct three new tunnels by the spring of 2007. The cost of each tunnel is approximately \$3000 - \$3500 each. All crops that are grown in these tunnels will be specifically for the CSAs and none of the products will go to any other markets. The payback to the individual investors will be extra product over a set period of time. For example, if a member invested \$100 in a tunnel, they would get approximately an extra \$35 worth of food over a three year period. (These figures are only meant as an example - actual numbers would be determined by the amount of money raised and the number of participants.

The benefits of the tunnel program are many. The first and most important is that the individual CSAs are gaining control over their food production. They know where it is coming from, how it is grown and can inspect the farm anytime they want. This fact cannot be stressed enough. In an era when foods are being exported from all over the world and can be used for political means, the CSA program brings it all back home and out of the political arena.

Other benefits are a better quality of food and an earlier production of crops as the items are removed from the vagaries of the central New York weather. One such benefit of growing

crops in tunnels is, this week, members will be receiving tomatoes. This is very early in the season for there are no other farms in this area that are even close to producing ripe tomatoes. A huge benefit for the farm is in its crop rotation. The more tunnels there are the better the crop rotation, a very necessary procedure in ensuring the health of the soil.

The bottom line is that the CSA program is about community. As the network of CSAs grows, the larger the community becomes and the more power it gains. Members should be looking at the program in the long-run. CSA's are not discount food programs. Their primary purpose is to support local farms. In return, the farms dedicate their labors and products to the wider community. The mutual benefits will ensure a food supply that is steady, high quality and free from the many the market pressures of the corporate food oligarchy.

By participating in a CSA, you are also making a bold political statement. Participation in an organic based CSA has even greater repercussions on society. You are going beyond a political statement and taking positive steps to improve your environment and your health. We cannot depend upon a corrupt government influenced by corporate money to secure our health and well-being. We must build alternatives to a system that sees only profits. Establishing community supported programs are a giant step in creating these alternatives. Passing these ideas to the next generation and encouraging their participation in community organizations is vital to their continued existence. We see this happening at the Healthy Kids CSA in the Bronx and at the Yonkers CSA. When our truck arrives for unloading there are happy beaming faces of kids eager to help.

We ask you to discuss the winter CSA program and the Tunnel Investment program with your members and get back to us with your questions and suggestions. The people on the farm are doing their part by putting in long arduous hours in the hot fields as many of those who have volunteered already know. We can plant and grow the food, but it is you, all the members of the CSAs, that ultimately will make the program a success. We need each other.

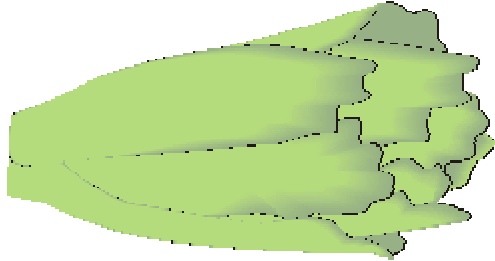
As an extended community, we all share in the benefits and problems that occur on the farm. An example of this is the lack of squash. This is a bad year for squash. Crops are plagued with insects, deer and floods. Consequently, members will not be seeing much squash. The farm loses money and the members lose a nutritious food. A benefit we all share in is an early season for tomatoes, which barring a natural disaster, will continue all through the summer.

Members are encouraged to visit the farm. In the past, the Prince George CSA has hired a bus and brought a large contingent to the farm. The air is clean and fresh, the nights are cool and the views are spectacular. Members are also encouraged to volunteer their much needed energies on the farm. There is work to be done in the greenhouses planting and weeding. It would be a great idea if all of the participating CSAs communicated with each other and compare notes, problems and discuss various methods of outreach.

# KITCHEN AID

## Vegetable Spotlight

### Lettuce



The cultivation of lettuce can be traced back as far as 4500 B.C. at which time it was mostly grown for the oil of its seeds. It has been well established that the Persians consumed lettuce leaves around the year 600 B.C..

The word "lettuce" comes from the Latin *lactuca* which is derived from *lactus*, meaning "milk"; it was so named for the milky sap secreted by the stems when they are cut. Lettuce is an annual plant that comes in about 100 varieties. The crisp, tender leaves are usually green but may also be red; they vary in shape and flavor, depending on the variety. The most common varieties sold today are head lettuce: butter lettuce, iceberg and bibb lettuce. The other main varieties are leaf lettuce, such as romaine (also known as cos) lettuce, oak leaf and green lettuce.

Lettuce is primarily eaten raw in salads although there are also hundreds of recipes for grilled lettuce and lettuce used as the main ingredient in soups.

Salads are the most popular dishes for lettuce. They are easy to make, refreshing and cool as a summer meal, low in calories, high in fiber and very healthy.

Equally as important as the types of lettuce used in salads are the dressings. The basic vinaigrette recipe - one part vinegar to three parts oil, with a little salt and pepper - can be expanded on and varied according to your whim, with the addition of various ingredients such as shallot, onion, garlic, tarragon, chervil, capers, anchovies, hardboiled egg, toasted nuts, etc. Lemon juice is sometimes substituted for vinegar. Any vegetable oil may be used, pure olive oil is recommended. Use your imagination and experiment!

### Asian Lettuce Wraps

*Courtesy Greg and Sandra Lobo-Jost*

- 1/2 package bean thread noodles cook according to package directions
- 1 tablespoon vegetable oil
- 1 bunch green onions, thinly sliced
- 1/2 teaspoon minced garlic
- 1 (14 ounce) package firm tofu, drain and cube
- 2 carrots, shredded
- 3 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 10 leaves of basil
- 1/4 teaspoon hot chili paste
- 1 head lettuce leaves (boston), separated

Heat oil in a wok over medium-high heat. Cook the green onions, and garlic for 5 to 7 minutes, or until lightly brown. Add the tofu, carrot, Hoisin, and soy sauce, stirring frequently until heated through. Remove from heat, and stir in the sesame oil and chili paste.

**To serve:** spoon a small amount of noodles into each lettuce leaf, top with the stir-fry mixture, and drizzle with additional soy sauce or hoisin, if desired. Layer 1-2 basil leaves on top. Wrap the lettuce leaf to enclose the filling.

### Caesar Bow Tie Salad

*Courtesy Greg and Sandra Lobo-Jost*

- 1/2 lb bow tie pasta, cooked al dente
- 8 cups mixed salad greens, washed and drained
- 2 cups peeled and chopped cucumbers
- 1 cup chopped walnuts
- 1/2 cup freshly grated parmesan cheese
- 1 teaspoon salt
- 1 cup soft bread crumbs

**Dressing:** 1/2 cup red wine vinegar - 2 teaspoons Dijon mustard - 1 garlic clove, minced - 1 pinch sugar and salt.

Mix all ingredients, pour in dressing and toss well

*Serves 6 - 8.*

## Support Your Newsletter!

Or we'll start hunting spotted owls.