

The Gannick* Weekly

Norwood CSA Newsletter

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



This Week's Share

2 tomatoes
2 cucumbers
1 pepper
1 garlic
2 beets
.6lb greens
2 onions
1.25lb cherry sungold tomatoes

Message from the Farm

Said wants everyone to know that he still could use help. There is a lot of weeding to do and winter planting will be taking place for a period of three weeks, from the mid August to the first week in September. People who have been to the farm before know there is always work to be done. Work is never really finished. The day just ends and you go home only to come back again the next day and do it all over again. Farming is a seven-day-a-week job.

Organic chickens will be ready in three weeks. These will be chickens from Norwich Meadows Farm. This season, till now, the chickens were pasture-raised from and acquired from an outside source.

Zaid has had to stop doing business at three of the farmers markets this season due to the shortage of crops. They are the Vestal, South Village in Manhattan and the Jackson Heights Market in Queens.

News from CSAs Around the Country

By Lisa Davidson

The following is a reprint of an article by Lisa Davidson of the Washington Square CSA that ran in their August 2, 2006 newsletter. We hope this gives a better picture of what our farmers are experiencing.

As many of you know, Norwich Meadows Farms has been hit by some extreme weather conditions this year, making the crop yield a little more unreliable than we might have hoped. First there were cool and wet conditions in the spring, turning the fields into a mushy mess. Later, upstate New York experienced a flood, worsening the conditions. Now the deliveries are starting to be more diverse, but as CSA members, we are experiencing by proxy what it is like to be a farmer who must produce his own food.

A search of the Internet reveals that other farms around the country have experienced similar ups and downs during this growing season. This even includes farms in northern California, which is supposed to have a year-round temperate climate. For example, Jen from the blog "Life Begins at 30" reports that her CSA at Eatwell Farm in Davis, CA has been experiencing a drought (http://www.lifebeginsat30.com/jen/2006/07/spring_rains_co.html):

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Calling All Members!

We need someone to receive this newsletter each Thursday by Noon from our editor via email, print it, make 55 copies (a reimburseable expense, if necessary!) and deliver to the site by 4 PM.

OR

PICK UP the newsletter from
196th and Grand Concourse
and deliver by 4 PM each Thursday.

NOTICE

We need responses from all who want to participate in the Winter CSA distribution program. It is imperative that leaders discuss this with their members as winter planting will be starting in a couple of weeks and we must know how much to plant! Contact Zaid! Also, please discuss the Tunnel Investment Program so we can make plans for next season

It has hardly rained here since April. The roads are dusty and the crops need lots of irrigation water. This spring was a different story: the rains stopped play on the farm for six weeks, making our tomato plantings very late. Not only did the plants have a late start, they also suffered while waiting.

Now I look at them and see only green fruit -- and it is almost the middle of July! ...If this were a normal year, in your box today there would be a mix of heirloom tomatoes and cherry tomatoes. There would be peaches and or nectarines and possibly plums and a melon. In fact we have a great box for you today but it is the very first box in over ten years into which we have not put a single piece of fruit. Even in the dead of winter we have fruit.

Julie at Many Hands Organic Farm in Barre, MA is thankful that now the conditions have greatly improved, but recognizes that it was a rough start this year, in her case, due to insects

(<http://www.mhof.net/csaneews/newsletter.php?id=40>):

Yes, the weather has been hot, and that is how we like it in July, as it makes the crops grow. The not too violent thunderstorms are like the cherry on top of the ice cream Sunday to make growing conditions perfect. This week we ... now have renewed access to our chard, basil, parsley, celery, beans, and young squashes and cukes. We gave up on the melons (very weak germination) and the third planting of brassicas. They were mown down by fleas beetles. This often happens early in the season, but not usually in June and July.... The tardy and hard hit by cucumber and squash beetle cucurbits are starting to slowly produce. Look for small amounts of cucumbers and summer squash this week.

Finally, Jeremy at East Farms CSA in Utah also complains about the difficult weather conditions:

(<http://vA,ww.slowfoodutah.org/newsletters/eastfarm/072506newsletter.pdf>):

The weather is really affecting the quality of the crops. I am still irrigating but the beans have suffered. I am hoping that we have some for your box this week. If we don't have any peaches this week, there should be some in your next box. I planted a variety of melons which are coming along nicely.

The reality of community supported agriculture is that the members get to truly understand not only the growing cycles of our food, but also how difficult it actually is to produce the food necessary to feed a city or a country. But in exchange for our support, we get local, organic, fresh food. We are committed to sustaining an important local resource and learning about our environment. Try getting all of that at Gristedes.

Reminder!

Please return your egg cartons!

Meanwhile. down on the farm...

Weather Conditions

Last week's heat wave, which we all endured, was a boon to some crops and a bane to others. The extreme heat accelerated the growth of the tomatoes making them plump, juicy and very delicious. Lettuce, on the other hand, did not do very well. The lettuce went to seed (bolted) and as a result, there will be no lettuce this week. The 100 degree weather also put stress on the cabbages which caused some to become diseased.

Crop News

Newly planted crops are carrots, greens, bok choy, lettuce and beets. All the garlic has been harvested, thanks to the four volunteers that completed the task last weekend.

News from Just Food!

Just Food and the Hancock Permaculture Center, an educational outreach organization dedicated to developing sustainable solutions as we enter peak oil and climate change, are collaborating on a modular permaculture design certificate course this fall.

The course will be held at Just Food in Manhattan over five weekends (Saturday, Sunday - 9am-5:30pm): October 14, 21, 28 and November 11, 18. The course will take place at Just Food, 210 East 51st Street, 2nd Floor in Manhattan. There will also be local urban farm field visits.

Cost: \$200 per weekend. Total cost of course is \$1,000 (72 hours instruction). A deposit of \$200 is required to ensure a place in the course. Checks should be made out to Hancock Permaculture Center. Couples receive 25% discount - so find someone to bring and pay less! Additionally, Just Food will be offering limited scholarships for this course. Click here for scholarship application. For more information, please contact Kathleen McTigue for more information at kathleen@justfood.org or 212.645.9880, ext. 229

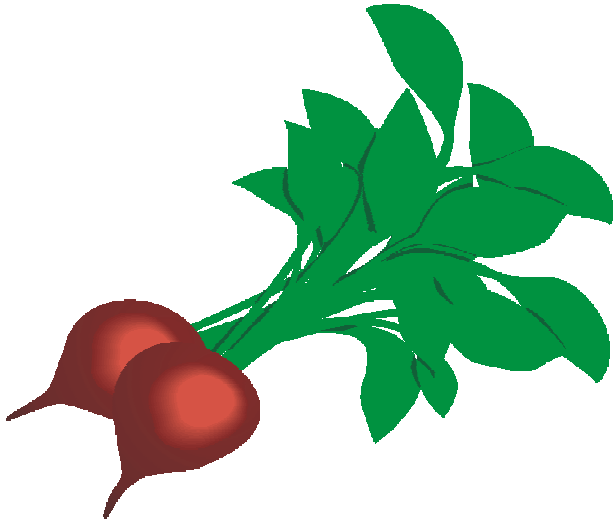
This space is dedicated to all those who have been eager to add content to this newsletter but haven't..

To you, we say: *Live your dream!*

KITCHEN AID

Vegetable Spotlight

Beets



The beet (*Beta vulgaris*) is a flowering plant in the family Amaranthaceae, native to the coasts of western and southern Europe, from southern Sweden and the British Isles south to the Mediterranean Sea. It is important because of its cultivated varieties, fodder beet, beetroot and the sugar-producing sugarbeet.

Beetroot can be cooked and then eaten warm with butter (after having been peeled) as a delicacy; cooked and pickled and then eaten cold as a condiment; or peeled raw and shredded and then eaten as a salad. The leaves and stems can be steamed briefly as a vegetable, although this is preferably done with young plants. These and older leaves and stems can be sliced and stir-fried and have a flavor resembling taro leaves.

Nutritional and Medicinal Information

Beets contain significant amounts of vitamin C in the roots, and the tops are an excellent source of vitamin A. They are also high in folate, as well as soluble and insoluble dietary fiber and several antioxidants. Research in the 1990s confirmed that beetroot juice had significant tumor-inhibiting and antimutagenic effects. Beetroot's effect on cancer cells is probably due to the combined effects of betanin, allantoin, vitamin C and other compounds present, such as farnesol and rutine.

Roasted Beets with Blue Cheese and Spiced Walnuts

- 6 medium beets
- 1 pint heavy cream
- 8 ounces blue cheese
- 1/2 cup walnuts, chopped
- 1 tablespoon butter
- 1/2 teaspoon cumin
- Dash cayenne pepper
- Salt and pepper to taste

Preheat oven to 375 degrees. Trim stalks 1/2 inch from beet. Wash beets gently under water, place in baking dish, cover dish with aluminum foil. Roast beets for 1-2 hours depending on sizes. A knife should slide easily into the beet. Allow to cool to room temperature. While beets are roasting, put cream in a saucepan and bring to a boil. Lower heat and add blue cheese. Stir constantly until cheese has been fully incorporated into the cream. Season with salt and pepper to taste. Allow to cool to room temperature. Remove beet skins, cut beets into bite-size pieces. Melt butter in saucepan, add cumin, walnuts, salt and pepper - cook for 60 seconds.

To serve: Drizzle cheese sauce over beets, then top with chopped spiced walnuts.

Balsamic-Glazed Beets

- 1 pound of beets
- 4 Tbs. olive oil
- 2 tsp. salt
- 1/4 cup balsamic vinegar
- 3 Tbs. brown sugar

Preheat oven to 400°F. Peel the beets, coat with oil and sprinkle with salt. Wrap each individually in aluminum foil and bake 1 hour. Meanwhile, heat the vinegar in a small saucepan. Add sugar and stir to dissolve, simmer 15 minutes; set aside. Unwrap beets and allow to cool slightly. Slice beets into 1/4 inch thick slices. Place in a roasting pan in a single layer. Pour vinegar on top and return to the oven for 5 minutes. *Serves 4.*

Diced Beets with Carrot

- 1 pound of beets
- 1 medium carrot
- Water
- 1 tsp. salt
- 1/4 cup butter

Trim beet stems to about an inch from beet; do not break beet skins. Boil beets in salted water for 30-45 minutes, until tender. Add carrot for last 15 minutes of cooking. When beets are done, run under cool water until they can be handled, and slip from their skins. Dice beets and carrot. While still hot, add butter and swirl until butter is melted and vegetables are coated. Serve immediately. *Serves 4.*

Optional: Blanch or steam beet leaves and add with the butter.