

# The Gannick\* Weekly

## Norwood CSA Newsletter

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

### EGG UPDATE!

Last delivery we were supposed to receive eggs for all egg-share holders but only received 10 dozen. The farm apologizes for the mix up and but will make up the difference today. So, here are the terms for today's pickup:

- If you picked up eggs last time and are supposed to get eggs every other week, you do not get eggs today
- If you picked up eggs last time and are supposed to get eggs every week, you get one dozen today
- If you didn't pick up eggs last time and are supposed to get eggs every other week, you get one dozen today
- If you didn't pick up eggs last time and are supposed to get eggs every week, you get two dozen today

### Church Clean Up Saturday, October 14th

Come by the Epiphany Lutheran Church (our pick up site) on Saturday, October 14th from 10 am to 1pm to help out at the Fall Clean Up.

It's a great way to give back to our site host and also fulfill some volunteer hours. Work includes sprucing up the churchyard and flowerbeds, as well as cleaning inside the church. This is a church-wide event, and volunteers from the Coop and community are encouraged to join in.

### This Week's Share

- 1 cauliflower
- 1 broccoli
- 1 winter squash
- 2 green tomatoes
- 1/2lb peppers
- 1/2lb onions

*The editor would like to apologize for this blank space.*

*Notice it's about the size of a Meet the Members feature, which we haven't run for some time because of a lack of participants.*

*Hint.*

# Vegetable Spotlight

## Green Tomatoes

The tomatoes are usually cut into 1/4 inch slices and coated with cornmeal, breadcrumbs, or flour, then fried in hot oil or grease (to a depth slightly shallower than the thickness of your slices) for about 3 minutes on each side until the bottoms are browned. Alternatively, one can dip the tomatoes into beaten eggs before coating with meal for a firmer product.

As a true art one must carefully "splash" oil onto the top to allow it to firm up also. The reason for all this is that cornmeal without a "wash" like eggs tends to fall off in the oil, however with a wash the meal becomes thick and not nearly as crunchy. It is more trouble to go without a wash, but it is generally thought to be worth it. (This also makes it vegan, of course.)

Flip the tomatoes after a minute or so, depending on oil temperature. Cook to a golden brown and season with salt and pepper.

While fried green tomatoes are usually considered a southern dish, there is a Pennsylvania Dutch version. This is usually made with white flour than cornmeal or orn flour. Green tomatos tend to be seasonal in the north, as the remaining fruit is harvested before the first frosts, where they are harvested year-round in the south.

While usually served as a side dish, fried green tomatoes have more recently been used in a variety of ways. The round shape of the slices makes them attractive with similarly-shapes foods, as on buns, or as replacement for english muffins in Eggs Benedict..

### Fried Green Tomato BLT

Replace the tomtoes in a BLT with fried green tomatoes. For a vegan option, replace the bacon with hot, crispy fried green tonatoes, keeping the soft, ripe tomatoes, for a "TLT".

## Fried Green Tomatoes with Shrimp Remoulade

- 8 slices fried green tomato, approximately 1/2-inch thick
- 1 cup corn flour, lightly seasoned with salt, and black or white pepper
- 24 medium shrimp, poached, peeled and chilled
- 1 cup (approximately) chilled remoulade sauce (recipe follows)
- Mixed greens

On individual serving plates, place 2 slices of tomato next to each other and top each slice with 3 chilled shrimp. Spoon 1 1/2 tablespoons remoulade sauce over the shrimp on each slice and garnish plate with a few mixed greens.

The tomatoes are served warm or hot. The shrimp and remoulade sauce should be cold.

*Variation:* Eliminate the shrimp and put the remoulade sauce directly on the tomato slice.

## Fried Green Tomato Po'Boy

French bread

Green tomatoes (enough to fill loaf)

Slices French bread in half, scoop out the bread to make room for the fried green tomatoes. Add dollops of shrimp remoulade (above) on top. Assembles the po'boy, cut it into two-inch sections and skewer each with a toothpick.

## Oven-Fried Green Tomatoes

- 3 large green tomatoes, sliced 1/4 inch thick
- 1/2 cup flour
- 1/2 cup cornmeal
- 1/4 cup breadcrumbs
- 1 tsp celery salt
- 1/4 tsp paprika
- 1/4 tsp ground pepper
- 1 egg
- 1/2 cup buttermilk

Turn on your broiler and place oven rack about 4 inches away. Grease a baking sheet with cooking spray.

Whisk together flour, cornmeal, breadcrumbs, and spices. Pour into a flat, shallow dish. Whisk together egg and buttermilk in a small bowl.

Dip tomato slices in egg mixture and then dredge in cornmeal mixture. Lay tomato slices onto baking sheet and spray lightly with vegetable oil.

Bake for 4 minutes, or until lightly browned. Flip and bake an additional 3-4 minutes, until browned.

Serve immediately with ranch dressing or salsa and sour cream.

## Fried Green Tomato Sandwich

- 8 slices, thick-cut bacon
- fried green tomatoes (3 or 4 large, sliced 1/4" thick)
- 1/4 C. prepared mayonnaise
- 1 T. prepared chili sauce
- 8 slices lightly toasted rye bread
- 1 lg. bunch or 2 sm. bunches arugula, tough stems removed, washed and patted dry

1. Fry bacon over medium heat until just browned and crispy. Drain on paper towels. Strain the bacon grease into a cup and wipe the skillet with a paper towel.

2. Combine mayonnaise and chili sauce in a small bowl; spread about 1 1/2 teaspoons of the mayonnaise mixture on one side of each slice of toast. Lay 2 slices of bacon over each of 4 slices of toast, then top each with 2 fried green tomato slices and arugula. Cover with the remaining 4 slices of toast, mayonnaise-side down. Cut the fried green tomato sandwiches in half and serve immediately.

*Makes 4 servings.*

## Fried Green Tomato Parmesan

8 slices fried green tomatoes

8 (1-ounce) slices fresh Mozzarella or Gruyere cheese

1 cup warm marinara sauce

1/2 cup basil pesto

Preheat oven to 375 degrees.

Place prepared fried green tomatoes in a single layer on sheet pan; top each one with a cheese slice. Put in oven until cheese melts. Put 1/4 cup marinara sauce on each serving plate and top with 2 tomato slices per plate, side by side. Garnish each slice with 1 tablespoon pesto.

## Indian Style Sauté of Cauliflower and Greens

*From Vegetarian Cooking for Everyone  
by Deborah Madison*

- 3 potatoes, peeled and cubed
- ¼ cup clarified butter or ghee
- 1 large onion, thin sliced
- 1 small cauliflower, quartered and thinly sliced, including the stem
- Salt
- 2 teaspoons chopped garlic
- ½ teaspoon turmeric 1 teaspoon each ground cumin and coriander
- 1 teaspoon mustard seeds
- 1 bunch spinach, stems removed
- 1 bunch watercress, large stems removed
- 1 small carrot, grated
- Juice of 1 lime
- Several pinches of Garam Masala
- Cilantro sprigs for garnish

Steam the potatoes until tender. Heat 2 tablespoons of the butter in wide sauté pan over medium-high heat. Add the onion and sauté until well browned, about 12 minutes. Remove and set aside. Melt the remaining butter in the same pan over high heat. Add the cauliflower, season with salt, and sauté until it begins to color in places, after a few minutes. Return the onion to the pan and add the garlic, spices, and potatoes. Lower the heat and cook until everything is heated through, about 4 minutes. Add the greens, carrots and ½ cup water. Cover and cook until the greens are wilted, about a minute. Season with lime juice and a few pinches garam masala, then turn onto a platter and garnish with the sprigs of cilantro.

### *Maude's notes (9/27/06):*

I adapted this recipe to work with the ingredients I had on hand. I used regular sweet butter instead of ghee and collard greens instead of spinach and watercress. I declined to peel the potatoes but cut them in very small pieces. I used 3 small purple onions sliced very thin instead of 1 large onion. I removed the stems from the greens and chopped them to make it easier to cook them fully and cooked them until they were wilted which was about 6 minutes. I used scraped baby carrots instead of grated carrots; I would definitely do that again. It was nice to have identifiable pieces of carrots rather than just the little grated bits.