

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 Johanna!



Name: Johanna Kletter

Years in Co-op: 2

Favorite Vegetable: Bok Choy

Something People Might Not Know:

I am training to run the NYC Marathon on November 5th.

Anything Else: I baby-sit a lot, love kids and have two cats, Loco and Lily.

REMINDER

Church Clean Up

Saturday, October 14th!

Who: YOU!

What: Cleaning/Yardwork

Where: Epiphany Lutheran Church

Time: 10 am to 1pm

Why: Give back to our site host / fulfill some volunteer hours.

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 too.



Image courtesy of Grace Miner © 2006

KITCHEN AID

Vegetable Spotlight

Winter Squash



Image courtesy of Jacci Howard Bear
<http://desktoppub.about.com/>

Winter squash comes in shapes round and elongated, scalloped and pear-shaped with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. They take longer to mature than summer squash (3 months or more) and are best harvested once the cool weather of fall sets in. They can be stored for months in a cool basement – hence the name "winter" squash.

Winter squash have hard, thick skins. Store in a cool, dark, well-ventilated place for up to one month. Winter squash can be cut in halves or pieces. To cook them, first remove fibers and seeds; then bake, steam, or boil the squash. When water is used in cooking, the quantity of water should be kept small to avoid losing flavor and nutrients. Acorn and butternut squash are frequently cut in half, baked, and served in the shell. Squash pulp is also used for pies and may be prepared in casseroles, soufflés, pancakes, and custards.

Of special note is *spaghetti squash*, which is served very differently from other squashes. Cut in half and baked like other squash, the pulp falls into long strands when scooped from the rind, and can be served like pasta (particularly good for those on low-carb diets).

Candied Acorn Squash

- 1 Acorn squash, halved and seeded
- Butter
- Brown sugar

Place both squash halves cut side up on a microwave-safe plate or dish. Add a small amount of water to the dish.

Microwave for six minutes on full power (rotate the squash if you don't have a rotating tray).

Carefully remove squash and add a pat of butter and spoonful of brown sugar to each half. Microwave again until the flesh is soft (two to four minutes).

Scoop out the softened flesh and place in a bowl. Mash it up to blend the ingredients. Serve hot.

Pumpkin Pie Dip

- 1 8-oz. Package cream cheese, softened
- 1 Can pumpkin pie filling (not solid-pack pumpkin)
- 2 Cups powdered sugar
- 1/2 Teaspoon cinnamon
- 1/2 Teaspoon ground ginger
- 1 Teaspoon grated orange rind (optional)

Beat cream cheese and sugar in a mixing bowl until smooth. Add pumpkin, spices, orange rind and beat well. Cover and chill for eight hours.

Serve as a dip with gingersnaps, oatmeal or molasses cookies, and apple or pear slices.

Fall Onions With Gingery Apple Cider

- 4 med.-large onions (about 8 oz. each)
- 3 tbsp. apple jelly
- 2 tbsp. spicy mustard
- 1 tbsp. grated ginger root
- 1 tbsp. cider vinegar
- 1 tbsp. cornstarch
- 1 c. apple cider

Trim and peel onions. Halve crosswise and place in 1 1/2 to 2 quart round baking dish. Add 1 inch of water, cover dish with lid or transparent wrap and cook in the microwave on high for 20 minutes, or until fork-tender, rotating dish once.

Meanwhile, combine apple jelly, mustard, ginger root, vinegar and cornstarch in saucepan, stirring with wire whisk until blended. Stir in apple cider and cook, stirring over medium heat, until sauce is thickened and comes to a boil. Drain onions and serve with sauce to accompany baked ham or squash, roast pork or turkey.