

# The Gannick\* Weekly

## Norwood CSA Newsletter

3400 Reservoir Oval East Bronx, NY 10467 212-229-7964 www.norwoodfoodcoop.org

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



### Today's Share

2 lettuce	2 beets (2 small beets = 1 beet)	1/2 lb bulk baby greens
1 lb cucumbers	1 napa or 2 small napa	1 lb squash

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### Greetings Co-op Members!

Welcome to season four of the co-op! This is looking to be a banner year for us, as our returning members bring back yet another year of experience, and new members help spread the word about CSA.

Already we're a leap ahead in terms of weather; the extreme flooding that plagued upstate New York this time last year has been replaced by dry warmth, and Zaid, our farmer, has installed new agricultural tunnels to better protect and nurture crops.

### Welcome from the Farm

Norwich Meadows Farm extends a hearty welcome to all the dedicated CSAs that have returned to what we believe is going to be a bountiful season in this our seventh year. Many thanks to the Prince George, Norwood, Washington Square, Columbus Circle, and Van Cortlandt CSAs for their continued and unwavering support. This year we would like to welcome a new member to our growing network - the Norwich CSA. We are also happy to announce that all the mentioned CSAs have substantially increased their membership roles.

In addition, Norwich Meadows Farm has an agreement with a company in Westchester County that will be distributing produce to its local customers that have subscribed to receive organic produce. The network is continuously growing as more and more people become aware of the benefits of eating pesticide-free food that has been proven to be far superior in nutritional value and taste.

# Word From the Farm

## Farm News

This season, seven new tunnels (greenhouses) have been added, bringing the total number of tunnels to twenty-five. During the summer, Zaid plans to add five more tunnels, for a total of thirty. Some of the new tunnels are 300 feet long. The addition of these structures will greatly increase crop yield which should supply the increased membership. One of the 300 foot tunnels is completely planted with various types of eggplant. It is estimated that a tunnel of this size will double the crop yield.

Increasing the number of tunnels should also help to decrease crop loss from weather and animals. While the goal is to grow as much as possible in the tunnels, many crops will still be planted in open fields. Some of these crops will be protected with an electrical fence from the destruction caused by the many deer in the area. The fence delivers a very mild shock that in no way physically harms the deer. It is similar to a static shock you may receive in your home.

Smaller animals such as mice, squirrels, crows and skunks will still be problems. When possible, the skunks will be trapped alive and evicted from the farm and brought to an area where they can do no damage. The mice fall into the venue of the cats.

Insects are always a problem. Growing in the tunnels can also help to control these pests. Since the tunnels must have a constant airflow, the plastic near the bases are lifted during the day. This gives all types of insects access to the plants. This year, as an experiment, fine mesh has been installed along the lower portions of one the tunnels. This innovation allows adequate airflow and prevents most insects from entering. Those insects that do enter, will hopefully be trapped by the many pest strips that are placed at regular intervals within the tunnels (see photo on page 2).

Not all insects are unwanted. Bees are vital for pollinating all the flowering plants. To make sure this all important process takes place, Dr. Harper has strategically place a number of hives around the farm. There are plans to add more hives because some of the melons are not being properly pollinated and the flowers are wilting and falling to the ground.

**Farm Labor** - Obtaining proficient workers that need little supervision on a small farm operation are an absolute necessity. Although there presently is a

shortage of labor, we are fortunate that one of the Egyptian guest workers, Mohammed has returned this year to add his expertise to the labor force.

Mohammed has a degree in agriculture and many years of experience in farm work in his native land. Another early addition to the farm is Khaled. Also from Egypt, Khaled brings 17 years of experience working on his family owned 80 acre, organic herb farm. In the short time he has been here, Khaled has proven himself invaluable. Within the next few weeks, we are expecting another worker from Egypt and two from Jamaica.

The reason why workers are chosen from Egypt is because there are many well developed bio-dynamic organic farms in that country. Much of what is grown on Egyptian farms is exported to the European community. Presently, there are discussions to import organic herbs in bulk from Khaled's farm to the United States.

Even when there is a full labor force on the farm, there is always more work to be done. Norwich Meadows Farm has an open invitation to all CSA members to visit the farm and volunteer their labor. This past weekend, we had three visitors from Washington Square CSA whom we would like to thank for volunteering their services, they are, Anna, Antonio and Mark. Please visit us again and bring your friends!

**Delivery Dates** - The Farm Share CSA in Westchester county will be receiving their deliveries every Tuesday. All other CSAs in the Bronx and Manhattan will be receiving their deliveries every Thursday.

## Weather Report

The weather has been warm and dry with daytime temperatures in the high 70s to low 80s and nights falling to the mid 50s to 60s. Although there has been very little rain in the past two weeks, it has not been a problem as most of the crops are being grown in tunnels and are irrigated with water pumped from the Canasawacta Creek.

As some of you may remember, last year at this time, many parts of the farm were under water due to extremely heavy rains that destroyed many newly planted crops.

# Just Food Announcements

## Tracking your Bounty

We really encourage each CSA to keep track of their shares with share lists, share pictures and donation logs. The records are beneficial in so many ways, aiding communication with your farmer and your institutional knowledge, making advertising for future members easier and more informative, and opening up grant opportunities to subsidize your CSA. Please contact Adam at adam@justfood.org or 212 645 9880 x 232 for sample log sheets or if you require any help getting started.

## Cooking Demos with Just Food's Community Chefs

Cooking demonstrations are a great way to inspire CSA members to learn new and exciting ways to use their seasonal bounty. Would you like to see demos happen at your site? Have one of Just Food's Community Chefs come to your site and share their ideas and tips for using your CSA veggies. For more information, contact Angela Davis, Community Food Education Program Coordinator by email at angela@justfood.org or phone at 212-645-9880 x239.

## RADICAL AGRICULTURE MOVIE OF THE WEEK

(possibly the entire season)

More Chances to see

### The Real Dirt on Farmer John

CAVU pictures, in association with GAIAM, will be releasing the award winning film THE REAL DIRT ON FARMER JOHN, nationwide on June 22nd at the Lincoln Plaza Cinemas and the Quad Cinemas.

Attend an advanced screening of the film presented by The American Museum of Natural History and The Center for Biodiversity and Conservation on Monday June 18th at 7pm. Stay after the screening for a Q&A session with Farmer John Peterson and director Taggart Siegal. The screening will be held in the Museum's Kaufmann Theatre (enter the Museum via the Carriage Drive, under the Museum's main stairway at Central Park West and 79th Street.

RSVP to: FarmerJohnMovie@gmail.com or call CAVU Pictures at 212-246-6300.

Website: <http://www.farmerjohnmovie.com/Film.html>

## AGRICULTURE NEWS

### Interested in Understanding and Influencing the Farm Bill?

Does mention of the Farm Bill make you feel both excited and overwhelmed at the same time? Maybe on one hand you may know how important Farm Bill reform is for NY communities and farmers, but on the other hand it just seems to daunting to sort through all the politics and coalitions, much less try to have an impact yourself. If that sounds familiar, then come to Just Food for an informal discussion about what's at stake in the Farm Bill, what its status is right now in Congress and what to expect in the coming months. We'll also talk about ways you can have an impact as in individual, how you can share information with your community and how you can join the Just Food Farm Bill Outreach Team. Contact our Food Justice coordinator, Molly, for more information on dates and times. molly@justfood.org

### FARM AID Comes to New York

*Farm Aid 2007: A HOMEGROWN Festival* will take place on Randall's Island on September 9th. This is first time that the annual concert, which raises funds to support family farming and to promote food from family farms, is coming to New York.

The festival will celebrate music, good food, and hands-on activities with family farmers and urban growers. For the first time, concert concessions will feature all fresh, local, organic and family farmed food.

Tickets for Farm Aid 2007: A HOMEGROWN Festival will go on sale June 16 at 10 AM. For more information about Farm Aid, visit [www.farmaid.org](http://www.farmaid.org).

## Feed Your Gannick!

All members (and family and friends of member, and for that matter anyone who finds this newsletter on the sidewalk) are invited to send thoughts, articles, recipes, artwork and virtually any other appropriate submissions to the Gannick at:

[seanmonster@gmail.com](mailto:seanmonster@gmail.com)

# KITCHEN AID

## Vegetable Spotlight:

### Chinese Cabbage



Pak Choi - Its scientific name is *Brassica rapa* (var. *chinensis*) and is a member of the Mustard family. It is also known as bok choy, choi sum, Chinese white cabbage, Chinese flowering cabbage, Peking cabbage, celery cabbage, and white mustard cabbage. It has been cultivated for over six thousand years in China. Choi (choy) is the Cantonese word for vegetable. Pak choi literally means "white vegetable."

Pak choi stalks can be consumed raw with dip, or chopped and used in salads. Pak choi has a high water content and becomes limp very quickly upon cooking. It should be cooked very fast over a high temperature so that the leaves become tender and the stalks stay crisp. In stir-fried dishes and soups, pak choi is added toward the end of the cooking process. Since the leaves cook much more quickly than the stalks, add the stalks first and then the leaves about a minute later.

*Storage:* Store in a plastic bag in the refrigerator crisper for 2-3 days.

### Pak Choi and Bean Sprouts

- 2 heads of pak choi, shredded
- 3 medium onions (sliced)
- 2 carrots cut into matchsticks
- 3/4 lb bean sprouts
- 1 inch cube of fresh ginger
- 1 tbsp sesame oil
- 2 oz. unsalted cashew nuts

*Sauce:* 2 tbsp vinegar, 3 tbsp light soy sauce, 1 tsp corn flour, 1 tsp honey, ground black pepper, 1 cup cold water

Heat the oil in a large wok or skillet and sautee the onions, garlic, ginger and carrots for 2 minutes. Add the sprouting beans and sautee for another 2 minutes. Add the pak choi and nuts and stir fry until the leaves are just wilting. Mix all the sauce ingredients and pour into the wok. Stir to coat the vegetables in the sauce. Serve immediately. *Serves 4.*

### Pak Choi Salad

- 2 small heads of pak choi
- 1/2 lb spinach greens,
- 1/2 cup chopped carrots
- 3 Tbs. extra-virgin olive oil
- 3 Tbs. fresh lemon juice
- 1/4 tsp. cayenne
- 3/4 tsp. Dijon mustard
- 1/2 cup toasted walnuts, finely chopped

In a large bowl, whisk together lemon juice, extra-virgin olive oil, mustard, walnuts. Salt and pepper to taste. Whisk until emulsified. Pour dressing over pak choi and spinach mixture and gently toss. This salad is a perfect complement to any rice dishes. *Serves 4.*

### Stir Fried Pak Choi

- 1 tablespoon olive or sesame oil
- 2 heads pak choi
- 1 tsp sesame seeds
- 1 pound tatsoi
- 2 cloves chopped garlic
- 1/2 red chilli, de-seeded and chopped

Separate stalks of pak choi. Finely chop stem and roughly cut leaves. Heat the oil in a wok or large skillet until very hot. Add the sesame seeds, garlic and chilli, stirring for 2-3 minutes. Toss in pak choi stems and cook for 1-2 minutes. Add cut leaves and cook for 1-2 minutes stirring constantly. Remove from heat and serve. *Serves 4*

## Chocolate Crackles

*This recipe from Australia has nothing to do with organic foods. However, as the start of the season means a few weeks of unrelenting greens, we thought this might be a good for a little extra variety.*

- 2.5 oz. dark chocolate, melted over hot water
- 1 tsp. margarine or butter
- about 1 cup crispy rice cereal
- 2 Tbls. sultanas or chopped raisins (optional)

- Combine melted chocolate and margarine in a basin
- Quickly stir in rice bubbles and sultanas until coated with chocolate
- Spoon mixture into muffin papers
- Leave in fridge or a cool place until set