

July 5, 2007 – Season 4, Issue 3

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 heads of Lettuce

8 1/2 oz Greens

3 Beets

.45 lbs. of Turnips

1 Kohlrabi

1 1/4 lbs. of Cucumbers

1 Squash

FRUIT SHARE:

1 - 1.25 lb clamshell of dark cherries

1 - 1/2 pint of red currants

1 - quart of strawberry juice

From Just Food

The City Farms Community Workshops

Just Food trainers are busy as bees this month sharing their skills. With workshops on identifying medicinal herbs, canning fresh vegetables, learning how to keep chickens in the city, and much more, there is a lot to learn! Check out our online calendar to see what is happening in The City Farms.

Energy Independence Day at Solar One

Presented with Rooftop Films and New York Magazine, Independence Day at Solar One (located at Stuyvesant Cove Park) will feature comedy, music and film. And the best seat in the house to watch the fireworks. Doors will open at 5pm (all audience members must be there by 6pm) and the event will last until 11pm. Tickets are \$30 at the door or \$25 online at Rooftop Films with code: RFJUNE. For more info and the schedule for the evening go to Rooftop Films or Solar One.

World Hunger Year's Food Security Learning Center

The Food security Learning Center Team at World Hunger Year (WHY) is conducting a survey to learn how people are using the Learning Center- and how it can best serve new audiences. The learning Center is an online hub of information exchange, covering nutrition to urban planning; school meals to the U.S. Farm bill; and much more. Eight newly updated topics on community food security detail ways to eat more locally and build your community at the same time.

To complete the short five minute survey go to Learning Center Survey. The first 100 responses will be entered to win a WHY gift bag including a book, t-shirt, CD, and other great items! Please respond by August 3rd.

Message from the Farm

We would like to remind all CSA coordinators to talk it up with their members concerning participation in the Winter CSA Program. Planting time is just around the corner and Zaid has to know how much he should grow.

Zaid writes that the chickens haven't been laying many eggs, so they can't deliver eggs this week. They should arrive next week.

Dairy items should be arriving today.

Weather Report

The weather is still cool and dry. There has been a few scattered showers, but the ground remains dry. There was a short-lived ferocious storm on Wednesday that only lasted for 30 minutes. The winds topped 70 miles per hour, causing many power outages in and around Norwich and knocking down many trees. The rain was torrential lowering visibility to 30 feet as hundreds of lightning bolts struck the surrounding hills. The farm sustained very minor damages that were of little concern.

This week, the weather will be unseasonably cool with temperatures in the low to mid-seventies during the day and mid-fifties at night. This past week night temperatures dropped into the low forties. On Monday, in the hills surrounding Norwich, there actually was a touch of morning frost.

These cool night temperatures also create heavy fog which sets in at approximately 3:00 am and usually burns off by 7:00 am.

Word From the Farm

Farm News

The plan to add five new tunnels is well under way. One tunnel was completed, a second will be finished this week, and the final three are in various stages of construction. Planting within the first two tunnels has already begun. As a matter of fact, the first tunnel was actually constructed over existing crops. When all construction is completed within the next two weeks, there will be a total of 30 tunnels.

Planting in the remaining tunnels will begin in 10-15 days.

We cannot stress how much the tunnels have added to the well-being of the crops and to the successful start of this season. The time, effort and expense was well worth it!

Approximately 70% of the fruit trees are still surviving. This is their second year, so little fruit is expected. However, there will be fruit coming from Red Hat Farm, one of the network farms, located in Geneva, New York.

The melons that were not being pollinated had two more bee hives placed near the plants, and by the next day, the bees were doing what they do best. The mites that had infested the raspberries were easily controlled by the organic oil solution. Unfortunately, we cannot say the same for the aphids that are attacking the eggplant.

So far they have resisted the soap solution that was sprayed. The next step is to use Neem, which is an oil that is extracted from a tree in India. It is a broad spectrum solution that kills on contact. It is also toxic enough to kill the all-important bees. To get around this problem, spraying will be done in the late afternoon when the bees are back in their hives. After spraying, the aphids, which sometimes carry viruses, will then fall victim to the voracious appetite of the ladybugs that will be placed in the tunnel. The ladybugs also feed upon the larvae of the very annoying black cluster flies which can produce three generations during one summer.

Egg production has fallen off. Most of the hens are 30 months old. Peak egg laying is when the hens are 18 - 20 months old, at which time they will lay an egg approximately every 25 hours.

What To Expect

This week all the CSAs can expect: romaine, green leaf lettuce, beets kohlrabi, radishes, mixed greens, garlic scapes and possible cucumbers and squash. We would like to point out that receiving cucumbers and squash so early in the season, as been happening for the past three weeks, is somewhat of a "treat," made possible by the early plantings in the tunnels. Normally, local cucumbers and squash would be maturing by the second week in July.

Farm Labor

The labor problem has vastly improved in the past week with the addition of two full time workers arriving from the island of Jamaica. This brings the total full-time labor force to seven. Five of the workers are from Egypt; Khaled, who will assume supervisory responsibilities while Zaid is working the New York City markets on weekends, Mohammed, who is the only returning worker from last season and the only Egyptian with English speaking skills, Ahmed, Antar and Abdel-Azim. The two Jamaican guest workers, Delroy and Henry bring the total to seven.

In addition, there are three part-time local high school workers that care for the chickens, pack vegetables, do general cleaning, weeding and some picking of crops. All construction work, which includes building of the tunnels, wiring of all electrical components, plumbing, and general carpentry are the responsibilities of Robert and his two assistants. Robert did most of the work on the new shed which houses a large walk-in refrigerator, washing and packing facilities, and much more. Robert is a tireless and able worker who starts his day around 5:30 am.

Of course we cannot forget about Zaid and his family - Haifa, who is just a dynamo of energy, constantly working in their family greenhouse, tirelessly working the NYC markets and whatever else must be done around the farm. Their daughter, Ghafar, does all the inside work, coordinating CSA orders, communicating with suppliers and generally being Zaid's right hand in the office. Abdul, Zaid and Haifa's son, who recently graduated high school, does constant work with the seedlings, helps with planting and generally fills in where needed.

We also cannot forget Dr. Harper, who along with his eldest son, can always be found on the farm when he is free from his duties in the local hospital working in the emergency room.

In August, Jeffrey Wall Jr. will be joining the farm as an apprentice, learning all aspects of organic farming techniques and the day to day running of a farm. Jeffrey will also be doing some NYC marketing chores.

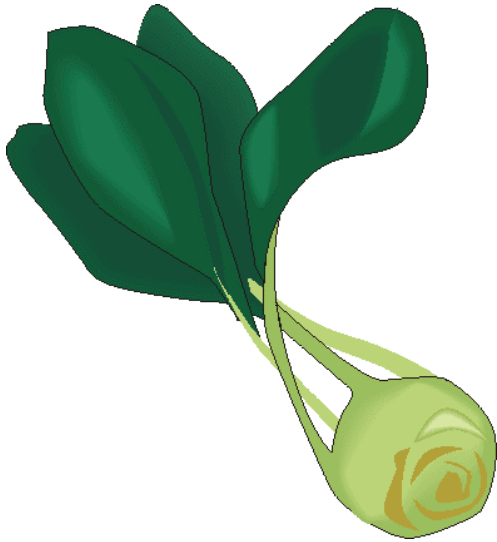
Although the workforce has improved, we still need CSA members to help in those important jobs that get pushed to the back burner. The weather is beautiful and the air is especially clean. So, come on up!

Running a farm is an endless series of varied and constant tasks. Mix in the elements of weather vagaries and other unexpected problems with equipment, etc., it is a wonder that it all hangs together. We give thanks to all that do help in keeping it together and especially to Zaid for his perseverance and beliefs, through all trials and tribulations, coming back year after year, making each season better than the last one.

KITCHEN AID

Vegetable Spotlight:

Kohlrabi



Kohlrabi's botanical name is *Brassica oleracea*. It is a member of the cabbage family and is also called cabbage turnip (*kohl* means cabbage and *rabi* means turnip). It looks like a root but is actually a thickened stem. Many botanists believe it is a hybridization of these two vegetables.

It is a reasonably "new" vegetable in the U.S., being introduced in the 19th century. It derives from eastern Europe where it has been popular since the 16th century.

Kohlrabi contains large amounts of vitamins A and C, and also has large amounts of potassium and calcium. The bulbous part can be stored in the refrigerator, in a plastic bag up to 30 days. It can be eaten raw, steamed or sautéed. It makes a great substitute for cabbage in a coleslaw.

Marinated Kohlrabi And Carrots

- 6 small kohlrabi, peeled
- 3 medium carrots
- 1/2 cup olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons red vinegar
- 1 teaspoon sugar
- 1 tablespoon capers, rinsed and drained
- 1/2 teaspoon dried thyme

Cut the kohlrabi and carrots into matchsticks. Cook in boiling water for 2 minutes. Drain well and place in a jar or bowl. Whisk together the remaining ingredients. Salt and pepper to taste. Pour over the vegetables and cover. Refrigerate for 48 hours, stirring the vegetables occasionally. Drain some of the marinade before serving. Serve as part of an antipasto platter or as a salad. *Serves 6*

Braised Kohlrabi

- - 2 pounds trimmed kohlrabi
- - 1 small onion
- - 2 tablespoons butter
- - salt and pepper

Heat butter in a heavy skillet. Chop onion and saute in butter over medium heat. Peel kohlrabi to remove fibrous skin. Slice thinly, or grate coarsely. Add to skillet, stir to coat with butter, and cover. Reduce heat to medium-low and cook until kohlrabi is tender, about 15 minutes for slices, less if grated. Add salt and pepper to taste. Serve hot. *Serves 4*

Kohlrabi Mushroom Soup

- 6 medium kohlrabi, peeled and chopped
- 3/4 lb white mushrooms, sliced
- 2 medium tomatoes, seeded, coarsely chopped
- 3 cloves garlic, minced
- 2 medium onions, chopped
- 4 cups vegetable stock
- 3 tablespoons olive oil
- 2 teaspoons fresh dill
- salt and pepper

In a medium saucepan, heat the oil. Cook the onion, garlic, and mushroom over medium-high heat until the mushroom begins to color. Stir in the tomatoes and cook for another 3 minutes. Add the stock, bring to a boil, and add the kohlrabi. Lower the heat and simmer for 15 minutes. Season with salt and pepper and stir in the dill. *Serves 4*

Did You Know? Integrative Pest Management



Did you know, some crops, such as tree fruit, are more difficult to grow organically in the Northeast than others? Have you ever been told that your fruit is grown using IPM or low-spray and wondered what that means? IPM (Integrated Pest Management) is a way of controlling pests that works with nature to keep pests away so that farmers can use fewer chemicals. Using IPM, there are many ways for farmers to protect their crops without chemicals- even if they do not get rid of the pests completely. Some of the ways are rotating crops around the farm so pest do not get too comfortable in one area; bringing in helpful insects to eat the pests, setting insect traps and watching the number of pests. Chemical pesticides are only used if the crop might be lost. For more information on IPM go to <http://www.epa.gov/pesticides/factsheets/ipm.htm>.