

The Gannick* Weekly

Norwood CSA Newsletter

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



Meeting Today!



Come to the meeting and wish Amelia a happy birthday!
Photo by Michael Putos

All are invited to attend a Co-op Meeting today, Thursday, July 14, 2005, at 6:30 PM, at the pick-up site. We will discuss how the season has begun, our planned contributions to the church (including gardening and tutoring), and any other issues members want to raise.

CSA in Print

Co-op member Mike Burke brought to the *Gannick's* attention a *New York Times* article featuring Scott Chaskey, poet, organic farmer and author of *This Common Ground*, a book on his experience as manager of the Quail Hill CSA in Long Island. The interview offers a view into the profound community ties of one of the oldest CSAs in existence.

Originally an academic, Chaskey was introduced to gardening in England, while attending Oxford University. "To pay my way I started working as a gardener, in some wonderful gardens..." said Chaskey. "So I was digging in vegetable gardens and working with some great English gardeners, and I think that's when I first got hooked."

CSAs were still fairly new in 1989, when he joined 10 families in Amagansett, New York, who had begun a CSA

project, growing their crops in borrowed lots. In 1990, the needs of increased membership and reluctant land-lenders encouraged Chaskey to form a partnership with the Peconic Land Trust, a nonprofit organization which protects 6,500 acres in Long Island from overt development. Granted 20 acres recently donated to the trust, Quail Hill farm was born.

The cooperative nature of Quail Hill begins far below the soil, from the microorganisms and earthworms that Chaskey carefully fosters without chemical fertilizers, to the bees and butterflies that pollinate the crops, the foxes that den between the rows and ward off nibbling menaces, and the human members who – unlike in most CSAs – harvest the crops themselves, coming twice a week to pick peas, raspberries, herbs and flowers. Even those with less interest and ability in growing vegetables are interested in "growing the community." Such events as an annual breakfast and tomato taste-off give members a chance to meet and socialize.

To read more about Scott Chaskey's thoughts on the experience of life on a farm and the meaning of seasonal time and local place, see the article "Cuttings; Wisdom by the Spade," by Anne Raver, *NY Times*, June 2, 2005. If you have a NY Public Library card, you can read the article for free at <http://infotrac.galegroup.com/itweb/nyp/?db=SP00>. Or read Chaskey's book, *This Common Ground: Seasons on an Organic Farm* (Viking Adult, 2005).

Much of the information for this article was taken from an interview with Scott Chaskey on the website *New Farm* (www.newfarm.org) and from the *Peconic Land Trust* website (<http://www.peconiclandtrust.org>).

MESSAGE from ZAID

"The weather fluctuates between spring and summer still. Late last week it was 70, now it's 90. We've had good rain showers last week. We continue to plant fall crops: potatoes, broccoli, greens, cauliflower, and various cabbage family crops. Sweet corn is tasseling now. Tomato crop is growing well. Bambi persists on pestering us. And finally, the hens laid 110 small eggs today." – 7/12/05

Don't try this at home.

Oh, ok, go ahead.

Send comments, articles, recipes, and short musical compositions for the Newsletter to norwoodcsafoodcoop@yahoo.com.

KITCHEN AID

About Kohlrabi



Our newest vegetable is a member of the cabbage family (as are broccoli, cauliflower, and greens).

Its name comes from the German for *cabbage turnip*: The "turnip" part is actually a thick round stem that grows just aboveground. Both the bulb and the greens have a sweeter flavor and a more tender texture when harvested young and small. Like other *brassica* vegetables, kohlrabi is high in disease-fighting phytonutrients and vitamin C.

To eat the kohlrabi bulb raw, peel off the skin, then slice, or dice or grate for salad. Raw cut kohlrabi can replace water chestnuts to add crispness to stir fries.

To cook the kohlrabi bulb, steam or boil the whole bulb until tender, then peel. Or, pre-peel and chop, then steam or braise the slices, or add to soup. Boiled kohlrabi can be served mashed with milk and/or butter, like mashed potatoes or turnips.

Prepare and cook kohlrabi greens as you would other greens. Very young, small kohlrabi greens can be used as a salad green.

Fall Stew with Kohlrabi

This recipe serves 6. For the half-share version, just cut everything in half.

2-3 medium kohlrabi, bulbs & greens
1 T olive oil
1 large onion, cut in slivers
3 medium carrots, cut in 3/4" chunks
2 medium potatoes, cut in 3/4" chunks
1 cup peeled chopped tomatoes
4 cups vegetable broth
1 bay leaf
1/2 tsp. dried oregano
1 tsp. salt
freshly ground black pepper to taste
1 T Dijon mustard
1/2 T molasses

Separate leaves from kohlrabi bulbs. Peel bulbs & cut into large chunks. De-rib leaves & cut into thin strips. Set aside. Heat oil in a large pot over medium heat. Add onions & saute for several minutes. Add kohlrabi bulb chunks, carrots, potatoes, tomatoes, broth, bay leaf, oregano, salt, pepper, molasses & mustard. Turn up heat to medium-high and bring to a boil. Reduce heat to medium-low, cover & simmer for about 15 minutes, or until veggies are not quite tender. Add kohlrabi leaves & simmer, uncovered, for another 10 minutes, or until veggies are just cooked.

Source: *The Rolling Prairie Cookbook*, by Nancy O'Connor (drawn from her work with CSA in Kansas!)

Fettuccine with Zucchini and Carrot Ribbons

2 small zucchini washed and trimmed
2 medium carrots, pared and trimmed
4 tablespoons butter
Salt and coarsely ground black pepper
12 oz. fresh or 8 oz. dried fettuccine
1 tablespoon chopped parsley or chives
Grates parmesan cheese

1. Using a vegetable parer, slice wide paper-thin strips from the zucchini starting at end and slicing full length. Discard the first and last pieces. Do the same with the carrot.
2. Heat the butter in a medium skillet just until melted; stir in the zucchini and carrot 'ribbons.' Cover and cook over low heat 2 minutes. Season with salt and pepper.
3. Meanwhile, cook the fettuccine in plenty of boiling salted water until *al dente* or firm to the bite. Drain.
4. Toss fettuccine with the carrot mixture and the herbs. Sprinkle generously with grated cheese before serving.

Submitted by Jordan Moss

Source: *365 Ways to Cook Pasta*

Sauteed Fennel & Zucchini

Serves 4 to 6. Again, cut in half for a half share.

1 tbsp. olive oil
2 fennel bulbs, thinly sliced
3 to 4 zucchini, sliced
1 tbsp. chopped fresh oregano
1 tbsp. balsamic vinegar
1/4 cup pine nuts

Salt & freshly ground black pepper

First, toast your pine nuts in a dry skillet (stir, or shake pan often) until lightly browned and fragrant. Transfer to a small dish and set aside. In a large skillet, heat the oil over medium-high heat. Add the fennel and zucchini and cook, stirring constantly, until they are cooked through but still crisp-tender, about 7 - 8 min. Stir in the vinegar and oregano, and season to taste w/salt and pepper. Add pine nuts and heat a minute or two more. Serve hot.

Source: Notes from Debbie's Kitchen Online,

recipes from the Live Earth Farm CSA recipe column,
<http://www.writerguy.com/deb/recipes/keyingred.html>

If you need ideas for using your veggies, this is a great place to find a long list of yummy recipes, sorted by vegetable!