

August 3, 2006 – Season 3, Issue 8

# 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 Michael!



**Name:** Michael Putos

**Years in Co-op:** 3

**Favorite Vegetable:** Broccoli

**Something people don't know about me:**

I can sing

**Anything else:** I follow a program of Health maintenance/restoration called Natural Hygiene. It is most like a combination of veganism and raw food eating as far as how I eat, but it also emphasizes certain factors that are not normally considered part of nutrition such as: pure air, pure water and adequate sunlight. It also asserts that regular exercise, proper food combining and the elimination of toxic substances in the diet are important considerations on the road to super health.

### This Week's Share

1 eggplant  
1 cucumber  
1 lettuce  
2 onions  
1 broccoli  
2 peppers  
2 tomatoes  
1 garlic

### VEGGIE HAPPY HOUR!

Come one, come all!  
Join fellow Coop members for  
a relaxing time at the pick-up site  
**THIS Thursday, August 3,**  
from 5:30 - 7 PM.  
BYOB or wine or other drinks,  
any kind of dip you like,  
and we'll provide sliced veggies.

### Newsletter Assistance Needed!

To all those who indicated interest in helping with our newsletter, The Gannick Weekly, and anyone else!), we need someone to receive the newsletter each Thursday by Noon from our editor via email, print it, make 55 copies (a reimburseable expense, if necessary), and deliver to the site by 4 PM. As an alternative, we have an offer of a printer and copier, if there is someone out there with the TIME to pick up the newsletter from 196th and Grand Concourse and deliver by 4 PM each Thursday.

**WE NEED YOU!!!**

# Meanwhile, down on the farm...

## TIP of the week: the Tunnels!

This season the farm experienced a number of difficulties. The major one being the weather. Early in the season we had to contend with flooding which destroyed most of the squash and the continued wet weather has produced a brown mold on some of the potatoes and has rotted greens, radishes, arrugula, mizuna and tatsoi. The floods and continued rain have also delayed planting and we are still behind schedule and will not be able to plant at least four acres of crops. Another major problem is one that we all are experiencing and that is the high cost of fuel. In the last two years there has been a three-fold increase in farm production costs. Some of these costs include the plastics and metal for the tunnels and beds, fuel for farm vehicles and delivery trucks, feed for the chickens and workers wages. While the cost of individual memberships has increased over the last three years, it does not reflect or offset the increases in energy related costs.

### Benefits of the Tunnels

The good news is that the addition of the 10 new tunnels that were constructed in the spring made up for some of the losses that were sustained in the open fields. Many of the crops that are being received by the CSAs, and were meant to be sold at the markets, were grown in the tunnels. While there were approximately seven acres of open field crops that were lost because of the heavy rains and flooding, none of the tunnel crops were lost due to the weather. Most of the produce that the CSAs have been receiving was grown in the tunnels.

Depending on the crop, 4 to 6 times the amount can be grown in the tunnels as in the open fields and fully 90% of what is grown on the farm can be grown in tunnels. Once a tunnel is constructed, within two days it is ready for planting, rain or shine. The weather does not impede the planting process in the tunnels.

As you can clearly see, the advantages of growing crops in tunnels as opposed to open fields is vast. Tunnel crops eliminate a myriad of problems, and insure a dependable supply of food. They help in the control of insects and deer and prevent losses from floods, wet weather and drought.

Next season Zaid would like to construct additional tunnels. Approximately nine tunnels can fit on one acre of land. If one tunnel can conservatively grow four times the amount of crops that can be grown on one acre of open field, then one acre consisting of nine tunnels can grow 36 times more than what can be grown on one acre of open field. There is no doubt that the future growth and continued success of the farm depend upon tunnel crops.

The major problem of the tunnel program is financing.

As previously pointed out, each tunnel costs approximately \$3000 to \$3500 each. This figure is estimated using the present costs of energy prices, which we know will be increasing in the years to come. Many farms that supply other CSAs located within the state are non-profit and are supported by grants, foundations and private donations. These farms are able to withstand the fluctuations of weather and when necessary, purchase products from other farms. Norwich Meadows Farm is a profit business and does not have the advantages of privately endowed farms. We cannot afford to purchase from other farms to fill the voids in our products used by extreme weather conditions.

### Establishing a Durable and Dependable Food Supply

The goal of Norwich Meadows Farm is to establish a long-lasting CSA program and to build a network of local food distribution that will endure and become the main source of food for its members. The possibility of this becoming a reality is increased through tunnel farming.



The life of each tunnel is 10 - 15 years on the metal structures and 3 - 5 years on the plastic coverings. The amount of food that can be grown in that time make the construction of additional tunnels very cost-effective.

Another very important aspect of tunnel farming is that the length of the growing season is greatly increased. This is evidenced by the fact that members have been receiving tomatoes and peppers, two crops that still would not have matured if they had been grown outdoors. Presently the farm has 19 tunnels. By next season we would like to construct as many tunnels as finances will allow.

We urge all CSAs to discuss the Tunnel Investment Program with its members. Help us reach our goals. We hope that the members will also see these goals as belonging to them too. Most CSAs have a work requirement for their members. The fact that we are 200

miles from most of our members, we have no such requirement. However, we do encourage members to come to the farm and work and we certainly appreciate all the help we can get. We are still behind on planting and time has almost run out. Please do your part.

### Winter CSA Deliveries

All CSAs should be discussing the winter program and coming to a final decision very soon as to whether or not they will want to participate. Zaid needs a final count of participants in order to determine the quantity of crops that will be necessary to plant. The cost will be \$175 and the season will run from mid-December to mid-April. Deliveries will be once a month (last week's newsletter erroneously stated deliveries would be once a week). Please contact Zaid or Ghafar within the next 10 days with your decisions.

## What Does an Organic CSA Mean to Its Members?

First and foremost it should mean community involvement. A CSA should not be seen as a cheap food program. If that is what members are looking for, they are in the wrong place. Members should also be looking at the quality of their food. An organically based CSA means high nutritional value and a group that fosters health and an alternative to the junk food that pervades our society. A study was conducted comparing California produce, consisting mostly of corporate farms, to the produce grown in New York State. The conclusions were that the NY state produce was 400% higher in nutritional value and nutrients (medicinal value of foods). This study did not even consider organically grown produce, which is known to be an even higher quality.

## CSA Member Volunteer Workers

We would once again like to thank all the CSA members that made the 400 mile round trip from New York City to give their much needed help on the farm this summer. This week, four volunteers from various CSAs and the CSA Program Manager showed up to do their part, they are; Paula Lukats - CSA Program Manager - Just Food, Martha Ma (a frequent visitor) from The Columbus Circle CSA (formerly IIN), Justin Feldman from Prince George and Ayinde Montana (his second visit this month) from Healthy Kids CSA and a summer Vista Volunteer with Just Food. Please visit us again!

*Norwich Meadows Farm*

## News from Just Food!

### FARM AID 2006

Farm Aid co-founder Neil Young announced at Philadelphia's Reading Terminal market that Farm Aid 2006 will be held at the Tweeter Center at the Waterfront in Camden, New Jersey on Sept. 30.

"Family farmers are our best choice for good, fresh, wholesome foods. When you choose local, sustainable, humanely raised, or organic food from family farms, you are keeping family farmers on the land."

*- Farm Aid Board Member Neil Young.*

[www.farmaid.org](http://www.farmaid.org)

### One United Harvest: Creative Recipes from America's Community Supported Farms

The perfect companion as you experiment with new vegetables, this volume goes right to the source and extracts some of the best recipes from America's small farms.

Recipes like Strawberry Vinaigrette, Roasted Red Pepper Yogurt Dip, Strawberry-Mandarin Salad are perfect for the kind of summer we're having, but the book also covers preserves (Red Tomato Jam, Squash Relish, Preserved Lemons) and even desserts! (Chocolate Zucchini Cake, Sweet Potato Pie and Strawberry Sorbet are just a few.) The price is \$23, including delivery. Order through [www.farmcookbook.com/justfood.html](http://www.farmcookbook.com/justfood.html), and \$10 of your purchase will go to help fund Just Food!

# KITCHEN AID

## Vegetable Spotlight

### Broccoli



Broccoli is a plant of the Cabbage family, Brassicaceae. Other groups of the Brassica include cabbage, cauliflower, kale, collard greens, kohlrabi and brussel sprouts. The word broccoli comes from the Latin brachium and Italian brocco meaning "arm," or "branch." Broccoli is the result of years of man's artificial selection for the suppression of flower development in the wild mustard plant.

A compound found in broccoli and broccoli sprouts appears to be more effective than modern antibiotics against the bacteria which causes peptic ulcers. Moreover, tests in mice show that the compound offers tremendous protection against stomach cancer - the second most common form of cancer in the world. Another study showed that consumption of broccoli was strongly associated with a reduced risk of coronary heart disease death in postmenopausal women.

One cup of raw broccoli contains 207% of daily requirement of vitamin C and 194% of vitamin K., and 45% of vitamin A, not to mention that it is high in fiber. Broccoli is one of those foods that is high in nutrients.

Broccoli can be stored in a plastic bag and should be kept very cool. It can be prepared in a variety of ways including, salads, stir-fried and steaming. Do not discard the stems or leaves. They are high in fiber and rich in disease-preventing minerals and phytochemicals.

### Broccoli in Tomato Puree

- Two heads of broccoli cut into florets
- Four fresh tomatoes (or one can tomato puree)
- Two tablespoons oil- olive oil or vegetable oil
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 2 tablespoons soy sauce
- 1 teaspoon cumin powder

Blanch tomatoes, peel off skin and puree in blender. Alternatively, use canned tomato puree. Heat oil and add cumin powder or seeds in frying pan. When cumin seeds darken, add the spice powders. Add tomato puree and cook for a few minutes. Add broccoli, salt and two tablespoons water. Let the broccoli simmer in the sauce till it is cooked but firm.

*To serve:* Serve hot with Basmati rice or Indian flat bread.  
*Serves 4.*

### Broccoli Garlic Sauce

- 1 large bunch fresh broccoli
- 2 to 4 large cloves garlic, crushed
- 1/3 C. (79 ml.) extra virgin olive oil
- 1 1/4 t. salt or to taste
- 1 T. + 2 t. lemon juice
- 1 C. (237 ml.) water

Trim off bottom inch of broccoli stems and cut broccoli into large chunks.

Put them into a 4-quart saucepan and steam 4 to 5 minutes or until just tender. Transfer broccoli to the food processor or blender.

Start with 1 or 2 cloves of garlic, add remaining ingredients and process until pureed.

This makes a very thick sauce that can be thinned with water if preferred. Adjust seasonings accordingly.

If desired, turn out into a 2-quart (2 liter) saucepan, and warm over medium heat for about 3 minutes to tame the garlic just a bit.

This sauce works well with all kinds of pastas, rice dishes and salads. It can also be used as a dip for your favorite chips or crackers.