

August 31, 2006 – Season 3, Issue 13

# The Gannick\* Weekly

## Norwood CSA Newsletter

3400 Reservoir Oval East Bronx, NY 10467 (718) 514-3305 [www.norwoodfoodcoop.org](http://www.norwoodfoodcoop.org)

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



### Say Hi to Nick & Michelle!



**Name:** Nick Napolitano and Michelle Born

**Years in Co-op:** 2

**Favorite Vegetable:** heirloom tomatoes and green beans

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

Michelle is moving to the Bronx from Baltimore in October (to join the Norwood Food Co-op of course!)

**Anything else:** We have an extensive Pez dispenser collection

### This Week's Share

1 corn  
1 celery  
2lbs tomatoes  
1 onion  
2 peppers  
1/2lb potatoes

### Contact Information

#### General Information

Tanya Greene 718-432-2567  
[seanandtanya@yahoo.com](mailto:seanandtanya@yahoo.com)

Sandra Lobo Jost 347-224-3293  
[sandralobo@yahoo.com](mailto:sandralobo@yahoo.com)

#### Financial Coordinator

Gregory Lobo Jost 347-224-3296  
[gjost@yahoo.com](mailto:gjost@yahoo.com)

#### Site Coordinators

Michael Putos 718-324-0539  
[jzzgr2000@yahoo.com](mailto:jzzgr2000@yahoo.com)  
Johnetta Miner 718-379-1290  
[johnettaminer@verizon.net](mailto:johnettaminer@verizon.net)  
Maureen Ocasio 646-251-6027  
[mocasio@nybg.org](mailto:mocasio@nybg.org)

#### Volunteer Coordinator

Sarah Aucoin 718-796-5617  
[saucoin@optonline.net](mailto:saucoin@optonline.net)

#### Newsletter Editor

Sean Miner 718-995-8491  
[gannickweekly@yahoo.com](mailto:gannickweekly@yahoo.com)

### Epiphany Donation

Every season, we try to donate much-needed funds to our host, the Epiphany Lutheran Church, as a way of saying thanks. Coop members are encouraged to give what you can, IF you can. We will have the church donation box out at the pick-up site starting this week.

# Meanwhile. down on the farm...

## Farm News

The weather has been very wet and we have not seen the sun for almost one week. The continuous dampness has caused some crop damage by insects (the black beetle) and fungus. The day temperatures have gone as low as the mid-sixties and some night temperatures have gone into the mid-forties. Prolonged temperatures below 50 degrees halts plant growth. If the weather continues in this cool pattern, we may experience an early frost. This would mean the demise of crops such as tomatoes and peppers. However, the cool weather is good for the brassicas (cabbage, broccoli, cauliflower).

Barring any mishaps, members should be seeing broccoli in 2-4 weeks.

The chickens are being moved into one of the empty tunnels for their own protection. Many of them have become dinner for some of the local "critters," possibly foxes and/or coyotes.

The deer continue to dine on the melons and winter squash, reducing the winter squash crop by one third!

The scheduled visit via bus will be taking place this Friday, September 8th. Anyone wishing to make the trip should contact the Prince George CSA. (Bring your boots)

Winter planting is taking place all week long. We could use all the help we can get and we urge volunteers to make the trip. The crops MUST get into the ground within the next week. We have fallen behind due to all the wet weather.

## Fund Raising

In the last previous issue of this newsletter, we informed members of our plans to secure a grant for the purpose of conducting educational tours to local farms in the Norwich area. In order to submit a thorough proposal, we have prepared a short survey that will aid us in this project. We are asking coordinators to print out the accompanying survey form and have as many members fill it out and return them to us by September 8th. The easiest way to accomplish this task is to have members fill it out when they arrive to pick up their shares this Wednesday and Thursday. We realize this is short notice, but the deadline for the submission of the grant proposal is September 11th. We are also including a text e-mail version that can be distributed to individual CSA members and sent directly back to [Zaid@norwickmeadowsfarm.com](mailto:Zaid@norwickmeadowsfarm.com)

## REMINDER

Responses for the Winter CSA program are coming in slowly. We would like to remind all members of the October 2nd deadline. Also, please remind and discuss with members the very important Tunnel Investment Program.

## Letter From the CSA Administration

During the course of this past summer we have gotten many comments and queries concerning the share quantities, the selection and variety of crops and the quality of some of the items. There is no one that is more concerned about all of these things than Zaid. The questions and comments are valid but they show a misunderstanding of the basic purposes of community supported agriculture. Many members join CSA programs believing they are nothing more than a place to obtain inexpensive food. While that may be a goal, it is not the main thrust of CSAs, especially when it comes to organic food.

The main premise of the CSA programs is to develop a local alternative to the tightly controlled corporate farm system in this country and to food grown under unknown conditions and imported from places around the world. We have become accustomed to a supermarket mentality that is hard to break. We can walk into any chain supermarket, any time of the year and purchase food from the mundane iceberg lettuce to the exotic cherimoya. We cannot and should not be compared to this model. Unfortunately, this is what most people know and it is difficult not to make the comparison.

The concept of CSAs are new to most people. It is up to the leaders and coordinators to inform their incoming members of its true purposes. CSAs should not be touted as a place for inexpensive food. Doing this will only bring continuing problems. Members should be made aware of the long-term commitment that is necessary to establish a viable and sound network of food distribution from the farm to their kitchens.

They should be made aware of the problems and inconsistencies that are faced by farmers. The most

*Continued on page 3*

# Vegetable Spotlight

## Celery

Celery (*Apium graveolens*). The crispy petioles (leaf stalks) of this Eurasian herb are a popular raw vegetable in salads. They are also cooked and used in soups and stews. Celeriac or celery root is a variety of celery with a large, swollen root.

Celery is believed to have been first cultivated in Italy prior to 600 AD. It was used as a medicinal plant only. The first recorded use of celery as a food was in France in 1632. In the late 17th century, celery was first eaten as a salad herb with an oil dressing.

Celery does best in cool weather when nighttime temperatures are around 50 degrees F. and average daytime temperatures stay between 60 degrees to 70 degrees F. Since celery requires these conditions for as long as 5 to 6 months, the optimum planting time is mid to late summer with harvesting in early w

The five most significant nutrients in celery, in order, are Vitamin C, potassium, folate, dietary fiber and manganese; with vitamin B6, calcium, vitamin B1, magnesium, vitamin A, tryptophan, phosphorus, riboflavin and iron.

An 8-inch stalk of celery contains approximately 6 calories. But the mere act of digesting the stalk burns more than 6 calories, resulting in a negative caloric intake. It is the act of digesting the tough cellulose that accounts for the energy expended.

### Celery Au Gratin

- 2 celery hearts or 1 head celery
- 1 oz butter
- 3 tbl plain flour
- 3/4 pint of milk
- 1/2 tsp English mustard powder
- 4 oz cheddar cheese, grated
- 1 oz breadcrumbs
- salt and freshly ground black pepper

Break the celery into sticks and cook in salted, boiling water for 10 minutes, until just tender. Heat the butter in a pan and stir in the flour. Cook for 1 minute. Gradually add the milk and stir until thick and smooth. Add the mustard and cheese and stir well. Drain the celery and place in a greased ovenproof dish. Pour over the sauce and sprinkle the breadcrumbs over the top. Place under a preheated hot grill for 3-4 minutes to brown the top.

*Serves 3*

*Continued from page 2*

obvious inconsistency and uncontrollable factor is the weather. Central New York is not like California where the weather patterns are more consistent and they do not have to cope with extreme dampness and extreme temperature changes. This year, the weather and the ancillary problems it caused on the farm were responsible for the destruction of seven acres of crops, which is slightly more than one third of what was planted. A number of markets were sacrificed to make up for the shortfall and to divert products to the CSAs. Cutting out markets means a loss of income.

Members must be made aware that they share in both the bounty and the problems. What is important is that they keep their eye on the goal - community development of a long-lasting food distribution network. As time goes on, more farms are seeing the benefits of community programs and the formation of CSAs is constantly growing in this country. This can only mean more benefits for the members through diversification of products and hopefully lower prices.

Farming is not an easy business. It is fraught with unknowns and uncontrollable factors. It is an industry that has dwindled in New York State from 2 million farms to the present 500,000. Yet, there are dedicated, hard working people who believe they not only can be successful, but that they **MUST** be successful for it is a matter of our survival. Norwich Meadows Farm under the leadership of Zaid Kurdieh is dedicated to this principal. There have been extreme hardships for the past three years, but Zaid is undeterred. He and his crew are out there, rain or shine doing what must be done.

New ideas are constantly being discussed to expand and improve the farm, and your help is vital. Your support and understanding in this most difficult project is greatly appreciated. There are a number of the older CSAs that are cognizant of the problems faced by farmers and their support has been unswerving. We, at the farm, must do a better job of reaching out to newer members in making them more aware of community support and show them we are more than a business looking for dollars. The earth and its bounty does not belong to corporations - it belongs to the people and we must take it back and preserve it for all generations to come. This will require dedication, true sharing and above all, intelligent planning.