

# 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.



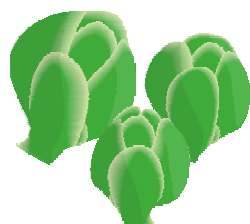
### This Week's Share

1 Brussels sprout (stalk)

1 lb Carrots

1 Garlic

1 lb Potato



### Final Distribution!

Sad though it is to write, this week is the final distribution for 2006. It's been season of a few bad floods and a lot of good foods (I was particularly fond of the orange cauliflower and green tomatoes).

To paraphrase the poet, however, each Fall is a season that's dying, and one that is coming to birth. Okay, that was a pretty major paraphrase, but it's a catchy line. Anyway, I look forward to seeing all of our readers next year; monitor the norwoodfood Yahoo! group for updates on the next potluck, to discuss this and next seasons (hopefully Michael Putos will bring his banana bread).

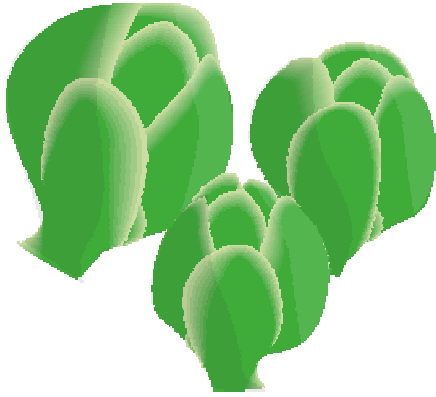
I'd like to thank our farmer, Zaid, for all of his hard – indeed, one may assume backbreaking – work in keeping us fed this year, and for channeling food to the CSA that would otherwise have been salable at market.

See you next year!



# KITCHEN AID

## Vegetable Spotlight



### Brussels Sprouts

Brussels sprouts perhaps owe most of their fame and popularity to their resemblance to tiny cabbages. It is, in fact, a *cultivar*, or variety group, of wild cabbage. However, there is much more to the sprout: they are rich in vitamin A, vitamin C, folic acid and dietary fiber.

Brussels sprouts are, unfortunately, also well-known as vegetables that people – especially children -- dislike (a category that also includes spinach and broccoli). This seems to be more a traditional belief than an observation of the facts;

in 2005, a poll of 2,000 people named it as Britain's 5th favourite vegetable, a mere 3 years after another survey ranked it Britain's most *hated* vegetable.

Devotes to the blout blame much of the negative press on overcooking; as with many members of the *brassica* family, overcooking releases sulphur compounds from the plants, resulting in an unpleasant smell. Overcooking also makes the sprouts mushy. Properly cooked, they are tender but with an almost-crisp firmness, and have a flavor sometimes described as “nutty”.

Brussels sprouts are most often steamed or boiled, but can also be stir-fried. Their use in stews is made problematic by the dangers of overcooking, but they might be a pleasant addition if cooked separately and added at the last minute.

Brussels sprouts were, in fact originally grown in the area of Brussels, in Belgium. It is from this fact that they take their name (not, as some state, because they are particularly popular there).

### Wine and Honey-Glazed Brussels Sprouts

- 1 lb Brussels sprouts, trimmed
- Quarter cup dry red wine
- 3 tablespoons honey
- 1 tablespoon soy sauce
- 1 teaspoon cornflour

In a small bowl, combine the wine, honey, and soy sauce and stir together. Transfer to a large saucepan along with 1/2 cup water and the Brussels sprouts. Stir together, then cook, covered, at a gentle simmer for 15 minutes. Stir occasionally. Uncover and cook, stirring occasionally, for another 10 minutes. Dissolve the cornflour in a small amount of water. Stir into the saucepan quickly, then cook for another 5 minutes. Remove from heat and transfer to a covered casserole dish to serve.

### Savory Brussels Sprouts

- 1 lb Brussels sprouts, ends trimmed and halved lengthwise
- 2 teaspoons unsalted butter
- 4 spring onions, white and pale green part only, cut into 6 mm (1/4 inch) slices

Place brussels sprouts in a steamer basket over boiling water. Cover saucepan and steam 5-6 minutes or until tender. Drain brussels sprouts and place under cold running water. Drain thoroughly. Melt butter in a heavy nonstick frying pan over medium heat. Sauté spring onions for 5 minutes or until softened. Add brussels sprouts and sauté for another 5 minutes. Season with salt and pepper to taste.