

# The Gannick\* Weekly

## Norwood CSA Newsletter

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



### Today's Share

Heirloom Tomatoes - 2 1/2 lbs	Yellow or Red tomatoes - 2 lbs	Cherry tomatoes - 1/2 lbs
Peppers Large - 1	Peppers Mini Bell - 1/3 lb	Lettuce - 1
Baby Greens - 1/2 lbs	Watermelon - 1/2	

### Fruit Share (*Full Shares*)

## Just Food Announcements

### Join Just Food's Network of Food Advocates: Become Part of Our Food Action Team

Do you want to be a better advocate for good food and healthy farms? Do you have a sense of how the policy process works, but aren't quite sure you are being as effective as you can be?

In an effort to develop a stronger network of people across NYC to respond to issues as they come up and to develop campaigns to strengthen our local food system,

### *Just Food is offering its first ever Food and Farm Action Team Training!*

Topics include:

- the fundamentals of how policies are made and how to best influence them
- how to select the issues that can best be addressed through policy
- how to build your own local network of concerned advocates
- how to raise awareness around your issue in the press and among your representatives

When: The training will take place on 4 Wednesdays: October 3rd, 10th, 17th, 24th from 6:30-8:30 pm.

Contact [molly@justfood.org](mailto:molly@justfood.org) to sign up!

## RAFFLE!

There will be a raffle today at the Norwood Food Co-op Pickup for 2 pairs of tickets to Live Aid on Randall's Island on Sept. 9, and some free Live Aid T-shirts.

Look for the sign and raffle box on the registration table.

### Other Farm Aid Events In New York



In addition to the concert on September 9th, Farm Aid is sponsoring a couple of other events.

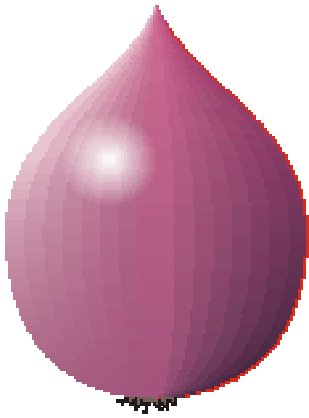
On **Sunday August 26** there will be a **Brooklyn Backyard BBQ** to benefit Farm Aid. There will be live music by Old Springs Pike, She Keeps Bees, Alana Amram

and The Rough Gems and family farm food. The event will be held from 3-9pm at The YARD (330-400 Carroll Street, Brooklyn). Get more information from [The Yard's website](#).

And on **Saturday September 8th** come to Union Square to experience **Farm Aid's HOMEGROWN Fair**. There will be music, exhibits and hands-on activities- all to celebrate New York local farm and food efforts. The event will be held from 10am-4 pm.

# KITCHEN AID

## Vegetable Spotlight:



### Onions

Members of the lily, or *allium*, family, onions are one of the oldest known cultivated vegetables and are among the world's most popular vegetables, with nearly fifty million tons grown annually. Average per person annual onion consumption worldwide is about 13.7 pounds of onions; in the U.S. it is about 18.6 pounds, while Libya has the highest consumption with an astounding 66.8 pounds.

Onions are everywhere. They are in sauces, salsas, on pizzas, in your chow mein and salads. Onions grew in Chinese gardens as early as 5,000 years ago and they are referred to in some of the oldest writings from India. The ancient Egyptians are pictured as revering the onion, using it as payment for labor, and as a curative for over 8000 ailments diseases and conditions.

Sweet onions are a member of the 500-plus allium family. While garlic, another allium, has been highly touted as a cancer preventative, forgotten is the fact that most people consume far greater quantities of onions. Raw onions are especially beneficial.

Eat one every day!

### Cabbage Salad with Sweet Onion

- 1 pound fresh shredded cabbage
- 2 sweet onion, quartered, sliced thinly
- 1 teaspoon finely chopped lemon zest
- 1/2 cup fresh lemon juice
- 1/2 teaspoon salt, and 1/2 teaspoon pepper
- 2/3 cup olive oil

Mix vegetables and cover. Thoroughly combine lemon zest, lemon juice, salt, and pepper; whisk in olive oil. Fold into reserved vegetables. Store 4-8 hours in the refrigerator. Return to room temperature before serving.

Serves 4

### Roasted Beet and Sweet Onion Salad

- 2 pounds whole trimmed beets
- 3 sweet onions, unpeeled
- 1/2 cup olive oil
- 1/4 cup cider vinegar
- 2 tablespoons mustard
- 2 tablespoons honey
- 4 sweet bell peppers
- 1 tablespoon chopped fresh tarragon
- salt pepper to taste

Heat oven to 400°. Rub beets with oil, place in shallow baking dish. Bake onions separately. Roast 45-60 minutes. When cool, peel the beets Cut into wedges. Discard onion skins, cut into quarters, then slice thickly crosswise. Whisk together the oil, vinegar, mustard, honey, tarragon, and salt and pepper and toss with beets and onions. Serve at room temperature for best flavor.

Serves 6

### Caramelized Onion Pizza

- 4 sweet onions, sliced
- 1 tablespoon thyme, chopped (1 tsp if dried)
- 1/4 teaspoon ground allspice
- 4 tablespoons olive oil
- 1/2 cup pitted black olives, sliced
- 1 cup grated Parmesan cheese
- 1 pizza dough round
- 1/2 cup sliced sun-dried tomatoes
- salt and pepper to taste

In a large skillet, cook the onions, thyme, allspice, salt and pepper in the olive oil at moderate heat until the juices are released. Keep cooking, stirring occasionally, until the onions are lightly browned, about 30 minutes. Cool to room temperature. Preheat the oven to 425 degrees. Spread the onions over the dough round, leaving a 1-inch border all around. Sprinkle with olives and cheese and bake 15 minutes or until browned. Before serving, sprinkle with the sun-dried tomatoes.

Serves 4

# KITCHEN AID

## The Art of Laying Things By

By Erin Tramontozzi

With the abundance of fruits and vegetables at this time of year, you may want to try your hand at canning. It's a great way to use up large quantities of those beautiful peaches, cucumbers, plums, and other fruits and vegetables we've been receiving before they go bad. Canning is actually a lot easier than it may seem, although canning materials may be harder to come by in the Bronx, so try this online resource for the supplies: [www.canningpantry.com](http://www.canningpantry.com).

Of course, if you do can, you'll have to decide whether you want pickled goods, jams, preserves, jellies, conserves or even marmalades. What's the difference? Well, here's a quick primer:

**Jam:** Made from crushed or chopped fruits and sugar. Fruits have either naturally high pectin content, which makes the jam gel, or pectin is added.

**Preserve:** Similar to jam but fruit is in large pieces.

**Jelly:** Similar to jam, but the cooked fruit is strained to create a clear spread.

**Conserve:** Jam jazzed up with nuts, dried fruits and spices.

**Marmalade:** Jam made from citrus fruits.

My family was big on canning when I was growing up, and everyone seemed to be a master at canning figs, pickling cucumbers and green beans, and making plum jelly. Here are two of our best recipes.

### Cucumber Pickles

- 6-8 medium cucumbers (or 6-8 green tomatoes)
- 2 large white onions
- ½ large sweet pepper (red, orange or yellow)
- ½ tbs. mustard seed
- ½ tsp. turmeric powder
- 2 tsp. salt
- 1 ¼ cup white vinegar
- 1 ¼ cup sugar
- 1/8 tsp. cloves

Wash the cucumbers and slice lengthwise into thin strips. Combine the cucumbers and salt and let stand for 3 hours. If there is any liquid produced, drain the cucumbers before combining with remaining ingredients. Coarsely chop the onions and peppers and set aside. Combine the vinegar, sugar, and remaining spices in a large pot and bring to a boil. Add the cucumbers, onions and peppers to the boiling liquid and cook just long enough to get the cucumbers hot but not long enough to cook them. Once the entire mixture is hot, pack the cucumbers in mason jars along with enough liquid to fill the jars to the top. Follow the manufacturer's instructions for properly sealing the jars.

### Hot Pepper Jelly

This jelly is especially good when poured over cream cheese and served on a cracker. It is also used in a similar way to mint jelly with pork, ham or turkey.

- ¼ cup ground hot green peppers
- ¾ cup ground bell peppers, seeds removed
- 1 ½ cups apple cider vinegar
- 6 ½ cups sugar
- 1 bottle liquid pectin  
(such as *Certo* brand, which is made from the rinds of limes)
- Green or Red food coloring, if desired

Grind or very finely chop the green and bell peppers, being careful not to rub your eyes and/or expose any cuts to the hot peppers (you may want to use rubber gloves). Pour the vinegar over the peppers in a large saucepan and then add sugar. Mix well and bring to a boil. Let the mixture boil for 10 minutes. Add the liquid pectin and stir well. Add the food coloring for presentation if you wish. Let the mixture cool slightly and then place in small mason jars, following the manufacturer's instructions for properly sealing the jars. (My great aunt Sylvia suggests turning the jars upside down to seal them.)

# Word From the Farm

## Farm News

- The disease problems with the chickens has abated slightly, but smaller numbers are still succumbing to *coccidia*, an amoebic parasite that infects their intestines. The infected chickens are being treated with a diet of yogurt, cider vinegar, which they seem to like very much, and probiotics. Probiotics are dietary supplements containing potentially beneficial bacteria or yeast.

Zaid has put out a request to all members who may have any information or knowledge of homeopathic remedies for chickens. If you do, or would like to research the topic, please do so and email all findings to [Zaid@NorwichMeadowsFarm.com](mailto:Zaid@NorwichMeadowsFarm.com).

- There have been many inquiries and misunderstandings whether or not organic crops are ever sprayed, and if so, what are they sprayed with. A small group of purists believes organic crops should never be sprayed under any conditions. While that is ideal, it is not a reality. There are many natural, non-toxic sprays that are approved for organic crops. Many of them are derived from vegetables, trees and/or minerals. The farm recently used *neem*, derived from the neem tree, to successfully combat spider mites. When faced with a disaster, biological or financial, farmers will do what is necessary to solve the problem. Organic farmers, however will never use a non-approved commercial chemical. Use of such a spray will render that crop non-organic, and jeopardize the organic status of the farm.

## Weather Report

The extreme change in temperatures continued through last week. It is this type of weather that stresses the plants and slows down development. One of the results of the extremes is the splitting of the heirloom tomatoes. If they split early in their development, the splits will usually heal and form a "scar." When the splitting takes place during the ripening process, the splits do not have time to close.

There were also a few days of rain and some scattered thunder showers that alleviated the somewhat dry conditions of the previous weeks.

## Winter CSA

- Zaid has asked that all CSAs planning to participate in the Winter CSA Program, please contact Paula at Just Foods. The final application date is September 30th

## Visits to the Farm

Last week, eight members of the Washington Square CSA visited the farm and did some bunching of crops. We would sincerely like to thank all those who helped out and hope they come again. All future visitors to the farm must contact Jeff Wall to ascertain dates and set up a schedule. He can be contacted at: [jwallii@hotmail.com](mailto:jwallii@hotmail.com).

## INDUSTRY NEWS

### Department of Agriculture Sabotages the Organic Industry

A recent New York Times story exposed the United States Department of Agriculture (USDA) for shortchanging organic programs. The Times pointed out that the National Organic Program, which regulates the entire organic industry, has only nine staff members and a miniscule annual budget of \$1.5 million.

In contrast, the New York Times went on to describe how chemical-agribusinesses have individually received more than that in subsidies, including \$1.7 million in subsidies given to a single mega-farm in Florida. The article also pointed out that the USDA, with an annual budget of \$100 billion, spent \$28 million on organic agriculture programs last year, which may sound like a lot, but, in comparison, the agency spent \$37 million subsidizing farmers who grew dry peas last year.

As a note of reference on those numbers, consumers spend only \$83 million a year on dry peas, whereas consumers spent almost \$17 billion last year on organic food. The New York Times also pointed out that organics are a very low priority at the USDA and in Congress. Both the agency and farm-state members of Congress are ardent cheerleaders for industrialized agriculture, which is not surprising considering all the contributions given to our representatives by Big Ag and their partners, the chemical companies.

