

# The Gannick\* Weekly

## Norwood CSA Newsletter



3500 Reservoir Drive East Bronx, NY 10467 212 779 7964 www.norwoodfoodcoop.org

\*Gannick GANN-ick - One who releases, eats or advocates organic foods and/or lifestyle.

### This Week's Share

2 peppers .5 lb. or 1 bunch greens 1 piece winter squash 1.5 lbs. tomatoes  
.25 lb. baby greens 1 broccoli or sweet potato

### 2008 Season Calendar

Week	Date	Veggies	Other	Fruit Full	Fruit Half
Week 1	6/19	1			
Week 2	6/26	2	1		
Week 3	7/3	3		1	1
Week 4	7/10	4	2	2	
Week 5	7/17	5		3	2
Week 6	7/24	6	3	4	
Week 7	7/31	7		5	3
Week 8	8/7	8	4	6	
Week 9	8/14	9		7	4
Week 10	8/21	10	5	8	
Week 11	8/28	11		9	5
Week 12	9/4	12	6	10	
Week 13	9/11	13		11	6
Week 14	9/18	14	7	12	
Week 15	9/25	15		13	7
Week 16	10/2	16	8	14	
Week 17	10/9	17		15	8
Week 18	10/16	18	9	16	
Week 19	10/23	19		17	9
Week 20	10/30	20	10	18	
Week 21	11/6	21		19	10
Week 22	11/13	22	11	20	11

### From Norwich Meadows Farm

from Zaid Kurdieh, Thursday, October 9, 2008

On the farm

We avoided the 2 frosts in a row by covering most of the sensitive crops and it looks like we will be ok for another week or so. However, we are on borrowed time now and we could have a deep freeze that will kill everything but the heartiest greens and cold crops.

Two of the Egyptians will be going home next week as the season begins to wind down and short days and cold nights set in.

### From Just Food

Botany, Ballet & Dinner from Scratch:  
A Memoir with Recipes  
by Leda Meredith

Leda Meredith's enticing book is a wonderful journey through her time as a professional dancer travelling the world to her eventual return to the gardens and foraging excursions of her youth.

Beginning with Greens Greek-Style, we meet Meredith's family through the recipes of her childhood. The book continues with stories and instructions on how to make jam, bread, tinctures, vinegar and even raspberry cordial. It finishes with Meredith's trip on a year long 250-mile radius diet from her Park Slope apartment.

Meredith's involvement in the New York City local food community makes this an inspiring read for anyone interested in shortening the distance their food travels while living in this great metropolis. The fact that Meredith finds two pound mushrooms within the city limits might even be enough to cause readers to start walking a bit slower around town, lest they miss a delicious culinary find lurking beneath their feet.



Tomatoes photo contributed by Ellin Duggan

# KITCHEN AID

## Edible Spotlight

### Squash



**Description:** Winter squash arrive late in the growing season and have a long shelf life, so they're a staple in winter and spring, when other vegetables are harder to come by. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. They take longer to mature than summer squash (3 months or more) and are best harvested once the cool weather of fall sets in. Unlike summer squash, winter squash must be cooked. They're usually baked or steamed, and then sometimes puréed. Select squash that are heavy for their size.

**History:** Archaeological evidence suggests that squash may have been first cultivated in Mesoamerica some 8,000 to 10,000 years ago, but may have been independently cultivated elsewhere, albeit later. Squash was one of the "Three Sisters" planted by Native Americans. The Three Sisters were the three main indigenous plants used for agriculture: maize (corn), beans, and squash. These were usually planted together, with the cornstalk providing support for the climbing beans, and shade for the squash. The squash vines provided ground cover to limit weeds. The beans provided nitrogen fixing for all three crops.

**Nutrition information:** Winter squash is a good source of complex carbohydrates such as starch, and also fibre. It is also a source of niacin, potassium, iron and beta carotene. Usually, the darker the skin is, the higher the beta carotene content.

[www.whfoods.com](http://www.whfoods.com)      [www.wikipedia.org](http://www.wikipedia.org)  
<http://www.foodsubs.com/Squash.html>  
<http://whatscookingamerica.net/squash.htm>

#### Steamed Butternut Squash with Red Chili Sauce

1 medium sized squash cut into 1 inch cubes (about 4 cups)  
1 medium onion cut in half and sliced  
3 cloves garlic, chopped  
1 tsp red chili powder  
1/8 tsp cumin  
1/8 tsp cinnamon  
1 cup + 1 TBS chicken or vegetable broth  
1 TBS chopped cilantro  
salt and black pepper to taste

Cut squash into cubes and steam in a steamer with a tight fitting lid until al dente, about 5-6 minutes.

Heat 1 TBS broth in a medium size skillet. Healthy Saute onion in broth for 3 minutes over medium heat stirring frequently. Add garlic and spices and mix well. After 1 minute add rest of broth and begin to simmer gently.

When squash is al dente, almost done, but still firm on the inside, add to simmering sauce and cook together for another 3-4 minutes. Season with salt and pepper and sprinkle with cilantro.

## The Norwood Food Coop 2008-09 Winter Share Info REMINDER

There is a wide selection of products. Good nutrition and healthy-eating are year-round concerns and should not be put on hold during the winter months.

### BECOMING A MEMBER:

- To become a member, you must purchase a share and volunteer two hours during the winter.
- Share cost: \$260.00 (\$50 per delivery plus \$10 co-op administrative fee)
- Registration must be received by October 9, along with a non-refundable deposit of at least \$50 (unless you get someone to buy your share).  
**Full payment is due by October 23.**

### PICKING UP YOUR SHARE:

In past years, pickup has been in front of 3150 Rochambeau Ave, just across Bainbridge and around the corner from Epiphany Lutheran Church. This will likely be the location again this year. Hours will be between 5:00 – 7:30 PM. Please plan on staffing the site for 2 hours during the season.

### REGISTRATION:

You can pick up a form at Epiphany Lutheran Church during delivery or download the form from our website: [www.norwoodfoodcoop.org](http://www.norwoodfoodcoop.org)  
Please contact Greg Lobo-Jost if you have questions.

## From Itzik Gottesman & Emily Socolov

All members of the CSA and friends are invited

to our sukka in our backyard on  
Saturday Oct. 18, 2-5 PM  
for coffee/tea and pastries.

A sukka is built during the Jewish holiday of Sukkos and is a temporary decorated hut celebrating the harvest in the fields, as well as remembering the wandering of the Jews in the desert.

3338 Bainbridge Avenue,  
between 208th St. and 210th St.,  
one block from Montefiore Hospital.  
Walk down the driveway to the backyard.

phone 917-930-0295

