

# The Gannick\* Weekly

## Norwood CSA Newsletter



3500 Reservoir Drive East Bronx, NY 10467 212 779 7064 www.norwoodfoodcoop.org

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

### This Week's Share

.5 lb. large greens      1 winter squash      .45 lb red tomatoes      .25 lb green tomatoes  
.25 lb. baby greens or 1 pac choi      .5 large or 1 small Napa Cabbage      1.5 lbs potatoes

### 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 16, 2008

On the farm

Another beautiful week of weather which helps us space out the harvest of the stuff left for storage such as potatoes.

We are beginning to plant garlic for next year.

Two of our Egyptian employees went home as things start to wind down.

As you can see by the share summer produce is winding down so enjoy the tomatoes while they last.

### 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



Grace Miner & Baby Greens photo by Ellin Duggan

# KITCHEN AID

## Edible Spotlight

### Sweet Potato



**Description:** The sweet potato (*Ipomoea batatas*) is a dicotyledonous plant which belongs to the family Convolvulaceae. Amongst the approximately 50 genera and more than 1000 species of this family, only *I. batatas* is a crop plant whose large, starchy, sweet tasting tuberous roots are an important root vegetable (Purseglove, 1991; Woolfe, 1992). The young leaves and shoots are sometimes eaten as greens. The sweet potato is only distantly related to the potato (*Solanum tuberosum*). It is commonly called a yam in parts of North America, although they are only very distantly related to the other plant widely known as yam (in the Dioscoreaceae family) which is native to Africa and Asia. The genus *Ipomoea* that contains the sweet potato also includes several garden flowers called morning glories, though that term is not usually extended to *Ipomoea batatas*. Some cultivars of *Ipomoea batatas* are grown as ornamental plants.

This plant is a herbaceous perennial vine, bearing alternate heart-shaped or palmately lobed leaves and medium-sized sympetalous flowers. The edible tuberous root is long and tapered, with a smooth skin whose color ranges between red, purple, brown and white. Its flesh ranges from white through yellow, orange, and purple.

**History:** Sweet potatoes are native to the tropical parts of the South America, and were domesticated there at least 5000 years ago. They spread very early throughout the region, including the Caribbean. They were also known before western exploration in Polynesia.

Sweet potatoes are now cultivated throughout tropical and warm temperate regions wherever there is sufficient water to support their growth.

According to the Food and Agriculture Organization (FAO) statistics world production in 2004 was 127,000,000 tons. The majority come from China with a production of 105,000,000 tons. About half of the Chinese crop is used for livestock feed.

**Nutrition information:** As an excellent source of vitamin A (in the form of beta-carotene) and a very good source of vitamin C, sweet potatoes have healing properties as an antioxidant food. Both beta-carotene and vitamin C are powerful antioxidants that eliminate free radicals, which are chemicals that damage cells & cell membranes and are associated with the development of conditions like atherosclerosis, diabetic heart disease, and colon cancer. This may explain why beta-carotene and vitamin C are shown to help prevent these conditions.

Since these nutrients are anti-inflammatory, they are helpful in reducing the severity of conditions where inflammation plays a role such as asthma, osteoarthritis, and rheumatoid arthritis.

[www.whfoods.com](http://www.whfoods.com)

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

## Sweet Potato Butter

- 2 cups sweet potatoes, about 3 large - cooked and mashed
- 3/4 cup sugar
- 1 1/2 cups unsweetened apple cider
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves

Combine first 3 ingredients in a small saucepan; bring to a boil, and cook, stirring constantly, until sugar dissolves. Reduce heat; add cinnamon and cloves. Simmer, uncovered, 1.5 hours, stirring frequently.

Refrigerate at least 24 hours before serving.

If desired, while hot, spoon into hot sterilized jars leaving 1/2-inch headspace and wipe jar rims. Cover at once with metal lids, and screw on bands. Refrigerate.

## From Just Food

Building Our Future Together:  
Guided Tours of New York Neighborhoods



On Saturday October 18th, the NYC Food and Fitness Partnership, in partnership with the Bronx Campaign for Health, the Harlem Food and Fitness Consortium and Brooklyn Food and Fitness Taskforce, will be hosting guided bus and walking tours of the South Bronx, Brooklyn and Harlem.

Tours start at 8:30am, include lunch & will conclude with a dinner catered in-part by teen chefs on Randall's Island from 4:30-7pm.

Return bus transportation from Randall's Island to 59th St. Columbus Circle in Manhattan will be available starting at 6pm.

Go to [www.nycfoodandfitness.org](http://www.nycfoodandfitness.org) for more info & to register. Deadline for registration is October 12th

You can read more about Leda Meredith and her experiences doing The 250, find tasty local food resources and order the book on her blog Leda's Urban Homestead.

