

The Gannick* Weekly

Norwood CSA Newsletter



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

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

This Week's Share

.25 lb. baby greens or .5 lb large greens 1 lb potatoes 1 lb red or green tomatoes
 1 pumpkin or winter squash 1 celery 1 large pac choi or 2 small

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 30, 2008

On the farm

The white feathery stuff struck and we were scrambling. Fortunately we only got a dusting as compared to others who got 7". This is a benefit of being in the valley. It looks like we will have relatively nice weather for the week coming. It is becoming difficult to work with the cold and mud everywhere. Haifa and I were processing chickens till 7:00 PM. Andrew who used to help us with this took a job in Illinois on a beef farm.

We are already thinking about next year as we have to get ready for more CSA members for the summer CSA. For us planning begins as much as a year before as for example if we need more employees we may have to find housing and that can take a year.

Winter CSA; Will be on Thursdays with Friday being snow day. We have not picked dates yet.

100 HARVEST
feasts, potlucks, teas, bake sales, picnics,
breakfasts, snacks, desserts, brunches,
tastings, cocktail parties, roasts,
concerts, festivals
DINNERS

Gather your friends together to raise awareness, raise funds, and have fun! We are asking you to host a celebration to benefit Just Food between now and December 31, 2008.

The money you raise can go toward your favorite Just Food program (Chickens, CSAs, Community Chefs, Advocacy Team, City Farms), or let us choose the program that needs your help the most.

For more information about hosting one of 100 benefit dinners please contact us: info@justfood.org or tel. 212-645-9880 x 221.

YOU'RE INVITED TO A HARVEST DINNER!

When: Saturday, December 6th at 7:00 p.m.

Where: Jennifer Classon's
 2866 Marion Avenue, 6B
 (near Bedford Park Blvd)

Bring your children, your friends & your family!

If you wish, also bring a small dish to share.

Suggested donation: \$5.00

Please RSVP to Jennifer at
jrclasson@yahoo.com or 347-678-2618 by
 Monday, December 1st.

KITCHEN AID

Edible Spotlight

Fennel



Description: *Foeniculum vulgareis* a perennial herb, The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel pollen is the most potent form of fennel. Dried fennel seed is an aromatic, anise-flavoured spice, brown or green in colour when fresh, slowly turning a dull grey as the seed ages. For cooking, green seeds are optimal. The bulb is a crisp, hardy root vegetable and may be sauteed, stewed, braised, grilled, or eaten raw. In India, it is common to chew fennel seed (or *saunf*) as a mouth-freshener.

History: The ancient Greek name of the herb, *Marathon*, from *maraino*, to grow thin, probably refers to this property. It was said to convey longevity, and to give strength and courage. Fennel has been grown throughout Europe, especially areas surrounding the Mediterranean Sea, and the Near East since ancient times. Today, the United States, France, India and Russia are among the leading cultivators of fennel.

www.whfoods.com
www.botanical.com
www.wikipedia.org

From Just Food



Down to Earth: The Farmers of Columbia County

This calendar brings together a stunning collection of portraits and agricultural scenery to celebrate the people who are keeping farming alive in Columbia County. When documentary photographer Roey Yohai turned his lens on these twelve farms, he captured timeless beauty- authentic natural riches just two hours from New York City.

All profits from the sale of the calendar will go to farm-to-table education for urban children.

For information about how to purchase a copy of the calendar:

<http://katchkiefarm.com/nyfarmerscalendar/>

212-727-2424



How to Cook with Fennel

After rinsing the bulb under cold water, peel the stringy fibers off the outer layer with a potato peeler or a sharp paring knife. If you do need to remove the outer layer because it's particularly fibrous or discolored, make a shallow horizontal slit along the base of the bulb and peel the layer away.

When braising, grilling, or roasting fennel, cut the bulb in half and then into four to eight wedges. Leave the core intact so that the layers of each piece remain attached. When making thin slices to toss with pasta or to use raw in a salad, core the wedges and cut them into half-moon slices. Or chop fennel, much as you would an onion, when using it as part of an aromatic vegetable base for stuffings, stews, and soups.

www.taunton.com

GARBANZOS WITH FENNEL

Ingredients

- 1 1/2 cups dry garbanzo beans
- 10 cups vegetable stock
- 4 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon vegetable oil
- 2 pounds tomatoes, chopped
- 1 cup fresh basil leaves, chopped
- 2 pounds fresh fennel bulbs, trimmed and chopped
- 2 medium onions, chopped
- 1/2 teaspoon salt
- 1 cup fresh shelled green peas

Directions

1. Place the garbanzo beans in a pot with enough water to cover, and soak 8 hours, or overnight. Drain and rinse.
2. In a large pot, stir together the soaked beans and vegetable stock. Mix in 2 cloves minced garlic and the red pepper flakes. Bring to a boil, reduce heat to low, and simmer 45 minutes, or until beans are tender.
3. Heat the oil in a skillet over medium heat. Place the remaining garlic, tomatoes, and basil in the skillet, and cook 2 minutes, or just until the basil is wilted. Remove from heat, and set aside.
4. Mix the fennel and onions into the pot with the garbanzo beans. Season with salt. Continue cooking 15 minutes. Mix in the tomatoes, basil, and peas, and continue cooking 5 minutes, until peas are tender.

Serve hot.

www.allrecipes.com

Quick serving ideas:

- Healthy sautéed fennel and onions make a wonderful side dish.
- Combine sliced fennel with avocados, and oranges for a delightful salad.
- Braised fennel is a wonderful complement to scallops.

www.whfoods.com