

# 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

Garlic Scapes                      Cooking Greens (Lamb's Quarters or Chinese Kale)  
Baby Salad Greens              Lettuce                      Pak Choi

### 2009 Season Calendar

Other items and Fruit schedules are subject to change  
Be sure to check calendar regularly to note changes

Week	Date	Veggies	Other	Fruit Full	Fruit Half
Week 1	6/10	1			
Week 2	6/17	2	1		
Week 3	6/24	3		1	1
Week 4	7/1	4	2	2	
Week 5	7/8	5		3	2
Week 6	7/15	6	3	4	
Week 7	7/22	7		5	3
Week 8	7/29	8	4	6	
Week 9	8/5	9		7	4
Week 10	8/12	10	5	8	
Week 11	8/19	11		9	5
Week 12	8/26	12	6	10	
Week 13	9/2	13		11	6
Week 14	9/9	14	7	12	
Week 15	9/16	15		13	7
Week 16	9/23	16	8	14	
Week 17	9/30	17		15	8
Week 18	10/7	18	9	16	
Week 19	10/14	19		17	9
Week 20	10/21	20	10	18	
Week 21	10/28	21		19	10
Week 22	11/4	22	11	20	11



### News From the Farm

From Zaid Kurdieh  
Norwich Meadows Farm, LLC  
[www.NorwichMeadowsFarm.com](http://www.NorwichMeadowsFarm.com)

We will likely not receive fruit today ... Stay tuned for more News From the Farm in next week's issue!

**We need articles and images for the newsletter!**  
Please email your contributions to Jennifer @  
[jrclasson@yahoo.com](mailto:jrclasson@yahoo.com)

### From Just Food

POLLINATOR WEEK

June 22-28

Dear friends and fellow bee-lovers:

Pollinator Week is coming right up! There are so many fun and delicious ways to support the Campaign to Legalize Beekeeping in NYC. It's gonna be sweet...

For more information about Pollinator Week & Just Food, please visit [www.justfood.org](http://www.justfood.org)



tree museum

June 21 - October 12, 2009  
Grand Concourse, Bronx, NY  
[www.treemuseum.org](http://www.treemuseum.org)  
[info@treemuseum.org](mailto:info@treemuseum.org)

# KITCHEN AID

## Poached Salmon, Leek and Fennel Soup

This recipe is so good and very pretty to serve, a perfect light soup for early summer! Substitute the fish with tofu for a similarly delicious soup.

Best served with warm bread and butter.

*Serves 6*

- 3 leeks, sliced into 1/4 inch coins and soaked in cold water to remove dirt and sand
- 3 carrots, chopped into 1/4 inch coins
- 1 small fennel bulb, trimmed and cut into wedges (keep fronds for garnish)
- 2 celery stalks cut into 1/4 inch pieces
- 1 tablespoon olive oil
- Flat leaf parsley
- Fresh thyme
- 1 14 1/2 oz. can of vegetable stock
- 2 teaspoons salt
- 1/2 teaspoon freshly ground pepper
- 1 pound fresh salmon fillet, skin removed (fishmonger will remove for you if you ask-much easier), and cut into 1-inch cubes
- 1 bunch of fresh spinach, washed and cut into wide strips

Heat olive oil in large stockpot over medium heat. Add leeks, carrots, fennel and celery. Cook until softened, about 5 minutes. Add parsley, thyme, vegetable stock, salt, pepper and 5 cups of water. Bring to a boil, then reduce to a simmer and cook for 30 minutes. Turn off heat. Then add salmon and spinach. Poach until just cooked through (about 3-5 minutes) Garnish with reserved fennel fronds and serve.

*Contributed by Anna Civitano*

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## Caramelized Maple Turnips & Carrots

- 6 small white turnips
- 2 carrots
- 3 or 4 tbsp real maple syrup
- quarter stick of butter
- 1 cup stock (or enough to cover the carrots and turnips in the pan)
- salt and freshly ground pepper to taste

Wash turnips and remove the greens, which can be cooked separately. Chop into small slices. Peel carrots, and slice into thin disks. Place carrots and turnips in a pot, and pour in enough stock to more or less cover them. Cook on medium high heat until carrots and turnips are almost cooked all the way through. Then add butter and syrup, and let that cook down until it gets nice and caramelized. Sprinkle with salt and pepper and serve to guests who won't mind if you lick the plate.

*Contributed by Sarah Ecascone*

## MEMBER TASKS & DESCRIPTIONS

**Newsletter contributions** (0.5 hour per contribution): Contribute a recipe, article, photograph, joke, cartoon, drawing by your child, etc. (generally food-related) to the weekly The Gannick Weekly, our Coop newsletter. Contributions must be emailed to the newsletter editor (Jennifer Classon at jrclasson@yahoo.com) by Tuesday at 5PM of the week for publication, copying the Coop Work coordinator (Nick at napolitano@gmail.com) so we can log your contribution.

### Gardening at Epiphany

*Projects organized throughout the season.* All Coop members will be invited to help upkeep the Epiphany lawn and garden throughout the season. Since we use the space most often, the more we maintain the yard, the nicer our distribution site will be. Members are also encouraged to deposit any (non-meat) food scraps into the Epiphany compost. Food scraps must be mixed into the pile and covered with dry material (leaves, woodchips). Contact Margaret Groarke at (347) 274-3843 or [margaret.groarke@manhattan.edu](mailto:margaret.groarke@manhattan.edu) regarding composting and/or if you are interested in gardening.

**Contact Nick Napolitano to sign up for these opportunities**

## CORE GROUP CONTACT INFORMATION

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## Braised Turnip Greens

- 6 turnip tops
- one clove garlic
- bacon grease
- red wine or apple cider vinegar
- salt and freshly ground pepper to taste

Wash and chop turnip greens. Peel and mince garlic. Heat bacon grease in pan over medium high heat. Add garlic and turnip greens and cook until tender. Serve with a drizzle of vinegar and a dash of salt and pepper. Enjoy!

*Contributed by Sarah Ecascone*