



## The Tuv Ha'aretz CSA at the Forest Hills Jewish Center

May 29, 2012  
8 Sivan, 5772

# TUV HASHAVUA — BEST OF THE WEEK

### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK:

Isabel Bank  
Larisa Cox  
Rona Platt

#### FOOD BANK DELIVERY:

Judy Trupin / David Ford

#### NEXT WEEK:

Alexandra Newman-Kofinas  
Peter/Theresa Burton Svensson  
Iris Litwin

#### FOOD BANK DELIVERY:

Laurie Rubel



### REMINDER!

Available -- shares of locally made:

- kosher goat cheese
- jams
- fermented vegetables

**Pick-up at FHJC on Jul 17 and Oct 16**

**Order online by Jun 15 deadline:**

<http://isabellafreedman.org/adamah/csa>

### Religions Stand Together on Food, by Becky O'Brien

A Jew, a Muslim and a Buddhist walk into a Congressman's office... No, it's not a joke; it happened last winter in Boulder, Colorado, at an interfaith roundtable on food and sustainability, co-hosted by Hazon.

Joining clergy from the local Modern Orthodox, Conservative, and Reform Jewish communities were leaders from the local Muslim, Second Baptist, Buddhist and yoga communities, and the director for the Colorado chapter of Interfaith Power & Light. We came together to share our concerns about food issues with our elected representatives, to build relationships among ourselves, and to explore the potential for collaboration.

"It takes a diverse group to make change. An interfaith initiative speaking out on food issues is critical to giving moral authority for changes to occur at the national level," stated Congressman Jared Polis, strongly encouraging continued convenings and collaboration. Polis serves on the Congressional Organic Caucus and convenes a Food Advisory Task Force of local experts to keep him apprised of critical issues and how legislation can be used to effect positive change.

When Nigel Savage, Hazon's founder and director, was visiting Colorado, he suggested the idea of an interfaith roundtable and everyone got really excited about it. Hazon gladly offered to partner with Congressman Polis's staff to pull it together.

This ad hoc group of leaders explored areas of overlapping interest and concurred that GMOs, treatment of animals, hunger/starvation, and environmental sustainability are all food issues of common concern and potential areas for future partnership.

Rabbi Marc Soloway of Congregation Bonai Shalom reflected on the teaching of *shikhecha* from Deuteronomy 24:19-22: "When you drop or forget part of your harvest do not go back to get it," for it is meant to be left behind for those in need. This teaching informs the Tuv Ha'aretz CSA, a project of all six Jewish congregations representing five denominations in Boulder. In their CSA (as in most CSAs in the Hazon network), if a share isn't picked up, it is donated to a local food bank.

Professor Richard Dart of Naropa University, a school grounded in eastern philosophies of contemplative education, spoke powerfully: "We need a deep radical shift. We need to safeguard our ecosystems. We need attention, tenderness and meaningful conservation in our relationship with the earth." Everyone nodded in agreement.

While we have our differences, we all smiled and recognized our commonalities when Pastor Bruce Merriweather of Second Baptist Church closed with this comment, "We must promote the wellness of the human thread."

*Becky O'Brien is Hazon's Director of Community Engagement in Boulder, CO. She has a background in volunteer coordinating, community organizing, political advocacy, fundraising, communications and non-profit administration. Contact her at [Becky.O'Brien@Hazon.org](mailto:Becky.O'Brien@Hazon.org).*

## THIS WEEK IN THE BOX:

Strawberries

Rhubarb

Arugula

Baby Bok Choi

Red Kale

Japanese Salad  
Turnips

## Sautéed Kale with Toasted Cashews

*Elise, on simplyrecipes.com*

½ to ¾ cup unsalted cashews, roughly chopped  
2 tblsp olive oil  
½ yellow onion, sliced  
½ tsp red pepper flakes  
1 bunch kale, rinsed, tough midrib removed, roughly chopped  
1 tblsp lemon juice, plus more to taste  
Salt, to taste

Heat a large shallow sauté pan over medium high heat (add no oil at this point). Spread out cashews in an even layer. Toast carefully till lightly browned, stirring or tossing frequently, till you smell the aroma of the toasted cashews. Remove from the pan to a bowl and set aside.

*Recipe continued... →*

## FEATURED RECIPES:

### Rhubarb Ginger Galette

*By Garrett McCord of Vanilla Garlic, on simplyrecipes.com*

1 pie crust (pate brisee, or refrigerated pie crust)  
3 cups of rhubarb stalks (about 3-4 stalks), cut into ¼ inch slices (green leaves discarded)  
¾ cup of sugar  
2 tblsp of flour  
Zest of one orange  
2 tblsp of minced candied ginger  
1 tsp of vanilla extract  
1 tblsp butter



In a bowl, combine the rhubarb, sugar, flour, orange zest, vanilla, and ginger and allow to macerate for 15 minutes.

Preheat the oven to 375°F. If you are using a home-made or store-bought chilled pie dough, remove it from the refrigerator to stand for 10 minutes before rolling out.

Lightly flour a clean surface and roll out the pie dough to a 13-inch round of even thickness.

Place rolled-out pie dough in the center of a small-rimmed, lightly buttered baking sheet or a pie plate. Use a slotted spoon to place the rhubarb mixture in the center of the pie dough round, leaving a border of 2 inches on all sides – you can leave the remaining liquid behind, if desired. Dot the mound of rhubarb with butter. Fold the edges of the pie dough up and over so that a circle of the filling is visible.

Bake on the middle rack of the oven at 375°F for 35-40 minutes. The crust should be slightly browned and the filling slightly bubbly. Cool on a rack for at least half an hour before slicing into wedges. Serves six.

### Sautéed Kale with Toasted Cashews, cont'd...



Add olive oil to the pan. Cook the onions until translucent, about 5 minutes.

Increase the heat and add red pepper flakes. Add kale. Use tongs to turn the kale leaves over to coat with oil, adding more oil as needed.

Cook just a couple minutes, turning the leaves over often, until beginning to wilt. Sprinkle over with lemon juice and salt. Remove from heat. Stir in the cashews. Add more salt and lemon juice, to taste. Serves 4.

## Tuv Ha'Aretz at the Forest Hills Jewish Center

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### Our Websites:

**FHJC:** [www.fhjc.org](http://www.fhjc.org)

**Hazon:** [www.hazon.org](http://www.hazon.org)

**Facebook:** [www.facebook.com/tuvFHJC](https://www.facebook.com/tuvFHJC)

**Yahoo Listserv:** [groups.yahoo.com/group/TuvForAllFHJC](https://groups.yahoo.com/group/TuvForAllFHJC)

**Golden Earthworm newsletter:** [www.goldenearthworm.com/newsletters](http://www.goldenearthworm.com/newsletters)

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