



Tuv Ha'Aretz CSA at the Forest Hills Jewish Center

Newsletters Online: groups.yahoo.com/group/TuvForAllFHJC - in "Files > 1_2013"Season"

TUV HASHAVUA: Best of the Week

Beans About Beans *by Maki Hoashi*

As a young kid, we're all impressionable. It's not a bad thing - that's how we learn to filter the lenses through which we view the world. Some of us, undoubtedly, are luckier than others in terms of what impressions are likely to have come across our paths in our formative years.

In my own youth, I was lucky enough that Bert Greene decided to adopt me as his casual niece. My family is first-generation immigrants, and my parents did not have their large families close by to help with child rearing and care. Bert and Dad became close friends via work, and "mi casa es su casa" became the normal state of being. Normal for lucky me, that is! I traveled with him like a favorite pet in my pre-school years and saw and learned a lot about America, about grown-ups, and about how food is used to define one's life.

He taught my off-the-jet mother about American cooking - so we siblings learned to adore "new" ingredients and dishes like canned tuna fish, ham, and peanut butter. Thus, we became more American than many of the other immigrant descendants around us. She, in turn, taught him how she cooked: the chopping, the seasoning, the way she heated things without an oven - these were all new to the city boy who had grown up with Italians, Swedes, and other Jews. But, like many other immigrants, his family was quietly passing themselves off as "Americans," which meant his parents didn't display or appreciate the more ethnic recipes he craved later in his life.

Bert explained viands that were mysterious to our eyes. He told us why cucumbers were waxed, but not carrots. Because he yearned for a nostalgia that may not have been his own, he felt free to experiment with things we didn't know and served his faux nostalgia efforts to us, always asking for opinions. He valued my family's untried palates, explaining that while the dish was not American, he truly was ... and thus the dish became American through his finagling.

We tasted *schav*, Swiss chard, carrot tops, and learned much about zucchini and mussels. Even ingredients my mother knew intimately were transformed in his hands, and our diet was better for it. Likewise, though my own grandmother grew beans on her farm in rural Japan (reminiscent of the *Totoro* movie!), the beans Bert served us were quite different. My father didn't understand (nor did he like) Boston style baked beans, even when his Boston-born secretary traveled home to her mother's, "to pick up a batch of the best beans you've ever eaten." But Dad could not taste the difference between that home-made dish versus any supermarket canned baked beans.

Uncle Bert coached Dad to thank the woman's mother. "Tell her your palate is inexperienced, but the beans were delicious. Tell her that you appreciate the dish and you look forward to more research - even if you think she doesn't know beans about beans!" In fact, it was Bert who was looking forward to the research, and he and Mom swapped bean recipes, ideas, and

Maki is a member of Tuv Ha'Aretz CSA. She enjoys cooking and often posts pictures of her family's CSA-based dishes on Facebook. Maki assembles our weekly newsletter with co-editor, Judth Mermelstein.



July 2, 2013 | 24 Tammuz, 5773

THANK YOU to OUR VOLUNTEERS

7/2 Pick-up [A Week]

Chien Sun
Rhonda Israel
Onudeah Nicolarakis

Cayuga Delivery:
Sarah Stout Miller

Food Bank Delivery:
David Synder

7/9 Pick-up [B Week]

Jane Cinsov
Manisha Shah-Balargon
Tara Johnston

Food Bank Delivery:
Lenny Fuchs

CAYUGA PURE ORGANICS (CPO) - our grain, bean, and flour farm - suffered a devastating fire on May 30, which destroyed the barn housing all of CPO's cleaning and packaging equipment, as well as a considerable amount of inventory. We do not yet know how our shares will be affected throughout this season; we will keep you updated as information becomes available.

CPO FUNDRAISER: With the upcoming harvest, CPO is having a fundraiser toward replacing lost equipment. We will be donating tzedakah collected through the end of July.

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

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WEBSITES:

- FHJC: www.fhjc.org
- Hazon: www.hazon.org
- Golden Earthworm: www.goldenearthworm.squarespace.com
- Facebook: www.facebook.com/tuvFHJC
- Yahoo Listserv: groups.yahoo.com/group/TuvForAllFHJC
- Twitter: twitter.com/#!/tuvfhjc



[A] WHAT'S IN THE BOX?**Scallions****Red Boston
Lettuce****Radicchio****Toscana Kale****Baby Carrot****Baby Salad
Turnips****FRUIT SHARE****Blueberries
Rhubarb****CAYUGA***Pre-ordered
Cayuga grains,
beans, and flour
will be available at
pick up***NOTE: herb shares start soon !**

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traditions. He learned that the Japanese sweetened their dried red beans – azuki (once known as “red diamonds” in the Tokyo commodities exchange) was boiled with sugar and crushed into a paste (*anko*), then stuffed into *mochi*-rice balls as a sweetmeat. One of Dad’s favorite festival dishes sandwiched the sweet bean paste between two small pancakes. (It became an unintentional holiday tradition in our house to make *anko* twice, because Dad always burned the first batch every New Year’s!)

This dish is anathema to most Americans, but Bert truly “got it,” noting that Japanese *anko* was only a slab of bacon and a few seasonings away from Boston’s famous dish! (Bert was much more perceptive than my Dad was!)

Queens-bred Bert was introduced to grits while in college, so when we visited his old classmate from Virginia, we had some. The other man quietly passed his bowl toward me after I’d enthusiastically emptied mine. I wondered at his generosity as he whispered, “I know it’s unpatriotic as a southern boy, but I hate grits!” I was very young and pretended to understand. Bert later taught me how to make grits, and as we stirred the bubbling polenta-like mess (clockwise only!), I remarked how similar grits are to rice, but easier to cook. In a flash, I suddenly recalled Bert’s friend’s secret complaint. Could an Asian ever openly confess to a likewise dislike of rice?

Bert sure knew beans about a lot, but

he was ever and honestly gleeful to not know beans about many things, too. Though he authored and helped revolutionize the writing of cookery books, he had no formal culinary training. He came upon his love and expression of food through the filters of the Great Depression, his hidden ethnic heritage, his hungers, the loves and losses as his mid-century world went to war. It all affected how he ate and how he reached out toward others, including the extension of his heart toward the immigrant family from a world so different from his own. He told me that his generosity was amply rewarded, for he got to learn all we inadvertently taught him – even something as simple (and humble) as how to make a dried bean into an exotic dessert!

**GARLIC STILL AVAILABLE!**

\$30 for three deliveries (1 lb each in Aug, Sep, Oct; 8-10 heads/lb).

SIGN UP NOW. Make checks to *Yiddish Farm Education Center* and bring them to the pick-up.

To reserve your share,
TINYURL.COM/XTRAGARLIC TUV

CARROT GREENS WITH SESAME DRESSING

Melissa Clark, melissaclark.net | Serves 2-4

1 bunch carrot greens, washed and stemmed
3 tbsp toasted, ground sesame seeds
1 1/2 tsp soy sauce
1 tbsp sake
1/8 tsp sugar

In a large pot of lightly salted boiling water, parboil carrot greens for 2 minutes then shock in ice water; drain and squeeze dry. Place in a new bowl of cold water and refrigerate overnight, changing water 2-3 times to eliminate bitter flavor. Drain and squeeze again, then cut into half-inch lengths.

In a medium bowl, dress carrot greens with sesame seeds, soy sauce, sake, and sugar. Allow greens to sit and marinate at least 1 hour before serving.

Sweet Bean Paste & Japanese-style Kanten

Hans Butler, cporganics.com | Serves 10

½ lb CPO Red Merlot Beans (or black beans or azuki (adzuki) beans)
2 qts water
1 tsp sea salt
¾ cup maple syrup

Soak beans 3-4 hours, rinse and cover with water, simmer for about 45 minutes and then add the salt and stir well, crush the beans as you stir. Lower heat; the mixture will be very thick and pulling away from the pan. It will be a very dark red with a smell like vanilla beans. Add the maple syrup and reduce the heat to the lowest possible setting and stir to combine. If the mixture is too thick (dry looking) just add a couple tablespoons of water at a time and bring to a simmer; it will thicken a lot more when cooled too, so don’t worry if it looks too thin. Remove from heat, cool to room temperature, and refrigerate.

1 ½ tbsp agar
3 cups water
1 ½ cups sweet red merlot (adzuki or black) bean paste [recipe above]
¼ cup maple syrup
¼ tsp sea salt
1 cups toasted sunflower seeds

Soak agar in water for 10 minutes. Heat gently in a pot; bring to a boil and stir, making sure to dissolve the agar completely. Whisk in the red bean paste, ½ cup at a time, bringing the mixture back to a simmer each time. Whisk in the maple syrup and sea salt, and then remove from heat. Evenly spread toasted sunflower seeds on a 9x12-inch baking pan, then slowly pour the warm bean mixture over sunflower seeds. Rest for at least 1 hour in the refrigerator. Serve chilled and sliced, with hot or iced green tea.