



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

July 17, 2012 | 27 Tammuz, 5772

See this newsletter online: [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) – in "Files > 2012 Season"

# TUV HASHAVUA — BEST OF THE WEEK

### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK:

Jennifer Powsner  
Ilyse Sisolak  
Stephanie Scorziello

#### ADAMAH:

Noemi Altman

#### FOOD BANK DELIVERY:

David Snyder

#### NEXT WEEK:

Chrissy Lucchesi Leon  
Martin Koles  
Marcy Birnbaum

#### FOOD BANK DELIVERY:

Lenny Fuchs



### CHICO BAG fundraiser:

[www.chicobag.com/fundraiser/tuvhaaretz](http://www.chicobag.com/fundraiser/tuvhaaretz)

Please remember!  
Bring your extra plastic bags to the pick-up!

## Why Community? by Lori Berman Wolf

CSA, Community Supported Agriculture is not only for the farmer, it is for all of us. We are a community that is helping to support local farms, but we are also a community unto ourselves. That can mean as little or as much as you want it to mean. Some weeks I run in and out, shoving my vegetables into my bags as quickly as possible, barely saying hello to the wonderful volunteers. Other weeks, I like to linger and remark on my surprise at the quantity of greens that I will have to figure out how to use. The word community just rolls off our tongues meaning little unless we tap into the power of each other's ideas.

Here is a personal experience where I had the opportunity to see the importance of talking to other community members. It's not something I'm proud of, but it's been hard for me to accept going bald. Women in our society are expected to have hair, and it should look good too, but mine decided to take leave from my scalp after the birth of my second child. It wasn't thick and lustrous before, but after, I had to take cover under hats and wigs.

I was surfing the internet and, as usual, was looking at the "baldy women" websites. I found one that was unexpectedly supportive. Just a bunch of women talking about the emotional toll of baldness – nothing you wouldn't expect to read. But suddenly, after reading about the struggles the other women were having, I felt somehow lighter. Why did reading about other women in the same predicament make me feel better? I believe that it is the power of community. We can complain about common challenges, rejoice in small victories; on that website, it was a great wig.

Why do I write about hair, or lack thereof, for this newsletter? Because, as members of a CSA, we have all joined together as a community to support local agriculture, ease our carbon footprints, eat organic produce, while also rejoicing at the five pounds of rutabagas in our box. Write in and complain about the fennel that you have no idea what to do with. Or tell us about your small victories, how you coaxed that escarole into a delicious pasta dish.

What did I do with half of that fennel, which scared me so? I made fenneled rice from and it was delicious. Here's the recipe, with my modifications. For the other three bulbs in my refrigerator, I tapped into our community and told someone that I had no idea what to do with all of that fennel. As a result of that conversation, a recipe that includes fennel and radicchio was e-mailed to me. I'm trying that tonight before the next load arrives tomorrow.

The next time your escarole scares you, or your zucchinis cause you to utter declarations of hopelessness, reach into our community and ask for support. So what did you do with your gooseberries? I need help!

*Lori is a longtime advocate of the CSA concept and has served on our Core Committee. She is an Associate Professor of Literacy Education at Adelphi University. Esther and Adam, her fabulous children, along with husband Gary, cheer her on through all of her (sometimes questionable) culinary experiments (this week: Blackberry Gin Fizz from Bon Appetit).*

### FENNELED RICE

*City Cuisine, 1989*

*Mary Sue Milliken, Susan Feniger*

1 ½ cups basmati rice

1-2 fennel bulbs (I used three of the smaller ones we received from the farm)

2 tbslp olive oil

1 tsp salt

½ tsp fresh pepper

½ cup Pernod

2 cups vegetable or chicken stock or broth (I had to add more...maybe another cup)

1 tomato, peeled, seeded, and diced (I didn't have any but put in ½ small can of diced tomatoes)

Place rice in a bowl and rinse under cold, running water until water runs clear. Drain and reserve.

Remove wispy fennel leaves. Chop and reserve for garnish. Finely dice bulbs discarding any hard parts. (I put into the food processor).

Heat oil in a medium saucepan over moderate heat. Add chopped fennel bulbs and stalks, salt, and pepper. Cook uncovered until soft. Add Pernod, turn heat to high, and light alcohol with a match. Continue to cook over high heat until liquid is reduced by half. Add reserved rice and chicken stock and bring to a boil. Cover, reduce to a simmer and cook 5 minutes until rice is almost done. Stir in tomato. Remove from heat and let sit for 5 minutes. Garnish with reserved fennel leaves. Serve warm, makes 4-6 servings.

## THIS WEEK IN THE BOX:

Zucchini  
Cippolini Onions  
Beets  
Broccoli  
Swiss Chard  
Garlic  
Cucumbers  
Batavian Lettuces

### FRUIT SHARE:

Peaches  
Blueberries  
Blackberries

### HERB SHARE:

Rosemary  
Oregano

Remember to pick up your Cayuga share – A & B weeks

June 26:

### BEANS

Black turtle beans  
Pinto beans

### GRAINS

Wheat Berries, Hard Red  
Spring Wheat

Farro (Emmer Wheat)

### FLOURS

Whole Wheat Pastry  
Cornmeal, Medium Grind

## FEATURED RECIPES:

### Creamed Cipollini Onions and Mushrooms

*Lee Hefter, foodandwine.com, from Spago Family Thanksgiving*

1 lb cipollini onions  
4 tbsps unsalted butter  
1/2 cup plus 2 tablespoons extra-virgin olive oil  
2 garlic cloves, minced  
Salt and freshly ground pepper  
1 lb chanterelles, large ones halved  
1 lb shiitake mushrooms, stems discarded, caps halved  
1 lb oyster mushrooms, large ones halved  
1/2 cup chicken stock or low-sodium broth  
3/4 cup heavy cream

In a medium saucepan of boiling water, cook the onions over moderate heat until just tender, about 8 minutes. Drain and peel.

In a large skillet, melt the butter in 1/4 cup of the olive oil. Add the onions and cook over moderate heat until browned, about 4 minutes per side. Add the garlic and cook, stirring, until fragrant, about 3 minutes. Season with salt and pepper.

In each of 2 large skillets, heat 2 tablespoons of the olive oil until shimmering. Add the chanterelles to 1 skillet and the shiitakes to the other, season with salt and pepper and cook over moderate heat until the mushrooms release their liquid, about 4 minutes. Continue cooking until the chanterelles are tender and the shiitakes are browned, about 5 minutes longer. Set aside.

In 1 of the skillets, cook the oyster mushrooms in the remaining 2 tablespoons of olive oil. Add the stock and cream and bring to a boil. Stir in the onions, chanterelles and shiitakes and simmer over moderately low heat, stirring gently, until heated through, about 4 minutes. Season with salt and pepper and serve.

*Make ahead:* The recipe can be refrigerated for two days. Gently reheat the vegetables before serving. Yields 10 servings.



### Marinated Zucchini Salad

*Martha Rose Shulman, Recipes for Health, nytimes.com*

1 lb medium or small zucchini, try for a mix of green and yellow  
Salt to taste  
3 tbsps freshly squeezed lemon juice  
1 garlic clove, crushed  
3 tbsps extra virgin olive oil  
2 tbsps finely chopped parsley, mint, chives, dill or a combination

Slice the squash as thinly as you can. Sprinkle with salt, preferably kosher salt, and let sit for 15 to 30 minutes. Rinse and drain on paper towels. Mix together the lemon juice, garlic and olive oil. Toss with the zucchini. Season with salt and pepper. Cover and refrigerate for four to six hours. Remove from the refrigerator, and remove the garlic clove. Add the fresh herbs, and toss together. Taste, adjust seasoning and serve. Serves four.

*Advance preparation:* This dish will keep for a day or two, but it is best served just after the herbs are added. The lemony zucchini will lose its flavor over time.

*Nutritional Information:* Per serving: 113 calories, 10g total fat, 2g protein, 5g carbohydrates, 1g fiber, 0mg cholesterol, 11mg sodium.



### 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](http://www.facebook.com/tuvFHJC)

**Yahoo Listserv:** [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) (NB: Tuv's newsletters archived here)

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

**Twitter:** [twitter.com/#!/tuvfhjc](https://twitter.com/#!/tuvfhjc)