



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

The Fast & the Feast by Brian G. Hoashi

Human beings throughout the world will understand breaking bread together as a gesture of love and communion. More than just the bread, the sharing of food is a gesture of caring, even when the people around the table are enemies. When that sharing occurs after a fast, the focus on what is eaten and how its provided is really emphasized.

Recently, protesters in Gezi Park, Istanbul broke the Ramadan fast together by creating an impromptu banquet table, laying down over 500 yards of newspapers and fabric as tablecloths along Istiklal Street. The riot police assigned to disperse them respected that Ramadan is a time for communities to unite and reflect on social issues, and the *iftar* dinners are a way for people to come together. Tear gas canisters and water cannons were powered down as people participated in a "splendid show of unity" at the sundown breaking of the fast.

In Washington D.C., Hillary Clinton hosted an *iftar* and spoke about how "peace needs champions on every street corner and around every kitchen table, and not just there, but everywhere." One participant in Clinton's *iftar* "was reminded about the essence of Ramadan - community, spirit, generosity, giving back, and togetherness."

In Judaism, scholars cite three purposes for fasting: atonement for previous wrongdoings; mourning, both personal and collective; and for gratitude and appreciation. Fasts last 25 hours, and do not always end in feasts, depending on the appropriate mood or message of the fast. However, Yom Kippur has recently become a community event in some places. This feast can range from a simple home-cooked repast to a professionally catered affair where friends and neighbors - both Jew and Gentile - are invited to sip and dine together.

The major fast in Christianity is Lent, with its emphasis on abstinence and reflection. The feasts prior to and after Lent are notable: cities like Venice, Rio de Janeiro, and New Orleans are famous for their city-wide *Mardi Gras* and carnival events. A Muslim sailor visiting Venice during this period of the calendar year was perplexed by the wild and eccentric behavior. But upon entering a church and receiving ashes on their foreheads, "the people magically calmed and became penitent." Lent ends with Easter, and is celebrated with a family- and community-focused springtime feast.

Prior to taking communion, Catholics are supposed to fast from the night before. A friend told me of her hungry childhood fantasies of communion wafer canapés to endure the fast, and of the eagerly anticipated extended family brunch to follow services.

Brian Gardner Hoashi is a nurse and is studying issues concerning the care and feeding of the elderly. He often helps with pre- and post-surgery fasting and recovery, and finds all forms of fasting (and the feasts following) fascinating! He also wears a kilt.



July 18, 2013 | 11 Av, 5773

THANK YOU TO OUR VOLUNTEERS

7/18 Pick-up [A Week]
THURSDAY PICK-UP

Deborah Witlin

Judy Gostl

Judy Beizer

Food Bank Delivery:

David Snyder

7/23 Pick-up [B Week]

Iris Litwin

Takako Murai

Shari Perkins

Samantha Cranko

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.



We will be donating *tzedakah* to Cayuga Pure Organics 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?

Cucumber	FRUIT SHARE
Zucchini	Blueberries
Mixed	Apricots
Scallions	HERB SHARE
Parsley	Chives
Walla Walla Onions	Sage
Swiss Chard	CAYUGA SHARE
	For those who pre-ordered but did not pick-up the last two weeks

... Continued from Page 1

Buddhists' adherence to an ongoing fast is required of monks and nuns; begging for food is part of their daily ritual. Families will put aside food as alms, and will wait on the road outside their homes for the monks to pass by to collect the ingredients for their once-daily meal. Prayer, awareness and "mindfulness" require an aesthete sensibility, which can be enhanced and focused by hunger.

Fasting can have a political or strategic aspect, and can raise awareness of issues or grievances. Voluntary hunger strikes force attention and empathy to be drawn to the suffering of the fasters, as well as to those who are charged with their wellbeing - how to ensure health, whether to force-feed, what food can be ingested, etc.


To sustain their spirits, deprived prisoners are known to discuss and dream of meals they will prepare and eat upon their anticipated liberation.

Many fast for health or vanity - I remember friends observing the Yom Kippur fast "because I need to lose 5 lbs!" These days, people claim juice fasts as effective ways to "purge my body of toxins" and to lose weight. Whether this is safe or not is constantly being argued and discussed, often without consideration that fasting is a common human practice.

Since food signals the start and end of a ritual fast, many consider the meals taken before or after to be significant. In preparation, many suggest cutting back gradually in advance on substances like caffeine, and to hydrate carefully, since some fasts forbid water as well as food.

For afterward, some advocate "easy to digest" foods that re-introduce sugar into your body, such as crackers or a traditional honey cake. And quite a few people opt for a carbohydrate-rich dairy or pareve meal, and "breaking the fast with some kind of liquor ... the closest to a mystical experience." Deprivation can be seen to have its benefits and some will "reward themselves."

Hunger is said to be the perfect sauce - food is a blessing in any culture, and the ability to share it (or its lack) in joy or in suffering is important to humans, together or as individuals. Whether we fast or feast, let us express gratitude, as in Robert Burns's "Selkirk Grace":

*Some hae meat and canna eat,
And some wad eat that want it;
But we hae meat, and we can eat,
And sae let the Lord be thankit.* 

Editor: I asked the significance of Tisha b'Av, and co-editor Judith Mermelstein explained, "Tisha b'Av, it's actually a fast day! It's preceded by 8 meatless days (except for Shabbat). These are all days of mourning and have to do with the siege of Jerusalem and eventual destruction of the Temple on the 9th of Av ... twice! 586 BCE by the Babylonians and 70 CE by the Romans. Also, on this day, the Jews were thrown out of England in 1290 and out of Spain in 1492. Midrash (Rabbinical interpretation of the Torah) holds that the Messiah will be born on Tisha b'Av, so it shouldn't be a total loss. ☺"

Swiss Chard, Chipotle, Onion, Mushroom Tacos

saveur.com | Serves 4

2 tbsp olive oil
1 onion, quartered and thinly sliced
2 cups thinly sliced cremini mushrooms
2 cloves garlic, finely chopped
1 tbsp soy sauce
2 chipotle peppers in adobo, finely chopped, plus 1 tsp adobo sauce
2 ears corn, kernels removed (or 1½ cups thawed, frozen corn kernels)
1 bunch Swiss chard, stems removed, and leaves cut into ½-inch ribbons
salt and pepper, to taste
Corn tortillas, chopped cilantro, sour cream, and lime wedges, for serving

Heat olive oil in a 12" skillet over medium-high heat. Add the onion and cook until slightly caramelized, 6-7 minutes. Add the mushrooms and garlic and cook until mushrooms are browned, about 5 minutes. Stir in soy sauce, chipotle peppers and sauce, corn kernels, chard, salt, and pepper; cover pan with lid and cook, stirring occasionally, until chard wilts, about 5 minutes. Spoon mixture into tortillas and top with cilantro and sour cream. Serve with lime wedges, if you like.

Zucchini Galette

Mary, buttermilkbakes.com | Serves 4

1 pie crust, not sweet
3 to 4 oz goat cheese
Handful of fresh parsley, chopped
1 garlic scape, diced or 2 cloves, minced
2 medium zucchini or summer squash, thinly sliced on a diagonal

Preheat oven to 350° F. Line a rimless cookie sheet with parchment paper.

After dough has chilled, on a floured surface roll out into a 12-inch circle, about 1/8 inch thick. Drape dough over your rolling pin, and transfer dough to the parchment lined cookie sheet.

Crumble the goat cheese onto the center of the dough, leaving about a 3-inch border all around. Sprinkle the parsley and garlic scape (or minced cloves) over the goat cheese. Layer the squash over the cheese, slightly overlapping, in concentric circles. Gently fold the edges of the dough over the squash, pressing the folds together. Bake for 30 to 40 minutes, until the crust is golden. Let cool, and serve, cut into wedges.