



TUV HASHAVUA: Best of the Week

Overcoming Scary Foods *by Jenny Wong-Stanley*

As a mother of two young children, age three and one, one of the most difficult things I deal with on a daily basis is getting my kids to try new foods, especially vegetables.

The challenge is that I "know" exactly what they will eat and will not eat... at least I think I do. My mommy sense tells me to stay clear of spinachesque veggies because Jo - my three year old - has told me numerous times that she doesn't like them. Sometimes, I find the leafy greens poorly hidden between strings of pasta, cold and rejected. So I have learned or she has taught me what I should and should not feed her. My current strategy is to hide the otherwise untouchable veggies and give them a shiny new package with lots of sugar or fat - usually both... please kindly hold all judgments.

On any given shopping day I will avoid the foods that I predict my kids will not eat due to previous training, part laziness and other part common sense - trying to cook foods that will be efficiently consumed. What the CSA has provided me with is a little push in a different direction. Being presented with assorted and sometimes mysterious vegetables at each pick-up has forced me to cook outside my comfort zone. My family has stepped out of our self-imposed box and into the realm of food experimentation where all parties - food-picky daughters included - are involved.

Jo looks forward to prodding the new bushels I bring home from the CSA and tends to ask a bunch of skeptical questions - e.g. "You can eat this?" or "Why does it look like that?" When possible, she also lends a hand to prepare the new vegetables for cooking. This new involvement has made my daughter more willing to try new foods. The

FHJC Tuv Haaretz CSA member Jenny Wong-Stanley is a part-time mixed media artist, part-time non-profit development consultant and a full-time mommy of two - and never was good in math.



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THANK YOU TO OUR VOLUNTEERS

7/23 Pick-up [B Week]

- Iris Litwin
- Valentina Clementi
- Takako Murai
- Shari Perkins
- Samantha Cranko

Food Bank Delivery:

Lenny Fuchs

7/30 Pick-up [A Week]

- Kathy Francos
- Emily Brana
- Vanessa Anton

Food Bank Delivery:

Jessie Schwartz

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
106-06 Queens Blvd. , Forest Hills, NY 11375
718-264-7000, ext 250 | tuv@fhjc.org

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



[B] WHAT'S IN THE BOX?

Swiss Chard
 Red Batavian Lettuce
 Green Batavian Lettuce
 Green Cabbage
 Onion
 Baby Red Potatoes
 Cucumbers
 Basil
 Garlic

FRUIT SHARE

Blueberries
 Peaches

HERB SHARE

Orange Mint
 Marjoram

... Continued from Page 1

bonding that takes place pre-dinnertime is a cathartic experience for mother and daughter. In turn, her sense of "vegetable distrust" is slowly eroding.

In the six months since joining the CSA, I have learned that my kids like turnip mash, carrots with butter and thyme, purple kale chips, and raw kohlrabi salad – a personal favorite. Plenty of vegetables have been rejected along the way to finding likeable new discoveries. Getting them to become less reluctant to try new foods is half the battle and every CSA pick-up gives my daughters an excuse to try something new.



Please: Bring your spare plastic bags to pick-up !

Ten Tips From Kids: Ways to Get Kids to Eat Veggies

by Ellen Seidman, babble.com

1. **Let kids grow and/or prepare vegetables themselves** – they'll be proud and want to serve and taste their creations.
2. **Eat what you want them to eat, with a good attitude.** And eat with them. Be a good role model, because they'll emulate your attitude and preferences.
3. **Don't make veggies the "bad guys"** – for example, don't say, "If you finish your vegetables, you'll get dessert," or kids might think vegetables are like medicine.
4. **Get creative** – try different color and flavor combinations, and be careful not to plate soggy, unseasoned, mushy, or unappealing looking piles.
5. **Add veggies to foods kids love** – classics like veggie mac or vegetable pizza are popular.
6. **Teach kids about nutrition** and have them teach back to you what they know – children taught that food equals nutrition and that their bodies need nutrients tripled their voluntary selection of fruit and vegetable snack options.
7. **Hero worship** – suggest that a favorite sports hero got big and strong by eating peas, etc.
8. **Dressings and Dips** – use salad dressings as a raw vegetable dip. Kids prefer creamier dressings, especially ranch, yogurt-based dips, and hummus.
9. **Don't punish and don't reward** – sometimes, kids like to resist for the sake of resisting.
10. **Be persistent and caring** – it can take 10+ exposures to food before kids will try it, and another 15 tries to acquire a taste.

Summer Rolls

Marja Sampson | Makes about 30 rolls
thedumplingdiva.blogspot.com

Get children involved in preparing and rolling these no-cook, hands-on vegetable summer rolls.

- 1 clove garlic, minced or finely grated
- 1 tsp toasted sesame oil
- Sriracha or other hot sauce, to taste
- 3 tbsp soy sauce
- 1 bunch basil or mint leaves
- 1 pkg rice paper rounds (skins)
- 1 peeled cucumber, cut into 4-inch long strips
- 1 bunch scallion or garlic tops, slivered, or sweet onion, slivered
- 1 head lettuce, leaves separated
- 1 pepper (hot or sweet), cut into strips with seeds and ribs removed, or carrot, slivered
- 1 lbs sliced mushrooms

In a small bowl, mix together the garlic, sesame oil, hot sauce and soy sauce together.

Count out the number of rice paper rounds you wish to use, and soak in a large shallow plate or bowl and cover with cold water, till soft – about 2 minutes.

When pliable and translucent, remove one rice paper sheet and blot, and place on a kitchen towel. Place one lettuce leaf on the rice paper and place a few basil or mint leaves over it. Put the slivers of scallions and cucumber and pepper strips in one direction, horizontal as you look at it. Dip mushroom slices in the marinade, and lay in a row over the vegetables.

To roll up: pull the bottom up and fold over the vegetable pile, then flip over the left and right sides. Finally roll up semi-tightly.

To serve, cut the roll diagonally across the middle. Serve with marinade as dipping sauce, or soy sauce, or with teriyaki sauce.