



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

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## TUV HASHAVUA: Best of the Week

### **Cyclical Time & Connected Communities: Reflections on Rosh Hashanah and a CSA** by Kerry Newman

With Rosh Hashana just around the corner, I find myself with feelings of anticipation similar to those at the start of our CSA seasons; the promise of a new beginning, mixed with slight trepidation. Today that trepidation centers around questions of spiritual and personal growth - *What kind of person have I been in the past year? Have I focused on the right things? What kind of goals should I be setting for the coming year?* Back in June, at the start of our CSA season, the trepidation was a bit more mundane - *Will I make the most of my vegetables this year, or by the middle of the season, will my creativity slacken, and will parts of the share go unused?*

I believe that there are other parallels that can be drawn between Rosh Hashana and a CSA. For starters, both tie us into the cyclical nature of time. Among its many names, Rosh Hashana is called *Yom Harat Olam* - the Birthday of the World. Rosh Hashanah is the anniversary of creation, and therefore a new beginning in the cycle of time. It is a marker by which to measure ourselves. Where are we this year in relation to where we were at this point last year?

Similarly, since I have joined the CSA, I find myself much more connected to the cyclical nature of the seasons. Rather than walking into a grocery store where I can buy any kind of produce at any point during the year, being in a CSA reminds me that, in reality, there is a time at which rhubarb is harvested and an entirely different time when tomatoes are harvested. I have found it empowering to feel such a close connection the agriculture cycle, despite my very urban lifestyle.

Which brings me to another parallel - both Rosh Hashanah and the CSA ground us in something bigger than ourselves. Rosh Hashana connects us to thousands of years of Jewish history. It also binds us to Jews around the world. It always gives me pause when I hear the shofar to think that there are literally millions of Jews around the world who are hearing that same sound on the same day.

Similarly, being in a CSA reminds me that I am connected to the people and place from which my food comes. I am always inspired by the weekly reflections that our farmers share with us. I never before thought about what it takes to ensure a good harvest, nor how much work goes into running a farm. This new awareness has made me think about community in an entire different way. It is not only about the people we surround ourselves with on a daily basis, or the people

*Kerry Newman is a Senior Writer and Gift Officer at a Jewish nonprofit organization. She has worked in the Jewish Communal field for more than twelve years, and blogs for the Jewish parenting site, Kveller.com. Kerry is a member of the Tuv Ha'Aretz CSA.*

September 3, 2013 | 28 Elul 5773

#### **THANK YOU TO OUR VOLUNTEERS**

- 9/3 Pick-up [B Week]  
Natalie Zych  
Adrian Hayes  
Angelita Alvarado-Santos
- Food Bank Delivery:  
Jessie Schwartz
- 9/10 Pick-up [A Week]  
Barbara or Peter Cooper  
Thomas Baiter  
Stacey Samuels
- Food Bank Delivery:  
Brian Mack



**Stay Tuned for TOMATOES!**  
Golden Earthworm's extra tomato share (20 pounds plum tomatoes, excellent for canning/freezing) is coming soon!

### **L'SHANAH TOVA! Have a Happy & Healthy New Year!**

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#### WEBSITES:

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



**[B] WHAT'S IN THE BOX?**

Parsley	<b>FRUIT SHARE</b>
Butternut Squash	Yellow Peaches
Zucchini	Pears
Long Green Peppers	<b>HERB SHARE</b>
Lettuce Mix	Dill
Tomatoes	Cilantro
Green Beans	

**www.nychoneyfest.com**  
**THIS WEEKEND!**

**May It Bee A Sweet New Year**

by Nigel Savage, Executive Director, Hazon

Rosh Hashanah is the season of reflection, repentance, forgiveness, apples, and honey. This year, spare a thought about the bees that made the honey and pollinated the apples. In the last six years, bee populations have plummeted due to Colony Collapse Disorder (CCD). While the cause of CCD is still mysterious, evidence is pointing to chemicals found in pesticides, herbicides, and fungicides.

As one of the most relied upon pollinators in the US, the loss of the Western honeybee would have detrimental effects on agricultural cycles. A third of the crops we eat—including broccoli, bell peppers, avocado, and our beloved Rosh Hashanah apples—rely on honeybees in order to reproduce year after year. Our food, our lives, and the environment we live in is directly related to the well-being of these precious honeybees.

After we blow the shofar on Rosh Hashanah, we recite the phrase “*hayom harat olam*,” which means “today is the creation of the world.” On a holiday imbued with the spirit of creation, let’s commit to respecting and protecting all of the world’s creations and its complex cycles, with emphasis on honeybees and their pollinating relationship with the world around them.



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with whom we share religious, cultural, or ethnic ties. Community, for the members of our CSA, also means that we are connected to people and a piece of land on Long Island. For better or worse, the weather and circumstances that they experience ultimately affect the food that we eat. In today’s society, which places such a heavy emphasis on individualism, it is humbling to be reminded just how much we rely upon others for sustenance.

And so, as we approach the beginning of a new Jewish year, and the midway point of our CSA year, I hope that we all take time to stop and reflect on the possibilities that come with new beginnings, to appreciate the cyclical nature of time, and to be thankful for the opportunity to be part of communities that ground and nourish us.

**Coal-Fired Pico de Gallo**

Chris Lilly, Big Bob Gibson | Makes 2 cups

- 1 medium white onion, 1/2" slices
- 2 jalapeño peppers
- 1 long green pepper
- 6 plum tomatoes
- 1/3 cup chopped cilantro
- 2 cloves garlic, crushed
- 3/4 tsp salt
- 1/2 tsp sugar
- 1/2 lime, juiced

Place the onion and whole tomatoes and peppers directly over the hot grill (500 F). Cook for 5 minutes, turning once or until they char and start to soften. Remove vegetables from the grill, remove membranes and seeds from the peppers, and dice. Peel and dice the tomatoes. Combine all ingredients in a small bowl. Set aside for 30 minutes so the flavors can meld. Serve at room temperature, or chilled.

**Zucchini, Date, and Honey Bread**

Rosh Hashanah Recipes, Washington Post  
Serves 10

- 1 1/2 cups all-purpose flour, plus more for dusting pan
- 1 1/2 cups white whole-wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 1 1/2 tsp cinnamon
- 3/4 tsp ground nutmeg
- 3 eggs
- 1 cup honey
- 1 cup vegetable oil
- 2 tsp vanilla extract
- 2 cups packed shredded zucchini (not peeled)
- 1 cup coarsely chopped medjool dates

Heat the oven to 350 F. Mist a Bundt pan with baking spray, then dust with flour.

In medium bowl, whisk together both flours, the baking powder, baking soda, salt, cinnamon and nutmeg; set aside.

In a large bowl, whisk the eggs until well beaten. Stir in the honey, oil and vanilla, then fold in the zucchini.

Add dry ingredients and chopped dates to the zucchini mixture. Stir just until the dry ingredients are just moistened. Do not over-mix.

Pour the batter into the prepared bundt pan. Bake until a toothpick inserted at the center of the loaf comes out clean and dry, 50 to 60 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack to cool completely. Serve warm or at room temperature.