



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

Well-Traveled "Fresh" Produce

by Chanah Sheldon and Raphael Stargrove

In these often terrifying times of heightened pollution and chronic, diet-related diseases, we are overwhelmed with reasons to eat locally, healthfully and sustainably. Eating food in its most natural state is one easy commitment to change that we all can make, and that we at Tuv Ha'Aretz have all made, by being a part of Community Supported Agriculture.

We get perishable food from all over the world, and we seldom wonder how it arrives on our plates. To keep these foods fresh, they could be shipped by airplane, but that's incredibly expensive. Instead, we've developed strange and ingenious approaches to food storage, delivery, and ripening that often mean we're eating fruits and veggies that aren't only grown on the other side of the world, they're often weeks or even months old. These commercial foods, while often thought of as healthful, are highly engineered for ease of production and transport.

APPLES

Ever noticed that you can buy fresh local apples at the market all year round? It's odd that we are able to purchase apples when the trees are flowering, and also in the dead of winter. Indeed, these apples are local, but they're far from "fresh." Immediately after harvest, apples are moved into massive, industrial-scale refrigerators. Once they're loaded in and the door is closed, the atmosphere inside is adjusted artificially to slow down the fruit's degradation. Low oxygen and high CO₂ would kill a person, but this combination keeps the apples fresh for six months to a year, depending on the variety.

ORANGE JUICE

Ever noticed that your "fresh squeezed - not from concentrate" orange juice is made in Brazil? How can they possibly get that much fresh orange juice from here to Brazil, and for \$3.49 a liter? Aren't oranges seasonal?

From July through January, oranges are harvested from hundreds of large farms in Brazil. After juicing, the product is pasteurized.

Chanah Sheldon and Raphael Stargrove recently moved to NYC from Portland, OR. They spend their time working in healthcare and 3D printing, and cooking and pickling the strangest produce NY has to offer, from Nopales to Sunchokes.

Sept 10, 2013 | 6 Tishrei, 5774

THANK YOU TO OUR VOLUNTEERS

9/10 PICK-UP [A Week]
Peter Cooper

Thomas Baiter

Stacey Samuels

FOOD BANK DELIVERY:
Brian Mack

9/17 PICK-UP [B Week]

Mandy Chan

Laura Marks

Eliot Tokar

FOOD BANK DELIVERY:
Simon Kapochunas



PLUM TOMATOES & DAMSON PLUMS

Depending the weather and sunlight hours, we *may* be able to buy extra plum tomato shares ... it does depend on local growing conditions.

ALSO, we might be offered DAMSON PLUM shares.

STAY TUNED FOR MORE INFO, SOON!

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?**Green Bell Peppers****Parsley****Butternut Squash****Potatoes****Leeks****Tomatoes****FRUIT SHARE****Yellow Peaches****Donut Peaches****HERB SHARE****Rosemary****Sage**

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From this moment onward, it's kept carefully sealed, and literally is never exposed to oxygen again until you open the container you buy at the store. Juice from different farms is blended together to produce a consistent taste, then pumped into refrigerated tanker trucks and transported to a custom-built terminal at the port of Santos. Here, specialized orange juice tankers – yes, they're literally huge ships just like oil tankers, but filled with fresh, cold orange juice – are slowly filled.

With 37,000 tons of orange juice on board, they sail for up to a week to reach a specialized port in Florida – the only one of its kind in the country. Here, the juice is again pumped into refrigerated storage tanks and stored for weeks or months, allowing it to be packaged according to market demand. Once packaged, the juice

RECYCLE YOUR PLASTIC

BAGS ... Bring them to pick-up to bag your vegetables, fruit, and herbs. Extra bags are gratefully accepted for others to use!

is transported to regional distribution hubs by train, and finally to local grocery stores by semi-truck. Depending on many factors, fresh juice can be between a few weeks and sometimes up to six or eight months old.

BANANAS

They're an extremely finicky fruit: soft, fast-ripening, difficult to pack and to ship. For as long as they've been sold commercially, they've been picked green, shipped for weeks or months, stored, and then ripened in specialized "ripening rooms" in carefully controlled conditions with the aid of ethylene gas. More recently, specialized computer-controlled shipping containers have been developed which, while in transit aboard a ship, can complete the process of ripening bananas. This ensures they will arrive at the dock just ripe enough so that they'll be perfect for store shelves two days later.

COMPARING APPLES TO ORANGES

It's not only a good idea to know where your food comes from, but also what it goes through to get to you, the consumer – whether local or imported from a long distance away. There are trade-offs when you decide to serve and eat a variety of different foods daily, and informed consumers can balance their buying decisions with good information. It's not simply comparing apples to oranges (or to bananas)! 

Roasted Leeks with Peppers, Tomatoes, Squash/Potatoes & Herbs

Linda Haynes, *More From Ace Bakery Cookbook*
Serves 4

4 large leeks (white and pale green parts)
2 medium-to-large bell peppers
1 small butternut squash or 1/2 lb small potatoes
olive oil
kosher salt
16 - 20 cherry tomatoes or 2-4 tomatoes, cut into wedges
2 tsp chopped fresh thyme, rosemary, or sage, or a mix
freshly ground black pepper
parsley, chopped for garnish
Preheat the oven to 425°F.

Cut the leeks in half lengthwise and soak in a bowl or sink filled with cold water for 10 minutes to remove sand. Remove from water and pat dry.

Seed the peppers and cut each into eight pieces. Peel squash and remove the seeds, cut into 1-inch cubes. If using, cut potatoes in halves or quarters.

Toss the leek halves, peppers, squash / potatoes with oil and place on a foil or parchment lined baking pan. Sprinkle with salt, and roast for 20 minutes or till the squash / potatoes are tender when skewered.

Sprinkle the tomatoes with oil and add to the peppers and leeks. Sprinkle with herbs and pepper, and roast for another 7 minutes. Re-season with salt and pepper, to taste.

Toss and transfer to a platter; garnish with parsley leaves, and serve immediately.