



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

Newsletters Online: [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) - in "Files > 1\_2013"Season"

## TUV HASHAVUA: Best of the Week

### Dial "M" For Mad! *by Bonnie Harper*

I have been living as a locavore for over six years. What this means is in an effort to go easy on the environment, the majority of what I eat is grown within 250 miles of where I live. Almost all is organic and sustainable. While I have been helped immeasurably by the CSAs, one of my first forays into eating local was prompted by Mad Cow disease.

Mad Cow (the official name of mad cow disease is bovine spongiform encephalopathy - BSE) has been linked to a fatal brain disease in humans called variant Creutzfeldt-Jakob disease (vCJD). Initially, while not fully understood, Mad Cow was considered to be a risk of eating English beef. However, in 2003, Mad Cow was discovered in North America in a Canadian animal. The stories and fears flew and quickly, albeit temporarily, many abstained from eating beef as they just didn't know what was going on. Eventually it was learned that the disease jumps from one species to another by eating affected animals, particularly brain and nerve tissue. In my case, I started to do a little research and discovered that the USDA permitted animal parts including brains and spinal cords of slaughtered livestock to be fed to cattle. I was appalled! Not only was the practice revolting, but cattle are vegetarians, why on earth would we feed them sheep brains? Ultimately, the practice ended in our country not because the USDA stepped up and protected our food supply, but because the largest purchasers, headed by McDonald's (who buys so much beef that the US itself cannot satisfy their global demand), required better from cattlemen.

I then made a decision that I needed to protect the health of my family. I had growing children and my then-husband and I were young enough to worry about the long haul (Mad Cow takes about 10 years to appear). While I did my research, we stopped buying meat. I decided to inquire about the habits of others. I have many religious friends and though at our house we don't eat pork or mix milk and meat, we aren't keeping a kosher household in the traditional sense. But I was willing to up my game. However, after speaking with several friends who were

*Bonnie Harper is a lawyer / locavore, living, eating and running through and around Glendale and Forest Park where she also takes advantage of wild berries. She lives with her soulmate Eric Carlson and her kids Cameron and Claudia Thuleweit.*

Sept 17, 2013 | 13 Tishrei, 5774

### THANK YOU TO OUR VOLUNTEERS

9/17 PICK-UP [B Week]

Mandy Chan

Laura Marks

Jeremy Buchman

Eliot Tokar

FOOD BANK DELIVERY:

Simon Kapochunas

9/24 PICK-UP [A Week]

Jennifer Jacobson

Alison Hartwell

Jennie Badler

FOOD BANK DELIVERY:

Brian Mack



### RECYCLE YOUR PLASTIC BAGS

Bag your vegetables, fruit, herbs. *Extra bags are gratefully accepted!*

### COMMUNITY EVENTS

9/21-22: 31<sup>st</sup> Annual Queens County Fair

9/22: Kew Gardens Community Arts Day

9/21-22: Maker Faire, NY Hall of Science

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

106-06 Queens Blvd. , Forest Hills, NY 11375

718-263-7000, ext 250 | [tuv@fhjc.org](mailto:tuv@fhjc.org)

#### 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?**

<b>Scallions</b>	<b>FRUIT SHARE</b>
<b>Baby Bok Choi</b>	<b>Bartlett Pears</b>
<b>Celery Root</b>	<b>Gala Apples</b>
<b>Zucchini</b>	<b>HERB SHARE</b>
<b>Sweet Potatoes</b>	<b>Dill</b>
<b>Arugula</b>	<b>Lemon</b>
<b>Long Red Peppers</b>	<b>Thyme</b>

... Continued from Page 1

religious, I discovered to my dismay that kosher meat refers primarily to the slaughter process and not to what the animals are fed. (I suppose the feedlot is a new phenomenon.) I realized that buying only kosher food was not going to help me.

Next, I looked into “grass-fed,” “free range,” and “organic.” It seems there were so many words and nothing was standardized. But I gradually got the basics down and was able to forge ahead. We continued to add to the mix by buying all of our animal products “humanely raised,” “hormone-free,” without antibiotics and “cage-free.” An unintended side effect is that we are healthier, day-to-day, probably because we avoid antibiotics in our food. I’ve also learned that 80% of all antibiotics are used in food and not for health care – something also acceptable to the USDA and something to think about next time the pediatrician tells you to hold off on penicillin for your toddler’s ear infection.

Nowadays, thanks to our CSA and the farmers’ markets, I can buy just about anything that I might want and not just know it is local or organic, but actually meet the people who grow what we eat. If I have questions, I can easily ask. I have noticed that although there are annual health scares of *e. coli* in spinach or salmonella in peanut butter, etc. in our country, I rarely pay attention. My food doesn’t come from Mexico or China, nor is it so mass-produced that I cannot identify where it came from or how it was treated. Sadly, my father’s friend died of Mad Cow two years ago; so while I may seem alarmist to some, I can take a certain satisfaction that making the change to eating safe food, locally grown, has made all the difference.



*Interested in discussing eating local?  
Email Bonnie: [runningal33@yahoo.com](mailto:runningal33@yahoo.com)*

**CARE TO SHARE**

This program – a joint venture with UJA-Federation of New York in collaboration with the Metropolitan Council on Jewish Poverty, AmeriCorps, and Hazon – is a city-wide fresh produce drive to feed the hungry. In the spirit of the fall harvest and Sukkot, Care to Share encourages us to symbolically fulfill the Jewish custom of gleaning. During our 9/17 and 9/24 pick-ups, we invite our members to give a portion of fresh produce shares for distribution to a local food pantry. Thank you for participating!

**Sweet Potato Cake w/ Scallion Herb Salad**

Daphne Oz, *The Chew*, [abc.go.com](http://abc.go.com)  
Serves 4-6

2 large sweet potatoes (each about 2/3 lb; peeled)  
1/2 cup extra virgin olive oil  
2 Fresno chiles (sliced into rounds)  
1 cup finely chopped scallions  
salt and pepper, to taste

Preheat the broiler. Arrange a rack 6 inches away from the heating source. Boil the potatoes for 20 minutes and let them cool before slicing them into 1/8-inch thick slices. Heat a couple tablespoons of olive oil in a 6-8 inch cast iron pan over medium heat. Cook the Fresno chiles and scallions for a few minutes, until softened. Remove from pan. Add as many potato slices as can fit in one layer of the pan. Cook for about 3 minutes per side, or until lightly browned. Remove pan from heat. Arrange the remaining potatoes into even layers over the crispy potatoes, seasoning with salt and pepper and some of the Fresno slices and scallions. Press each layer down firmly with the back of a spatula or wooden spoon. Cook the sweet potato cake in the oven and brown for about 5 minutes, or until the potatoes are crispy.

**SCALLION PARSLEY SALAD**

1/2 cup sliced scallions (plus more for garnish)  
1 cup parsley or dill leaves  
1/4 cup capers  
1/4 cup scallions (sliced)  
2 tbsp balsamic vinegar  
2 tbsp olive oil

Toss salad ingredients together and season with salt and pepper. Garnish potato cake with the salad.