



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

Discovering the Gastroactivist in Everyone *by Marija Sajkas Tomic*



On her website, Alexa Weitzman – chef, food educator, licensed acupuncturist and herbalist – defines her many interests and talents with a single word: *gastroactivist*. What's that? It's one who makes informed and empowered food choices with the awareness that what they eat has a direct impact on the planet's health as well as their own.

Alexa, along with Felicia Seidel and Judy Trupin, is one of our CSA co-chairs.

She grew up cooking with her father, who taught her that good food comes from fresh ingredients. She started working professionally in a French restaurant when she was 18 years old. During the years since, she worked in the kitchens of some of New York's finest restaurants, served as the chef at a small organic vineyard in Provence, France and has stocked healthy meals in the fridges of busy New York families. Alexa has a BS from NYU in Studio Art and a MS from Touro College in Oriental Medicine and Acupuncture. She is a licensed acupuncturist in New York State as well as a nationally board certified Chinese herbalist. She runs a food-as-medicine consulting company, working with patients and families to manage health and promote resilience through Chinese dietary principles.

Please tell us more about your involvement with CSA, and what was the driving force behind it?

When I moved to Forest Hills six years ago, my husband and I saw a flier at the library advertising the CSA. We called and there was still space available. That first year, we were enthusiastic

Marija Sajkas Tomic is a member of the Tuv Ha'Aretz CSA.



Sept 24, 2013 | 20 Tishrei, 5774

THANK YOU TO OUR VOLUNTEERS

9/24 PICK-UP [B Week]
Jennifre Jacobson

Alison Hartwell
Jennie Badler

FOOD BANK DELIVERY:
Marta Blythe

10/1 PICK-UP [A Week]
Lori Diamond
Raymong Kimmelman-DeVries

Diane Hammerman
FOOD BANK DELIVERY:
Marta Blythe

Due to Sukkot construction, pickup will be on the side entrance (69th road), down the ramp.



**CARE TO SHARE -
Donate a portion of your vegetables!**

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

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?

Spinach	FRUIT SHARE
Salad Turnips	Cortland Apples
Bok Choi	Bosc Pears
Toscana Kale	HERB SHARE
Arugula	Marjoram
Long Red Peppers	Savory
Eggplant	
Tomatoes	

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members; then I joined the core group the next year at the urging of Hilla, one of the founding co-chairs. Since that time, I've been hooked – I used my involvement in this CSA as a launching pad to become more involved in the local food movement in general and with Hazon. I've attended three Hazon food conferences over the past three years, and I was on the planning committee for the most recent one.

Hazon is the first Jewish CSA program in North America. Their mission: "Create healthier and more sustainable communities in the Jewish world and beyond."

I love meeting other members of other Tuv CSAs from all over the country who are committed to local, sustainable food communities.

You have a holistic approach to food. Could you please tell us more about it? For instance, when you look at our weekly shares, what do you see in the box?

I love getting surprised each week. When I look at the box, I see categories of vegetables. For instance, all root vegetables are good for a few things, and can be interchanged, or all green leafy

vegetables are good for something else. If I don't know what to do with something, I assume it will be delicious sautéed or roasted. I so appreciate eating seasonally, and love that we have access to what's growing in our climate.

What is your teaching philosophy? Also, please tell us about the future classes that you will offer.

I am interested in the therapeutic aspects of food and pull from various food-as-medicine traditional philosophies such as Chinese medicine, macrobiotics, and Ayurveda. I think it's most effective that people learn to cook by picking up techniques, not from recipes. I find the best way to encourage people to cook at home is to empower them with the confidence that they can get in the kitchen and whip something up, even if they don't have all the ingredients in a certain recipe. By learning what to do with fresh vegetables, grains, beans and spices, an endless number of delicious meals are possible.

For more information about Alexa's work, ideas and cooking class schedule, please visit her website: www.sustainablepantry.com



Stir-Fried Bok Choi with Ginger and Garlic

Robin Miller, foodnetwork.com
Serves 4

- 2 turnips, cut into 1-inch pieces
- 2 large carrots, cut into 1-inch pieces
- 1 tbsp of olive oil, divided
- 1/2 tsp of Aleppo pepper or crushed red pepper
- 1/2 tsp of salt
- 1/2 cup of bulgur
- 1 cup chicken or vegetable stock (or water)
- 1 tsp Greek seasoning
- 2 cups of kale, de-stemmed and cut into small pieces (about half of a medium-sized bunch)
- 1 large clove of garlic, minced

Heat the oven to 400F. Mix the turnips and carrots in a roasting dish with half the olive oil, the dried peppers, and the salt. Roast the vegetables for about 40 to 45 minutes, or until they are soft enough to pierce with a fork, turning the pan and stirring the vegetables half way through roasting.

Meanwhile, heat the stock or water in a small saucepan until boiling. Once the liquid boils, remove from the heat and stir in the bulgur and the seasoning. Cover the pan and let set for at least 20 minutes.

When the vegetables and the bulgur are about 10 minutes from being done, heat the remaining olive oil in a skillet over medium heat. Add the kale and cook, stirring often, for a few minutes. Add the garlic and stir well. If the kale is more tender and is wilting after a few minutes, you are probably good just sauteeing until it's cooked through, but if it's a bit tough, like mine was, you might want to add about half a cup of water. Keep cooking the kale and stirring until it's tender, but not too mushy (unless you like it mushy).

Once the vegetables come into the oven, mix the kale and the bulgur into the vegetables in the dish. The liquid should help scrape up some of the roasty bits from the pan in an extra delicious way. Season with salt and pepper, and enjoy.