



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

June 5, 2012  
15 Sivan, 5772

# TUV HASHAVUA — BEST OF THE WEEK

### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK:

Alexandra Newman-Kofinas  
Laura Marks  
Iris Litwin

FOOD BANK DELIVERY:  
Laurie Rubel

#### NEXT WEEK:

Jared Camins-Esakov & Shari Perkins  
Kathryn Loeffler  
Susan Bernstein

FOOD BANK DELIVERY:  
Laurie Rubel



### ADAMAH REMINDER!

Available -- shares of locally made:

- kosher goat cheese
- jams
- fermented vegetables

**Pick-up at FHJC on Jul 17 and Oct 16**

**Order online by Jun 15 deadline:**

<http://isabellafreedman.org/adamah/csa>

### Be Courageous and Eat: Comfort in Tradition, by Elizabeth Traison

I am a fourth generation Detroiter. My dad runs a business that belonged to his father, which belonged to his father. My grandfather has been driving a float in the Detroit Thanksgiving Day Parade for over twenty years. My maternal great-grandfathers owned a tavern and a bakery, where my uncle later worked during the summers. Over matzah balls and meat balls, my Bubbie finds any excuse to tell her grandchildren, "you can live anywhere you want," followed by a limited list of Detroit suburbs. Her tone implies suggestion, but we know they are demands. The only thing that parallels our connection to Detroit is our connection to food — or perhaps they are really one and the same.

But a few weeks ago, I moved from my long-time home (of the crab-apples) to The Big Apple. Instinctively, I was overwhelmed by the sheer number of people, the variety of smells from block to block, and — like a true Michigander — public transportation. This is the abridged story of my search for a little taste of home in the big city.

I find some solace in the *Parasha* (weekly Torah portion), *Shelach Lecha* (translation: I will send you). This story reminds me that while I may be one of the first in my family to have left home, I am not alone in my experience. In the *Parasha*, God sends the twelve *Meraglim*, surveyors (or spies, depending on your school of thought) into the land of Israel, during the time of the first-ripe grapes (Num. 12:20). And when they arrive, what do they do? They eat, of course! Grapes and pomegranates and figs, and all the other delicious fruits that make it worthwhile to travel to the Land of Milk and Honey in the fall to this day.

The *Meraglim* come back to the Israelites with a report that the land was full of people, some of whom were giants. They are scared, doubting, terrified even — they ask to go back to Egypt. In spite of all that, they rave about the food. In New York, there are lots of people, many of them Jewish, and great food — maybe that's why New Yorkers act like they live in the Holy Land.

It was food that brought me on my journey to New York in the first place. Growing up with a type-one diabetic sister, I had a home that was relatively more health conscious than most and I am approaching the 11-year anniversary of my decision to become a vegetarian. When I was living in Israel after high school, one of my teachers handed me a copy of Michael Pollen's "Omnivores Dilemma," in an attempt to end that commitment. Instead, reading the book fueled the fire (or rather, watered the seeds) — not specifically about vegetarianism, but about the importance of healthy and sustainable food overall. It was in Israel, planting tiny black onion seeds into the same soil that my ancestors had also farmed, that I felt all the various aspects of my life connect to each other. Food, passion, past and present, all became one driving force. And to feed that hunger, I came to New York to begin a position with Hazon.

Since I couldn't bring Detroit with me, I had to settle with the next thing that reminds me of home: food. But since it's nearly impossible to bring anything with mass on an airplane, I brought recipes. For the time being, I feel as my ancestors did, like a grasshopper among giants, facing the big city with a non-transcribed recipe book. I look forward to the adventures that lie ahead and can only hope that the final destination is a sweet as milk and honey. To cope with the big move, I will follow in the tradition of my ancestors: Be courageous and eat (Num. 12:20).

*Liz Traison is a recent graduate of the University of Michigan and holds a B.A. in History and Judaic Studies. She also attended Midreshet Lindenbaum and Hebrew University. She is incredibly excited about being the newest Program Fellow at Hazon. She enjoys reading, cooking, and being outside — particularly on Skeleton Lake. For creative recipes visit her blog, The Secret Ingredient: <http://ingredientsodi.wordpress.com>.*

## THIS WEEK IN THE BOX:

Boston Lettuce  
Romaine Lettuce  
Baby Arugula  
Swiss Chard  
Garlic Scapes  
Collards or  
Japanese Salad  
Turnips  
Strawberries

## Garlic Scape Risotto

Sarah W. Caron  
sarahscucinabella.com

2 tbsp extra virgin olive oil  
1/2 cup garlic scapes (cut into 1/4 inch rounds)  
1 cup Arborio or sushi rice  
1/2 cup white wine  
4 cups chicken or vegetable broth, or stock  
salt and pepper, to taste  
1/4 cup chopped fresh sage  
1/2 cup freshly grated Romano cheese  
In a large pot, heat the olive oil over medium heat. Add the garlic scapes and cook, stirring occasionally, for five minutes. Stir in the rice and let toast for one minute. Pour in the wine and stir. Allow the wine to fully absorb into the rice. Meanwhile, heat the broth in a pot till simmering. Once the wine is absorbed into the rice, begin adding broth...

*Recipe continued... →*

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

106-06 Queens Blvd  
Forest Hills, NY 11375  
718.264.7000, ext 250  
tuv@fhjc.org

## FEATURED RECIPES:

### Onion Pizza with Ricotta and Chard

Martha Rose Shulman, *Recipes for Health*, NYTimes.com

2 tablespoons extra virgin olive oil  
1 1/4 pounds onions, sliced  
1 teaspoon chopped fresh thyme leaves  
2 garlic cloves, minced  
Salt and freshly ground pepper  
1/2 pound chard, stemmed, leaves washed  
1 14-inch pizza crust (1/2 batch pizza dough)  
3/4 cup ricotta (6 ounces)  
2 ounces Parmesan, grated (1/2 cup, tightly packed)  
1 egg yolk



30 minutes before baking the pizza, heat the oven to 500 degrees. Heat the olive oil over medium heat in a large, heavy skillet. Add the onions and cook, stirring often, until tender and just beginning to color, about 10 minutes. Add the thyme, garlic and a generous pinch of salt. Turn the heat to low, cover and cook another 10 to 20 minutes, stirring often, until the onions are golden brown and very sweet and soft. Remove from the heat.

While the onions are cooking, stem and wash the chard leaves, and bring a medium pot of water to a boil. Fill a medium bowl with ice water. When the water comes to a boil, salt generously and add the chard. Blanch for one to two minutes, just until the leaves are tender, and transfer to the ice water. Drain and squeeze out excess water. Alternatively, steam the chard for two to three minutes until wilted, and rinse with cold water. Chop the chard medium-fine.

Roll out the dough, oil a 14-inch pizza pan and dust with cornmeal or semolina. Place the dough on the pan.

In a medium bowl, combine the ricotta, egg yolk, Parmesan and chard. Spread over the pizza dough in an even layer, leaving a 1-inch border around the rim. Spread the onions over the ricotta mixture.

Place in the hot oven, and bake 10 to 15 minutes until the crust and bits of the onion are nicely browned. Remove from the heat, and serve hot or warm.

*Yield:* One 14-inch pizza (eight slices).

### → *Garlic Scape Risotto, cont'd...*

... to the rice mixture, one ladleful at a time. Stir the rice occasionally, and allow the broth to be fully absorbed into the rice after each edition (you'll hear it start to sizzle when it is absorbed). Be patient. Part of making risotto is waiting for it ... and it's totally worth the wait. All in all, this will take about 25 minutes.

Once all of the broth has been added and absorbed, stir in salt and pepper, sage and cheese.

Cover and cook for 2-3 more minutes. Remove from heat and serve immediately. Serves 4.



### Our Websites:

**FHJC:** [www.fhjc.org](http://www.fhjc.org)

**Hazon:** [www.hazon.org](http://www.hazon.org)

**Facebook:** [www.facebook.com/tuvFHJC](http://www.facebook.com/tuvFHJC)

**Yahoo Listserv:** [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) (NB: Tuv's newsletters archived here)

**Golden Earthworm newsletter:** [www.goldenearthworm.com/newsletters](http://www.goldenearthworm.com/newsletters)

**Twitter:** [twitter.com/#!/tuvfhjc](https://twitter.com/#!/tuvfhjc)