



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

June 19, 2012
29 Sivan, 5772

See this newsletter online: groups.yahoo.com/group/TuvForAllFHJC – in “Files > 2012 Season”

TUV HASHAVUA — BEST OF THE WEEK

THANK YOU TO OUR VOLUNTEERS!

THIS WEEK:

Shoshanna Malett
Karen Solomon
Lorna Power

FOOD BANK DELIVERY:
Lindsay Smilow

NEXT WEEK:

Bonnie Chernin
Janet Schlutz
Claudia Aquino

CAYUGA:
Adina Konheim

FOOD BANK DELIVERY:
Lenny Fuchs



אדמה 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 25 deadline:

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

Ess, Mameleh, Ess: Raising a Healthy Jewish Child, by Jackie Topol

I have fond memories of the special meals that my grandma lovingly prepared for our family. I also remember her and others coaxing me to finish the contents on my plate. “*Ess, mameleh, ess*,” (“Eat, little girl, eat”) they would say. Between my father’s side, which survived the Great Depression in America, and my mother’s side, which survived the Holocaust, there was always reason to give thanks and to finish what was put in front of you, without a fuss. So, from my childhood onwards I cleaned my plate and often ate when I wasn’t even really hungry.

It wasn’t until I was studying nutrition that I began to look more critically at my own eating issues. One of the most fascinating things I learned in Pediatric Nutrition was that children actually have an innate ability to self-regulate their food, and to respond to the energy content of foods. Young children will adjust their intake to reflect the energy density of the diet. So, unlike adults, a child will stop eating when they have taken in enough calories. However, this excludes the ability to choose a well-balanced diet, so it is up to the adult caregiver to offer a variety of nutritious and developmentally appropriate foods.

A parent’s feeding style can directly impact a child’s eating habits, their self-regulation mechanism, and their future relationship with food. Authoritarian feeding, (i.e. – pressuring or forcing) has been associated with a lower intake of fruit, juices, and vegetables. Children who are told to “clean their plate” are less sensitive to satiety cues. Most children lose the mechanism to self-regulate intake by age 5, but with the right feeding style, a child can maintain a healthy relationship with food and stay in touch with their physiological cues of satiety.

I am by not blaming my family for my bad eating habits as a child, but I do think some of the pressuring I experienced did have a long-term impact. Over the years, I’ve had to re-tune myself to read my internal cues more clearly and to think more critically when I have the urge to snack.

“Eating issues” within the Jewish community have been well documented. Eating disorders (mainly anorexia nervosa and bulimia) within the Orthodox sect are more common. These disorders stem from a variety of pressures, but health professionals also speculate that our religion’s strict dietary rules and food-centric celebrations (holidays, Shabbat) are contributors.

Thankfully, our religion facilitates eating together as a family. This gives parents (and siblings) the perfect opportunity to be role models and showcase healthy eating habits and behaviors. Setting mealtimes and creating a positive eating environment is important, as is encouraging (but not pressuring) children to try new foods to expand their palate and diet. I often remind parents that foods need to be repeatedly offered until they are accepted. Believe it or not, offering a food up to 11 times is actually completely normal, and is often what it takes.

When I taught cooking classes for kids, I gently encouraged any students who were unwilling to try something to, “just take one bite.” Knowing they were not required to finish the serving, most of the time I succeeded in getting them to give it a shot. At the end of the semester, parents thanked me for transforming their picky-eaters into foodies, and for having a night off from cooking as their kids now begged to cook for the family!

In the face of aggressive marketing, access to a large range of foods, and lack of physical activity, it is more important than ever for parents to lead their children to make healthy food choices and to foster good behaviors that will stick with them. Empower yourself to help your child build good eating habits, while also giving them space to let their bodies naturally guide them.

Excerpted from “Ess, Mameleh, Ess: Raising a Healthy Jewish Child,” from forward.com by Jackie Topol, a registered dietitian at NewYork-Presbyterian Hospital and a Masters candidate in Clinical Nutrition at NYU. In her free time she teaches health-focused cooking classes at the JCC in Manhattan where she has been an instructor for over 4 years. Her career is inspired by her experiences at Adamah, where she was a Fellow in 2007.

THIS WEEK IN THE BOX:

Kohlrabi
Fennel
Carrots
Cilantro
Escarole
Scallions
Arugula
Green Romaine Lettuce
Green Boston Lettuce
FRUIT SHARE:
Red Currants

Kohlrabi Home Fries

Martha Rose Shulman
Recipes for Health, nytimes.com

1-1/2 to 2 lbs kohlrabi
1 tbspc rice flour, or chickpea flour, or semolina (more as needed)
Salt, to taste
2 to 4 tbspc canola oil, or grapeseed oil, as needed
Chili powder, or ground cumin, or curry powder or paprika, to taste
Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.
Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in...

Recipe continued... →

Tuv Ha'Aretz at the Forest Hills Jewish Center

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Forest Hills, NY 11375
718.264.7000, ext 250
tuv@fhjc.org

FEATURED RECIPES:

Shaved Fennel Salad

Heidi, 101cookbooks.com

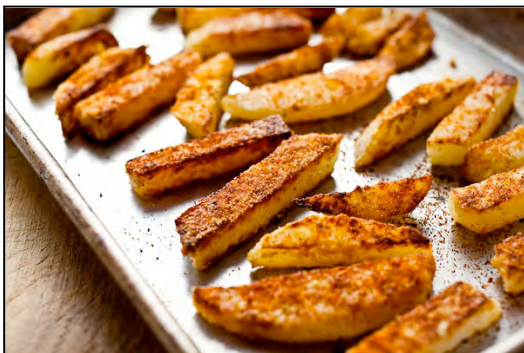
1 medium-large zucchini, sliced into paper thin coins
2 small fennel bulbs, trimmed and shaved paper-thin
2/3 cup loosely chopped fresh dill
1/3 cup fresh lemon juice, plus extra
1/3 cup extra virgin olive oil, plus extra
Fine grain sea salt
4 or 5 generous handfuls arugula
Honey, if needed
1/2 cup pine nuts, toasted (can use almonds)
1/3 cup feta cheese, crumbled



NOTE: If you're using a knife to prep here, do your best to slice things very, very thinly – not quite see-through thin, but close.

Combine the zucchini, fennel, and dill in a bowl and toss with the lemon juice, olive oil and 1/4 tsp salt. Set aside and marinate for 20 minutes, or up to an hour.

When you are ready to serve the salad, put the arugula in a large bowl. Scoop all of the zucchini and fennel onto the arugula, and pour most of the lemon juice dressing on top of that. Toss gently but thoroughly. Taste and adjust with more of the dressing, olive oil, lemon juice, or salt if needed. If the lemons were particularly tart, you may need to counter the pucker-factor by adding a tiny drizzle of honey into the salad at this point. Let your taste buds guide you. Serve topped with toasted nuts and feta. Serves 4 to 6.



→ Kohlrabi Home Fries *cont'd...*

... the flour so that they are lightly coated.

When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning spice of your

choice. Serve hot. Yields 4 to 6 servings.

Advance preparation: Cut up the kohlrabi several hours before frying. Keep in the refrigerator.

Nutritional information per serving: 117 calories; 7g fat; 1g saturated fat; 2g polyunsaturated fat; 4g monounsaturated fat; 0mg cholesterol; 13g carbohydrates; 6g dietary fiber; 34mg sodium (does not include salt to taste); 3g protein

Our Websites:

FHJC: www.fhjc.org

Hazon: www.hazon.org

Facebook: www.facebook.com/tuvFHJC

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

Golden Earthworm newsletter: www.goldenearthworm.com/newsletters

Twitter: twitter.com/#!/tuvfhjc