



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

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## TUV HASHAVUA: Best of the Week

### I Root for Rutabagas! *by Judith Trupin*


While not the most elegant looking vegetables, rutabagas are very high on my list of favorite foods. Is that because they are nutritious and I want my nutritional gold stars? Nope. They definitely are nutritious – filled with fiber and potassium and a member of the cruciferous family – but that's not my reason. I love the taste of them.

They are slightly sweeter than a turnip, more pungent than a potato. My favorite way to eat them is to simply wash them and bake them in the oven until soft – just like you would a potato – only it takes longer. You can add some oil, butter or a touch of salt before eating – or eat them as they are.

When I'm feeling a little more energetic, I also like to peel and dice rutabagas, and then steam them with beets and onions or garlic. When they are done, I marinate them overnight in balsamic vinegar or vinaigrette.

I also make a rutabaga puree. I tend to vary it based on my mood but I generally add a little miso, a touch of oil or lecithin and some kind of herb – rosemary, tarragon or dill. I've also added curry powder. If you find the rutabaga taste too strong, add a little potato to the puree. Some other purees are outlined in the recipes, overleaf.

I've also used them in a vegetable stew made with lentils, broccoli, onions and mushrooms. I sauté the veggies (I use vegetable stock to sauté, but you could use a little oil) and then simmer in tomato sauce. I add some dill and thyme.

So yes, I happily root for rutabagas! But if I still haven't convinced you to love your rutabagas – then contact me – and I'll swap you for some potatoes. I like those little familiar white ovals – but in my mind, they pale before rutabagas. 

*Judy Trupin is a yoga teacher, ESOL instructor/ professional development specialist and the author of the long-out of print A Concoctionist Cookbook. Involved with CSAs since the 90's, she's been a co-chair of our CSA for the past few years. Judy is passionate about leafy greens and all orange vegetables – from yams to squash to rutabagas!*

We post our newsletters online:

- At the Yahoo listserv
  - On our website: [foresthilstuvcsa.com/newsletters](http://foresthilstuvcsa.com/newsletters)
- Check out both places for more information, as well as for past seasons' newsletters.



Dec 17, 2013 | Tevet 14, 5774

### THANK YOU TO OUR VOLUNTEERS

12/17 Pick-up

Rhonda Klein  
Tanessa Cabe Harte  
Hyekyung Yang  
Monica Lagnado

Food Bank Delivery:  
Farah Diaz-Tello

NEXT PICK-UP:  
JANUARY 7, 2014  
HAPPY NEW YEAR!!

### WINTER SCHEDULE

- December 17 (Today!)
- January 7
- January 28
- February 18
- March 11

SIGN UP TO VOLUNTEER:

[www.signupgenius.com/go/tuvhaaretz1](http://www.signupgenius.com/go/tuvhaaretz1)

All CSA members are obligated to help out!

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

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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)
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**12/17: WHAT'S IN THE BOX?**

Beets

Rutabagas

Watermelon Radishes

Sweet Potatoes

White Potatoes

Carrots

Fennel

Radicchio

**Swedes: Delicious Snacks at the Right Price**, by Brian Gardner

I grew up in New Zealand, where no one is more than one degree away from a relative making a living on a farm. There were always people looking for a strong kid to do manual labor in the fields and among the cattle.

My parents were entrepreneurs, and there is always a lot of work a kid could do. I bicycled around on errands for both the teashop and construction businesses, as well as working in the more traditional after-school jobs.

I was a big kid, and I was always hungry – and all the physical labor made me hungrier than most teens. Still, I hated spending my hard-earned pocket money on store-bought snacks.

A vegetable known as “swedes” – in America, we call them rutabagas – grew on every farm as a rotation crop. They were popular mashed with potatoes for a dish called “neeps ‘n tayties” which belies the swede’s origin as a hybrid between a cabbage and turnip, and it stank when it was overcooked.

Riding past the farms on my bike, I’d grab smallish-sized specimens, knock off the dirt, and eat them raw – like an apple. Sometimes I would use the finer strands of the wire fencing surrounding the fields to slice the bulb into quarters. I enjoyed them because swedes are very sweet and crisp when eaten young and uncooked. And they fed a hungry kid at the right price!

**Roasted Carrot, Hazelnut, and Radicchio Salad with Honey and Orange**Sarah Copeland, [foodrepublic.com](http://foodrepublic.com) | Serves 4

1 blood orange, Cara Cara orange, naval orange, or tangerine  
 2 lbs young heirloom carrots, scrubbed  
 3 small or 2 large shallots, quartered  
 4 tbsps extra virgin olive oil  
 fine sea salt and freshly ground pepper  
 1 tbsp honey  
 1 small head radicchio, torn into bite-size pieces  
 1/4 cup toasted hazelnuts, chopped  
 kosher salt and pepper, to taste  
 flaked sea salt, such as Maldon, to taste  
 Preheat the oven to 400°F. Take two swipes of peel off the orange with a vegetable peeler and set the orange aside. Toss together the carrots, shallots, orange zest and 3 tbsps of the olive oil in a bowl. Season with kosher salt and pepper, toss again and spread out on a baking sheet. Roast until the carrots are tender, about 20 minutes.

Place the orange on the cutting board and cut off a little bit from both ends to create flat surfaces. Set the orange on one of the flat ends. Using a large, sharp knife, shave off the skin, peel and as much of the pith as possible along the curve of the fruit. Squeeze any juices into a small bowl and reserve.

Working over the bowl with the juices with a sharp paring knife, hold the orange in your hand and use your other hand to cut the segment along the membrane. Cut along the opposing membrane (in a V), releasing the segment and collecting any juices in the bowl below, and reserve the fruit segments in another bowl. Repeat with all the segments, and then squeeze any remaining juices from the membranes into the juice bowl.

Whisk together the juice with the remaining 1 tbsp olive oil and honey. Taste with radicchio; dressing should be subtly sweet and not too bitter.

Arrange the radicchio on a platter. Arrange the roasted carrots, shallots, and orange segments over the radicchio and top with the hazelnuts. Drizzle with the dressing and sprinkle with flaked sea salt. Serve immediately.

**Rutabaga Puree with Orange and Ginger**Jennifer, [risingriverfarm.com](http://risingriverfarm.com) | Serves 4

4-5 large rutabagas  
 1 tbsp grated fresh ginger  
 1 cup orange juice  
 1/2 cup water  
 sea salt, to taste

Peel and chop rutabaga. Place in a large pot with ginger, orange juice, and water. Cover, bring to a boil, then reduce heat and simmer until soft throughout. Add a little water if needed to prevent sticking.

When soft, remove from heat and pour remaining liquid into separate bowl.

Puree rutabagas with a handheld blender, adding cooking liquid if needed to achieve desired texture. Season to taste with salt and serve.

**Carrot & Rutabaga Puree**Julie Wern, [holcombfarm.com](http://holcombfarm.com) | Serves 2

1 lb carrots, peeled if desired  
 1 large rutabaga, about 1 lb  
 2 tsp butter or butter substitute  
 1/2 tsp salt, to taste  
 freshly ground black pepper, to taste  
 1 lb peeled, boiled/steamed potatoes, mashed with a hand masher (optional)

Place water in a large pot with steamer insert. Place carrots and rutabaga in steamer insert and place over boiling water. Cover and steam for 15 minutes or until vegetables are very tender. Remove steamer insert and set aside to cool for 5 minutes to allow extra moisture to evaporate.

Place carrots, rutabaga, butter, salt and pepper in the bowl of a food processor. Process on high, stopping frequently to scrape down the sides of the bowl, until mixture is very smooth. Add additional salt to taste, if needed. If using potatoes, add an additional teaspoon of salt and potatoes to carrot mixture. Process very briefly until potatoes are mixed in with carrots and rutabaga (do not over-process or potatoes will turn into glue). Serve immediately or refrigerate and re-warm before serving.

*Note:* For a delicious alternative, add ¼ teaspoon ground cumin (1/2 tsp if using potatoes) and ½ tsp lime juice (1 tsp if using potatoes) to the mixture.