



Tuv Ha'Aretz CSA at the Forest Hills Jewish Center

Find Online: groups.yahoo.com/neo/groups/TuvWinterFHJC/files > "O_Winter 2013-2014"

TUV HASHAVUA: Best of the Week

A Brief History of CSAs *by Jenny Wong-Stanley*

A community-supported agriculture (CSA) group provides an alternative source for locally grown produce while providing a form of economic sustainability for the farmers. This enables a direct connection between the farmer and the consumers without middlemen. CSA groups also allow the community to participate in supporting locally grown, economically accessible produce and awareness and appreciation of food production utilizing environmentally conscious farming methods.

With the mutual benefits and the sharing of risks in a CSA program, the formation of new CSA communities is a growing trend in North America, Canada, Europe and the Far East. So the question I had is where did the idea spring from and how were the first CSAs formed?

If we go back far enough, we can trace the concept of the CSA movement we see today to Japan. The first cooperative farming movement in Japan was created in 1897 and it has been a common practice since then. In the early 1960's, the movement of farming cooperatives was expanding due to a number of factors. In 1956 approximately 3000 Japanese citizens were diagnosed with mercury poisoning resulting from the dumping of factory waste into Lake Minamata. The disease affects the nervous system, and over 10,000 victims suffer from symptoms of the Minamata disease today.

Simultaneously, another factor that increased the growth of CSAs in Japan was the mislabelling of organic products, and consumers felt the need for awareness of their food source. Today over 14 million Japanese citizens participate in food co-ops.

In the same time frame, Europe was embracing a new holistic farming movement called biodynamic agriculture, founded by Rudolph Steiner. This cultivation concept came about in the 1920s and emphasized the use of composts and manures as fertilizers, and the use of minerals and herbs to enhance nutrition and flavor, along with more spiritual/new age ideas (ex: using quartz to enhance crop growth). Many of these methods are used in today's organic farming.

Jan Vander Tuin and Trauger Groh are two Europeans who started CSAs in Europe using biodynamic agriculture and eventually brought these farming methods and ideas to North America in the mid- 1980's. They worked with Robyn Van En at Indian Line Farm in Massachusetts and this core group formed the first American CSA and started an apple orchard cooperative. Soon after, Indian Line Farm began to offer vegetable shares to the locals. The core group soon founded Temple-Wilton Community in New Hampshire and have been vital in the movement to encourage the development of other CSAs. Many CSA

Jenny Wong-Stanley is a member of our CSA and a mother, writing hobbyist, and owner of a small business.

Lisa Dominique Walker works as a health coach. She assists clients in designing and meeting their unique health and nutrition goals. soaringhealthylife.com



Winter Pick-up Schedule

- 1/7
- 1/28
- 2/18
- 3/11

NO CAYUGA DELIVERIES

We did not reach the minimum required order. Contact Judy Trupin for refund information.

TUV HA'ARETZ CSA at the Forest Hills Jewish Center
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718-264-7000, 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



Jan 7, 2013 | Shevat 6, 5774

THANK YOU TO OUR VOLUNTEERS

1/7 Pick-up
Early Shift

Jeffrey Piekarsky
Jeremy Buchman

Late Shift

Mary Beth Bentaha
Judi Silverstein

Food Bank Delivery:
Brian Mack

1/28 Pick-up
Early Shift

Irene Chung
Nina Lincoln

Late Shift

Jennie Badler
Raymond Kimmelman-DeVries

Food Bank Delivery:
Lauren Griffiths

1/7: WHAT'S IN THE BOX ?

Sweet Potatoes
Watermelon Radish
White Potatoes
Beets
Carrots
Rutabaga
Fennel

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groups have propagated in the northeast, and then have spread throughout the Pacific coast and the Midwest at a steady pace.

In 1993 there were approximately 400 farms participating in CSA programs. As of 2007, there were 12,549 participating farms in North America, according to the US Department of Agriculture. This number does not distinguish farms that are sustained solely through CSA programs. Some sources estimate that 6000 to 6500 farms are CSA-only operations – it seems to depend on which white paper or article you read. Neither the government nor the Census Bureau tracks CSAs. This is likely to change as the trend continues to grow.

There are new government tax benefits for farms on the table, and with the passing of lower energy cost incentives for farms, it looks like CSAs will continue to grow and benefit the farmers and the communities they serve.



BRING YOUR EXTRA PLASTIC BAGS TO PICK-UP FOR OTHERS TO USE. THANKS!

Share your recipes, tips and ideas ! Post to:

- Our Yahoo Listserv
- [Facebook.com/tuvFHJC](https://www.facebook.com/tuvFHJC)

How I Came to the CSA

by Lisa Dominique Walker

Truth be told, I wouldn't have discovered our CSA if I hadn't been diagnosed with an autoimmune related thyroid disorder in 2010. Looking back, I believe that my illness was inevitable. I used to consider spinach ravioli a healthy meal. Also, at the time I had just quit smoking, so I wasn't initially concerned about my weight gain. But when, in addition to tipping the scales at my highest weight of my life, I also experienced irregular menstrual cycles, extreme fatigue, bloating, and an almost daily nausea – I could not deny that something might be very seriously wrong with my health.

I saw several doctors, but I came away feeling that if I wanted to get to the root of the issues, I needed to take responsibility for my own health.

I studied and sought information from those who had gone before me and had healed themselves. I also learned to consider this illness as a gift – a wake-up call.

I never really thought about where my food had come from relative to my health issues. I was basically an unconscious supermarket shopper.

When I became a converted farmer's market girl, my life changed. It was at our local Forest Hills market that I heard about this CSA. Since joining, I have discovered vegetables that I didn't even know existed. I used to be someone who rarely cooked, and became someone who cooks all the time – and loves it.

I enrolled in nutrition school so I can help and share with others the powerful impact that our food choices and the way we live our lives has on all aspects of our health. It would be a disservice not to share what I've learned!

**Winter Root Veg Slaw**

Hank, simplyrecipes.com | Serves 4 to 6

- 1 tsp Dijon mustard
- 1 tsp salt
- 1 tsp sugar
- 1/4 cup sherry or red wine vinegar
- 1 cup chopped parsley
- 2/3 cup olive oil
- 2 large carrots
- 2 medium parsnips or rutabaga or beets (golden or chiogga won't exude red juices, if you prefer a not-too-red slaw)
- 1 small celery root or fennel
- 2 watermelon radishes

Put the mustard, salt, sugar, vinegar, and parsley in a blender and process until combined (about 30 seconds). Scrape down the sides of the blender, cover and process at its slowest setting. Drizzle in the olive oil slowly. When it is all in, blend at its highest setting and puree for about 90 seconds.

Clean and scrub the vegetables (peeling is optional). Cut the vegetables into julienne matchsticks with a knife, a julienne peeler, or a mandolin.

Toss some of the vinaigrette with the vegetables and let stand in the refrigerator for at least 20 minutes before serving.

Chinese Sweet Potato & Ginger Dessert Soup

Iris, eatingcleaninthedirtycity.com | Serves 2

- 1 large sweet potato, peeled and chopped into bite-sized chunks
- 1-inch piece ginger, skinned, sliced
- 1-3/4 cups water
- 2 tbsps brown sugar

Pour the water into a medium pot and bring to a boil. Add the sweet potatoes and ginger, and lower the heat. Simmer for 12-15 minutes, until the sweet potatoes have softened. Stir in the sugar until it dissolves. Take off heat, remove the ginger if you wish, and serve.