



Tuv Ha'Aretz CSA at the Forest Hills Jewish Center

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TUV HASHAVUA: Best of the Week

What the Seasons Bring *by Daisy Alter*

If, like me, you're eager to know what to expect this year in your weekly vegetable share from the farm, read on for a preview of what this growing season will bring.

Comprising 80 acres on Long Island's North Fork, Golden Earthworm Organic Farm was started by Matthew Kurek, who describes himself as a chef-turned-farmer. He lives on the farm with his wife, Maggie Wood, and their two sons. The farm is run by Matthew and farmer/partner James Russo, who joined in 2005. They grow more than 100 varieties of vegetables for their more than 2,000 CSA member families on Long Island and in Queens. They also sell crops at some local farmers' markets.

THE AUTHOR:

Daisy Alter is a psychologist in private practice in Chelsea and Forest Hills and a CSA member since 2010.



Feb 18, 2013 | 18 Adar | 5774

THANK YOU TO OUR VOLUNTEERS

2/18 Pick-up

Kelly Sheridan

Sarah Katz

Philip Blyth

Food Bank Delivery:

Takashi Yoneta

WINTER PICK-UPS 2/18, 3/11

CROPS	JUN	JUL	AUG	SEP	OCT	NOV
ARUGULA	X	X		X	X	X
BABY BOK CHOI	X			X	X	
BASIL		X	X	X		
BEETS <i>red, gold, chiogga</i>	X	X	X	X	X	X
BROCCOLI				X	X	X
BROCCOLI RABE					X	X
BRUSSELS SPROUTS					X	X
CABBAGE <i>green, red</i>	X	X		X	X	X
CARROTS	X	X		X	X	X
CAULIFLOWER					X	X
CELERIAC						X
CHERRY TOMATOES <i>red, sungold</i>			X	X	X	
CHINESE BROCCOLI <i>guy lon</i>				X	X	
COLLARDS	X			X	X	X
CUCUMBERS		X	X	X		
DAIKON RADISH					X	
DILL	X	X		X	X	
EGGPLANT <i>black, rosa bianca</i>		X	X	X		
ESCAROLE	X				X	
FENNEL	X				X	
GARLIC			X	X	X	
GARLIC SCAPES	X					
GREEN BEANS		X	X	X		
KALE <i>red russian, lacinato, green</i>	X	X		X	X	X
KOHLRABI	X				X	
LEEKs					X	X
LETTUCE <i>romaine, boston, batavian, green crisp, magenta</i>	X	X	X	X	X	
ONIONS <i>red, yellow, white</i>		X	X	X	X	
PARSLEY						X
PARSNIP						X
PEPPERS <i>yellow, green, red</i>			X	X	X	
POTATOES <i>nicola, russet, yukon gold, red norland, yellow fingerling, eva</i>		X	X	X	X	X
RADICCHIO	X				X	
RADISH	X			X	X	X
RUTABAGA						X
SALAD MIX	X	X	X	X		
SCALLIONS	X			X	X	
SPINACH	X			X	X	
STRAWBERRIES	X					
SUMMER SQUASH <i>yellow, green</i>		X	X	X		
SWEET POTATOES					X	X
SWISS CHARD	X	X	X		X	
TOMATOES			X	X	X	
TURNIPS	X			X	X	
WATERMELONS			X	X		
WINTER SQUASH <i>butternut, sunshine, acorn, buttercup, sweet dumpling</i>				X	X	X



MEET THE FARMER

3/11 @ PICKUP
DETAILS TO FOLLOW

* ORGANIC MATZO *

* Matzo baked locally in Kiryas Yoel under the supervision of Rabbi Yechiel Steinmetz of Monsey. * Wheat grown and milled in the Hudson Valley by Yiddish Farm. * \$29.99 per box.

* At least 20 boxes needed for direct delivery to our CSA. * To order:

alexaweitzman@gmail.com

Please include – Subject: *Yiddish Matzo Order*, quantity, and your contact info.

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

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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

2/18: WHAT'S IN THE BOX?

- Leeks
- Watermelon Radishes
- White or Yellow Potatoes
- Beets
- Carrots
- Rutabagas

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Climate, of course, has much to do with which crops the farmers choose to grow and which they forgo. If you have friends whose CSAs are supplied by upstate farms, you may notice some considerable differences between the contents of their shares and yours. The farmers say that it's not so much the type of soil that dictates crop choice, but rather factors such as heat, insects, and disease determine the choice, timing, and success of crops, which vary significantly between upstate and Long Island farms.

For example, because of the particular growing conditions and environment on Long Island, sweet corn and celery do not do well and are, therefore, no longer attempted at Golden Earthworm. They avoid growing broccoli or baby greens in summer, cucumbers in fall, and lettuce in mid-to-late summer due to their high potential for poorer growth during those times.


In general, Matt and his crew try to grow as many different varieties of vegetables as they can, given the limitations imposed by environmental influences. Staple crops (such as carrots, lettuce, cooking greens, potatoes, zucchini, cucumbers, tomatoes) are grown in larger quantities and are planted more regularly throughout the

growing season; the more unusual crops (such as fennel, garlic scapes, Chinese broccoli, radishes) are planted with less frequency during the year.

The farmers say that once the success of particular vegetables is established, "We plant all the same seeds each year." However, that doesn't guarantee that the shares will be exactly the same from year to year. Changes in weather and the concomitant changes in diseases, pests, etc., mean that not everything planted ends up in the boxes.

Alternatively, some crops may grow better than expected – the element of surprise is maintained in every delivery.

The farmers love to get feedback from CSA members – which crops would you like to see more often in your share and which could you live without – and they do take these comments and suggestions into consideration as they make their plans for the next season.

This year, as a direct result of input from CSA members, they plan to grow more cooking greens (such as kale, collards, chard, spinach) we've all come to love. Look for a future abundance of these in your shares, along with the many other vegetables listed in the harvest schedule (overleaf). Of course, it all depends on Mother Nature's cooperation! 

Share your recipes and tips:
Yahoo Listserv and Facebook!

ROASTED RADISH & POTATO SALAD

Cathy, "Cuisine at Home" | Serves 8-10

- 1 lb radishes, trimmed and cut to bite-sized pieces (reserve greens, if available)
- 1 lb potatoes, cut to bite-sized pieces
- 2 tbsp olive oil
- salt and pepper, to taste

Vinaigrette:

- 1/4 cup white wine vinegar
- 3 tbsp olive oil
- 1 tsp Dijon mustard
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh dill
- salt and black pepper to taste

Rutabaga & Carrot Hummus

Emma Frisch, *cayugastkitchen.com*

Yields 4 cups

- 4 cups cubed rutabaga
- 2 cups chopped carrots
- 1/4 cup tahini
- 2 cloves garlic, coarsely chopped
- 1-2 tbsp lemon juice, freshly squeezed
- 1 tbsp white miso (optional)
- 2 tbsp olive oil

GARNISHES (optional)

- 1 tsp toasted sesame seed
- 1 tsp dried thyme
- 1 tsp red pepper flakes
- 1 tsp coarse sea salt, like sel gris
- 2 tsp olive oil

Fill a medium pot with water and salt it generously – it should remind you of an accidental ocean gulp. Add the rutabaga and carrots, bring to a boil. Cook for 15 minutes, or until the vegetables are fork-tender. Use a slotted spoon to transfer the vegetables from the pot to a food processor (reserve broth for soup).

Add the tahini, garlic, lemon juice and miso to the food processor and puree. While blending, pour the olive oil in a steady stream to bind the mixture and create a smoother consistency. If the hummus is too thick, add a tablespoon of the reserved cooking water at a time.

Garnish with a swirl of olive oil, sesame seeds, thyme, red pepper flakes, and salt.

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

Heat oven to 425° F. Foil-line a large baking sheet. Toss radishes, potatoes, olive oil, salt and pepper in a large bowl to coat. Transfer mixture to baking sheet and roast until golden, 20-25 minutes, stirring occasionally. If using greens, tear to size, then rinse well and spin dry.

For the vinaigrette whisk together vinegar, oil, mustard, parsley and dill in a bowl until combined; season with salt and pepper. Stir radish greens into roasted radishes and potatoes and toss with the vinaigrette. Serve hot or at room temperature.