

# TUV HASHAVUA: BEST OF THE WEEK



**TUV HA'ARETZ  
CSA AT THE  
FOREST HILLS  
JEWISH CENTER**

## Welcome to Our CSA!

*Answers to Frequently Asked Questions*

**WHEN IS PICK-UP?** Every Tuesday from 5:00 to 8:00PM. We don't anticipate any changes (yes, there will be pick-up on Tisha B'Av) – expect an email if something changes at the last minute. *Exception: 6/3 pick-up is from 4:00 to 7:00PM, due to Shavuot.*

**WHERE DO I PICK-UP?** Enter via the west side of the building – on the Queens Boulevard side.

**WHAT IF I CAN'T MAKE IT TO PICK-UP?** Don't worry, it won't go to waste! Any shares not picked up by 8PM closing time will be donated to a food pantry.

If you know in advance – you may either arrange for someone else to pick up your share for you or if you have an "A" or "B" share – post to the list for someone to swap with you. Use the group email list to advertise your need, then individually message any candidates privately to make arrangements.

**WHAT DO I BRING TO PICK UP?** Bring bags or carts with you to help you carry your shares home. The produce is often damp, so consider bringing plastic bags to wrap your items.

**CAN I OPT-OUT OF A VEGETABLE?** If there is an item you cannot use, put it in the "swap box" and trade it for one you would like to use. Please note: if you take something out of the swap box, you do need to put something in!

**CAN I FIND OUT THE SHARE CONTENTS IN ADVANCE?** Yes! You'll get an email – as soon as we know from the farm – what's in the box that week. The farm will also provide recipe ideas and storage tips.

**IS VOLUNTEERING OPTIONAL?** **No!** Every member household– full or half-share - is required to volunteer. Most members do a single three hour shift staffing a pickup. This task involves welcoming members, helping members bag up their share, collapsing and store the wax-lined boxes to return to the farm, and distributing the newsletter. It may also involve distributing special shares, such as Cayuga grains or garlic.

For those with a car, consider taking unclaimed shares to the foodbank. Unclaimed share drivers arrive at 7:50, load unclaimed shares into their cars and deliver it to the food pantry. Volunteers will help load your vehicle.

**WHAT IF I CAN'T MAKE MY PLANNED VOLUNTEER SLOT?** Please post to the listserv that you need to swap volunteer works. For last minute emergencies, contact co-chair Felicia Seidel.

## WEEK 0: 05/27/2014

Thanks to Our Volunteers:

### 5/27 Kick-off Meeting: Core Group

Judy Trupin, Felicia Seidel,  
Deanna Davis, Farah Diaz-  
Tello, Adrian Hayes, Judith  
Mermelstein, Maki Hoashi,  
Alexa Weitzman, Tova Rosman

6/3 Pick-up: Shavuot  
4:00 to 7:00PM

Shoshanna Malett

Doria Kalt

Emily Brana

Food Bank Delivery:  
Etsy Rajwan

**EARLY PICK UP on June 3  
due to Shavuot holiday.  
Please pick up between  
4:00 and 7:00PM.  
(We will NOT be open  
afterward.)**

TUV HA'ARETZ CSA at the  
Forest Hills Jewish Center  
106-06 Queens Blvd.  
Forest Hills, NY 11375  
718-264-7000, ext 250 | tuv@fhjc.org

### WEBSITES:

- Tuv Ha'Aretz CSA:  
[www.foresthillstuvcsa.com](http://www.foresthillstuvcsa.com)
- Facebook: [www.facebook.com/tuvFHJC](http://www.facebook.com/tuvFHJC)
- Twitter: [twitter.com/#!/tuvfhjc](http://twitter.com/#!/tuvfhjc)
- Golden Earthworm:  
[www.goldenearthworm.squarespace.com](http://www.goldenearthworm.squarespace.com)
- FHJC: [www.fhjc.org](http://www.fhjc.org)
- Hazon: [www.hazon.org](http://www.hazon.org)

## What's in the Box: kale, lettuce, onions, cilantro, strawberries, tomatoes, garlic scapes, potatoes, kohlrabi, spinach, arugula ...

Please – make every effort to keep to your schedule or find a replacement.

**WHAT IF I CAN'T VOLUNTEER ON TUESDAYS?** If Tuesday volunteering is not an option – you may volunteer to write articles for the newsletter.. Topics can include personal memories, cooking techniques, ingredients, sustainable practices, festivals, history, interviews, etc.

We also need volunteers from time to time to help with special events, such as "Meet the Farmer" where the audience can hear about the state of our farm and ask questions.

**WHAT IS THE CSA CORE GROUP?** These are volunteers – no paid staff here -- who take charge of communications with members and suppliers, including the FHJC which allows us to use their facilities for pick-up, printing, storage, etc.

**Judy Trupin** and **Felicia Seidel** are our co-chairs, and take responsibility for administrative details, including behind-the-scenes organizing to keep Tuv Ha'Aretz running smoothly. Additionally, Judy handles finances and Felicia coordinates volunteers.

**Alexa Weitzman** is a former co-chair and in charge of cooking demonstrations and special shares.

**Judith Mermelstein** and **Maki Hoashi** edit and assemble the weekly newsletters. **Judy Trupin** contacts those who sign up to write articles to discuss deadlines and topics.

**Adrian Hayes** looks after the composting bins at the FHJC. The debris of pick-ups, materials which members bring from home, paper wastes, etc. make for an efficient compost for use in our gardens.

**Deanna Davis** coordinates the food bank drivers; expect an email from her if you sign up for this task. She also handles some of our social media.

**Farah Diaz-Tello** keeps our website up to date and sends out the weekly "What's in the Box?" email

**Tova Rosman** invoices members at the start of the season.

**IS TUV ON SOCIAL MEDIA? Yes!** We are on Facebook and Twitter, and we welcome you to join and to post photos, ideas, recipes, etc. relevant to the CSA on our wall. Get more out of your share through communication with your fellow members – we hope you join the conversation!



### How to Dry Herbs

*Heidi Swanson*  
*101cookbooks.com*

This is the time of year I find myself drying herbs. In part, it's because I tend to come across special, unusual varieties in the spring and summer – caraway, thyme, pineapple sage, fresh coriander. Some will appear for a week or two, then aren't seen again for another year. Other times, it is the herb flowers that get me – I like to use them throughout the year, and the one way to guarantee a supply is to dry them. It couldn't be simpler, so I thought I'd share my method.

I tend to group any herbs I'm going to dry into small bunches. Leaves are stripped from the bottom few inches of each stem, and a bit of twine secures each bundle. A push pin or strip of washi tape is typically enough to secure the herbs anywhere high and dry -

walls, bookcases, fireplace mantles, cabinet knobs, and the like are all fair game around here.

To dry chive flowers, you'll want to trim them from their stems and place on a flat surface for a week or so. Toss every couple of days so that all sides are exposed to air.

Be sure your herbs are completely dried before transferring them to a sealed container. Any moisture can result in mold. Also, after a few days of drying, your herb bundles will contract a bit from dehydration. You may need to tighten the twine a bit.

Let me know if you have favorite herbs I should try to seek out. I love the offbeat, slightly unexpected thymes, sages, and lavenders. I'm sure there are others I should know about as well!

POST YOUR PHOTOS, RECIPES, AND TIPS ON OUR FACEBOOK AND TWITTER PAGES! #TUVFHJC