

# TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ  
CSA AT THE  
FOREST HILLS  
JEWISH CENTER

## Sustainability and the Future of Food

*An Interview with Dan Barber, by Marian Bull, food52.com*

Chef Dan Barber – he of the Genius cauliflower steaks – has a new book out, which hits shelves today and is poised to reshape our national conversation about food. *The Third Plate: Field Notes on the Future of Food* tells the stories of farmers who aim to change the way we eat and cook. Barber writes about cooking and eating from the perspective of the farmer, the chef, and the tastebud. He went out in search of the best-tasting food, and he found his answer in a new definition of sustainability.

The "third plate" – the dish that comes after the meat and potatoes of the '60s and the local meat and local potatoes of the '00s – is a logical and necessary next step in the movement that has us all flocking to farmers markets and farm-to-table restaurants, asking questions about where our food comes from and finding creative uses for bumper crops.

Barber's book shows us how selfish we've been, expecting the soil to do our bidding without considering what it needs from us, what accommodations will make it happiest and most productive. And it will inspire even the most science-averse readers to take interest in microorganisms and the relationship between, say, nitrogen and carrots. If you care about flavor, and farms, and the future of our food system, read on, then read this book. You'll soon bully your friends into doing the same.

**Your book begins with a story about wheat – and a farmer who is shocked that so many cooks pick up fruits and vegetables at local markets, then buy packaged bread from the store.** Local grains are often left out of the farm-to-table conversation, despite being such an essential part of our diet and our agriculture. We absolutely need to be buying more local wheat, but also other often-overlooked grains, like barley, rye, millet, and oats.

**How did writing *The Third Plate* change the way you cook?** It's changed the way I look at, say, a tomato. Heirloom tomatoes are traditionally the all-stars of the farm-to-table movement. They're beautiful, delicious, and usually grown by thoughtful local farmers. What I never realized, until one of those thoughtful farmers informed me, is that they're basically

### WEEK #1: 6/3/2014

Thanks to Our Volunteers:

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

Shoshanna Malett

Doria Kalt

Emily Brana

Food Bank Delivery:  
Farah Diaz-Tello

#### 6/10 Pick-up

Shoshanna Malett

Doria Kalt

Emily Brana

Food Bank Delivery:  
Farah Diaz-Tello

***Pick ups for most weeks are on Tuesday between 5:00 and 8:00PM, unless otherwise noted. Be sure to join our wiggio listserv.***

TUV HA'ARETZ CSA at the  
Forest Hills Jewish Center  
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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)
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- Hazon: [www.hazon.org](http://www.hazon.org)

## 6/3 What's in the Box:

## Red Kale, Baby Bok Choi, Spinach, Lettuce Mix, Arugula

the hummers of the vegetable world. They tie up a lot of real estate. They're hard on the land. If we're filling our shopping bags with just tomatoes at the farmer's market, in some ways we're encouraging the wrong kind of demand. While this doesn't mean I'm going to stop serving tomatoes, I try to be conscientious about the fact that they're expensive from an ecological perspective. And I try to encourage more diversity on the farms we work with. In a way, that speaks of a larger shift in my cooking. I'm thinking less about individual ingredients or plates of food, and more about a whole pattern of eating that supports the Hudson Valley landscape.

**Your book focuses on the "future of American eating" – how do you hope it will affect the future of American cooking?** The protein-centric dinner plate – which America created, supported, and now exports – is actually an anomaly. Look to any of the best cuisines of the world, and you'll find diets where grains and vegetables assume center stage, with just a smattering of meat – most often lesser cuts such as neck or shank. And you'll find iconic dishes that were initially conceived to make use of (and make delicious) what the landscape could readily supply.

**What shocked you most while you were researching this book?** I went in search of food with jaw-dropping flavor, and surprisingly, all roads led me straight to soil. What I discovered is that soil is a living organism (made up of billions of smaller living organisms – just like us). It inhales and exhales, procreates, and digests. And it has a personality, too.

Not to sound New-Age-y, but soil is constantly talking to us, communicating what it needs. It shoots up milkweed if it's hungry for zinc, and wild garlic if it needs more sulfur. If you see chicory or Queen Anne's lace in a field, that means the soil is low in fertility. There's a real language to the soil, and the more I learned about it, the more I felt engaged by the conversation, especially when I realized its connection to great-tasting food. Soil became a real character for me – in many ways, it became the hero of the book.



**A NOTE FROM THE FARM, re: bagged greens:** We're using a greens harvester for the first time this year which makes the harvesting faster and allows us to give out a lot more to each member! The downside – it harvests some weeds along with the crop. We're sending extra poundage in the shares to make up for the weight of the weeds and we ask members to remove the weeds from their bags at home. We think this is a fair trade-off and we're going to try to reduce the number of weeds as we get more experience working with this harvester over the course of the season. Thanks!



### What's Braising Mix?

Linda Cottin  
wellcommons.com

*Traditional braising mixes consist of greens: kale, chard, bok choy, mustard greens, spinach, turnip greens, beet greens and pretty much any other dark green leafy vegetation found within the furrowed rows of a farmer's field, including dandelion greens! Most braising greens are members of Brassica family; rich in vitamin K, vitamin A, vitamin C and soluble fiber, these leafy greens have been cultivated for their flavor and nutritional value*

*for over two millennia. Mixes are also known to contain antioxidants and other cancer fighting agents.*

*Eating braising mix raw is an option, but the thick stems, chewy leaves and slightly bitter flavors are best tamed with a little moist heat.*

### Quinoa & Braising Mix Pie | Serves 4-6

¼ cup olive oil  
1 medium onion, diced  
1 pound greens, rinsed  
1 cup cooked quinoa  
1 tsp ground nutmeg  
2 tsp coarsely ground pepper  
4 farm fresh eggs  
¼ cup milk (dairy free options work fine)  
1 pie crust, uncooked

Heat oil in skillet and sauté onion until translucent. Stir in rinsed braising mix and cook until mix is reduced to at least half its original size, but leaves still maintain their shape. Stir in cooked quinoa and heat through. Stir in nutmeg and pepper. Spread mix into prepared pie crust. In separate bowl, whisk eggs and milk together. Pour egg mixture over greens and quinoa. Bake at 350F for 30 minutes, until eggs are set and crust is golden brown. Serve warm, cut into wedges, as a main dish or a side dish.

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