

# TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ  
CSA AT THE  
FOREST HILLS  
JEWISH CENTER

## Making Vegetables the Star in Meals

By *Martha Rose Shulman*, [parenting.blogs.nytimes.com](http://parenting.blogs.nytimes.com)

Cookbook writer and New York Times "Recipes for Health" columnist Martha Rose Shulman is often asked how to use a CSA share to prepare vegetarian meals so that everyone in the family will be satisfied, while still allowing time for busy schedules.

She feels that a large part of the problem lies in conceptualizing the role of the produce in the meal. The vegetarian main dish has been neglected even as vegetarian cooking has become more mainstream. Why think of vegetables as a substitute when they can naturally be the star? Indeed, Shulman's writing has been largely about putting vegetables themselves at the center of the meal.

Toward this end, she has developed a number of building block recipes / methods for main dishes, all of which are vehicles for vegetables (as well as for other types of food, and even for leftovers). Rather than learning specific recipes, you master the "templates" for the types of dishes you and your family like to eat – a stir-fry or a pasta, a lasagna or a frittata, a big bowl, a tart or a taco; learn some of her recipes for basic ways to prepare the vegetables that you are getting in your CSA share, and you will soon have a repertoire of dishes that won't raise the question, "Where's the meat?"

Shulman realized that people have problems with the concept of the vegetarian main dish, and there is really no lexicon for it. If you eat meat, you can ask, "What's for dinner?" and you can say, "Chicken," and that's a good enough answer.

In her house, when her son asks, "What's for dinner?" she can reply, *Frittata*, or *Gratin*, or *Pasta*, and his only follow-up question is, "With what?" And that's the vegetable to be featured. It's a better way to think of main dishes – by their recipe category, rather than by their main ingredient – and Shulman sorts her recipes into 12 types:

- **Soups** – hearty minestrone-type soups, with beans, pasta and vegetables; puréed vegetable soups; noodle bowls (like pho); garlic soup
- **Frittatas and Omelets**
- **Gratins and Savory Bread Puddings**
- **Pasta**, including lasagna
- **Polenta**, with toppings

## WEEK #2: 6/10/2014

Many Thanks to Our Volunteers:

**6/10 Pick-up: 5:00 to 8:00PM**

**Jared Camins-Esakov**

**Mazher Akhtar**

**Manisha Shah-Balargon**

**Unclaimed Shares Delivery:**

**Brian Gardner Hoashi**

**6/17 Pick-up: 5:00 to 8:00PM**

**Judy Silverstein**

**Hye-Kyung Neal**

**Judy Hu**

**Unclaimed Shares Delivery:**

**TBD**

***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](mailto:tuv@fhjc.org)

- **Tuv Ha'Aretz CSA:**  
[www.foresthillstuvcsa.com](http://www.foresthillstuvcsa.com)
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- **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)

## 6/10 What's in the Box: Romaine Lettuce, Boston Lettuce, Swiss Chard, Arugula, Baby Red Kale, Cilantro

- **Big Bowls** – grains topped with delicious vegetable, or bean and vegetable, preparations and garnishes
- **Risottos** and Mixed-Grain Risottos
- **Stir-Fries**, including stir-fried vegetables and tofu, stir-fried rice and stir-fried noodles
- **Bean dishes** – stews, baked beans, etc.
- **Tacos and Quesadillas**
- **Savory Tarts, Quiches and Pizzas**
- **Couscous**, with vegetable and bean stews

Basically, to be a good vegetarian cook, you have to simply be a good cook. You can learn to cook great vegetarian meals just by learning to cook well. Shulman says that these recipes will allow you to be a good vegetarian cook whether you are a vegetarian or not.

With building-block recipes as templates, you will not be at a loss – you can cook any vegetables you come across: e.g. wilted greens (seasoned with oil and garlic), red pepper (as a stew), mashed squash, or a mushroom ragout. They can be used interchangeably in the different templates.

For example, here is Shulman's template for a frittata, which can be made with any of several veggies you may find in your box. For 6 servings: 6 eggs, 2 tbsp milk, salt to taste, 1 tbsp olive oil, and a cup or more of filling – this is a cooked and cooled single or combination of vegetables, such as the wilted greens with garlic and oil. Mix together the eggs, milk, salt, olive oil, and stir in the prepared greens, and make the frittata – and the template recipe will tell you how it's done, and it's always done that way – just change your filling based upon what you have.

Shulman also recommends that you stock a pantry (including the refrigerator and freezer), so that you have most of the ingredients that the recipes call for on-hand. The checklist includes ingredients that keep well, so that every time you set out to cook a meal you don't have to run to the market.

(Her pantry list: [www.martha-rose-shulman.com/graphics/PantryChecklist.pdf](http://www.martha-rose-shulman.com/graphics/PantryChecklist.pdf))



Martha Rose Shulman is a cookbook author, Recipes for Health columnist on [www.nytimes.com/health](http://www.nytimes.com/health)

**A NOTE FROM THE FARM, re: weeds found in bagged greens (Thank you CSA member, Sara Paige!)**

### Red-root Amaranth

*Amaranthus retroflexus*

Also called Bledos, a staple in parts of Latin America and Europe. Like spinach but with more iron and protein. Leaves are slightly notched at the tip.

### Lambsquarters

*Chenopodium album*

Tastes like spinach, is excellent in salads or lightly cooked, highly nutritious.

### Purslane *Portulaca oleracea*

Also called verdolaga, pigweed, little hogweed, pursley, semizotu, moss rose. Lemony, juicy, colorful in salads and in Mexican and Turkish recipes.

### Chickweed *Stellaria media*

Tiny star-shaped flowers, great in salads, sandwiches and soups.

### Shepherds Purse

*Capsella bursa-pastoris*

Very mild for a mustard green. Toothed leaves, long stem, seedpods shaped like the namesake.

### Quickweed

*Galinsoga parviflora*

Hairy textured leaves, nice artichoke flavor. Very good cooked.

### Smartweed, Ladysthumb

*Polygonum persicaria*

Slightly peppery.

**NOTE:** Toxic inedible weeds (nightshades or spurge) have not been seen in the fields so far, nor are they expected. The blades of grass in the bags are inedible but harmless.



### Greens Gratin Serves 4-6

Martha Rose Shulman  
[martha-rose-shulman.com](http://martha-rose-shulman.com)

½ lb greens (chard, kale, etc)  
salt, pepper, to taste

2 tbsp EV olive oil, divided

1 medium onion, chopped

2 garlic cloves, minced

2 tbsp fresh herbs (parsley, thyme, sage, rosemary), chopped, or 1 tsp dried herbs

3 large eggs

1 cup cooked rice

¾ cup grated gruyere

½ cup milk

1 tbsp bread crumbs

Heat oven to 375°F. Oil a 2-qt baking dish. Bring a pot of water to boil, add 1 tsp salt. Stem and wash greens, blanch greens till tender, about 2 minutes. Shock in ice water bath, drain, and squeeze out water. Chop coarsely, set aside.

Heat skillet and cook onion in 1 tbsp oil till tender, about 5 minutes. Add garlic and cook till fragrant. Stir in greens, herbs, ½ tsp salt. combine well, and remove from heat.

In a medium bowl, beat eggs with ½ tsp salt, pepper, milk. Stir in rice, greens, cheese, and pour into baking dish. Sprinkle bread crumbs over the top and drizzle 1 tsp oil over the top. Bake in oven 35-40 minutes until top is lightly browned. Serve hot or at room temperature. Great as next day's lunch, too!



**DRIVERS NEEDED TO DELIVER UNCLAIMED SHARES TO THE FOOD PANTRY!**