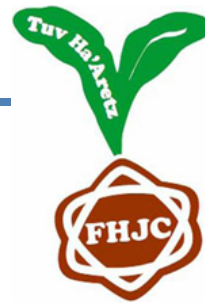


TUV HASHAVUA: BEST OF THE WEEK



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

Mobile Farmers Markets in the Food Desert

By Mercedes White, *Deseret News*

A food desert is defined as a community where retailers offering fresh food are scarce, but with plentiful fast-food restaurants and convenience stores selling prepared foods. A 2009 USDA study on food deserts found that about 5.8 million Americans live at least half a mile from a full-service grocery store and are without access to a vehicle. Of those, 2.5 million are families living in low-income communities.

Health experts wonder if lack of access to healthy food can be linked to higher rates of obesity, diabetes and heart disease among the poor. In response to these issues, community activists are pioneering ways to bring healthy, affordable fruits and vegetables to the people who need them most, as well as educating their audience on how to feed themselves.

One of the most innovative of these solutions is a program that has put farmers markets on wheels. Trucks converted into mobile farmers markets are popping up everywhere from rural Alabama to inner-city Chicago. Fresh food isn't just being brought into food deserts; organizers of these projects are also doing everything they can to make their produce affordable for their low-income customers.

In 2009, the city of Baltimore gave an organization named Civic Works the rights to start the Real Food Farm (RFF) in Clifton Park. Since then, Civic Works - a Baltimore urban service nonprofit that operates through a combination of government grants and funds from private donors - has been using RFF to grow everything from strawberries to sweet potatoes in this food desert.

"We use the mobile market to break down barriers to accessing healthy food in these neighborhoods," said Zach Chissel, program director at RFF.

Several times a week, volunteers fill up the farm's big green truck with produce and drive around to the communities that surround the park. Civic Works isn't just bringing produce to people; they want it to be affordable. They accept food stamps and WIC, and they match the first \$5 a customer spends on produce. When a customer uses the dollar-matching program, \$5 will get them a few pounds of sweet potatoes, three bunches

WEEK #3: 6/17/2014

Many Thanks to Our
Volunteers:

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

Judy Silverstein

Hye-Kyung Neal

Judy Hu

Unclaimed Shares Delivery:

Lenny Fuchs

6/24 Pick-up: 5:00 to 8:00PM

Laura Marks, Tho Mai,

Ilona Michalowska,

Angelita Alvarado-Santos

Unclaimed Shares Delivery:

Ava Tseng

**Join the Wiggio listserv to get
get the latest info by email:
[wiggio.com/
share.php?id=2331187](http://wiggio.com/share.php?id=2331187)**

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

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


of cooking greens, a pint of onions, a head of garlic, and apples from a local orchard.

As they took produce to food desert communities, Chissel and the RFF team noticed that the elderly were their most enthusiastic customers. To better accommodate their limited mobility, Chissel arranged for his truck to make stops at seniors' homes and community centers.

But Chissel wanted to find ways to reach out to families with young kids, too. He wondered if part of the problem was that they just didn't know what to do with the produce. "Seniors know how to cook a bunch of greens," Chissel said. The same can't be said for the younger generations — so the team came up with a ways to address this issue.

First, RFF volunteers try to engage mobile-market customers on how to prepare the items they have on the truck that day. "Chop up those greens. Put a little oil or butter in a pan, sauté some onion and garlic, add the greens to the pan and cook for ten minutes," Chissel said explaining his favorite way to cook greens. If people know what to do with the produce, they'll be more likely to use it, he said.

Second, RFF is developing ways to pique kids' interest in real food. RFF brings its mobile market to elementary schools and gives the children hands-on opportunities to learn about farming, the local food system, and healthy eating habits. "We try to arrange to be there an hour before school gets out," Chissel said. Excited kids who've participated in RFF's program show their parents the mobile market. When children are excited about eating the produce, volunteers have noted that parents are more inclined to make purchases.

Local government officials and non-profits are encouraged by the work RFF is doing to increase food accessibility, educate families on healthy eating, and to reduce obesity and heart disease. 

Mercedes White is the Care for the Poor beat writer for the Deseret News. She also covers the topic of immigration.

DRIVERS NEEDED IN THE FALL TO TAKE UNCLAIMED SHARES TO THE FOOD PANTRY! CONTACT: DEANNALDAVIS @ YAHOO.COM

6/17 What's in the Box: Spinach, Garlic Scapes, Red Batavian Lettuce, Red Boston Lettuce, White Salad Turnips or Baby Bok Choi

A NOTE FROM THE FARM: U-Pick Berries THE 2014 SEASON HAS BEGUN!

Please note that our U-Pick is first-come, first-served. We may run out by end of day, so please check our website for updates: www.goldenearthworm.com

Friday, June 20
Saturday, June 21
June 27 & 28 – based upon availability.

HOURS

Fridays 10-6
Saturdays 9-5

PRICES


\$4/quart for current CSA members
\$4.50/quart for all non-members

WALKING TOURS

Tours of the farm will take place during our U-Pick Strawberry season on Saturdays at 2pm. Free tour for current CSA Members, \$5 per adult for non-members. Kids admitted free!

NO DOG POLICY

Dogs or other pets are not allowed on the farm property.

Thank you! 

CYPRIAN GARLIC SCAPES Serves 4

William Woy Weaver
motherearthnews.com

2 tbsp virgin olive oil
2 tbsp dark brown sugar
8 oz young garlic scapes, trimmed
1-1/2 cups coarsely chopped tomatoes
3/4 cup dry white wine
1/4 tsp freshly ground pepper or to taste
1 tsp salt or to taste
1 tbsp chopped parsley
1/4 cup grilled haloumi cheese, diced finely (or other salty cheese like a sharp cheddar or parmesan)

Heat the oil in a broad sauté pan and add sugar. Stir to caramelize the sugar for about 2 to 3 minutes and add the scapes. Cover and cook over a medium-high heat for no more than 3 minutes, occasionally shaking the pan to prevent the scapes from scorching. After 3 minutes, add the chopped tomatoes and wine. Stir, then cover and reduce the heat to low; continue cooking 5 to 6 minutes, or until the scapes are tender but not soft. Season, then add the parsley and haloumi, and serve at room temperature.

NOTE: Choose scapes that are very young and tender, taking care to trim off the bottoms of the stems and the tips of the flower heads (the flower heads are edible). This recipe is best made the day before serving and then refrigerated. Let it stand at room temperature before serving. 