

# TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ  
CSA AT THE  
FOREST HILLS  
JEWISH CENTER

## Making the Most of Your CSA Share

By Carolyn Cope, *Serious Eats Crisper Whisperer*, [seriouseats.com](http://seriouseats.com)

As more and more of us join CSAs the question of what to do with all that produce looms large. CSA membership can be a rewarding experience, putting you in direct contact with the source of your food, giving you a say in how and what is grown, and providing an easy way to contribute to your local community. Best of all, even if you work in a cubicle all day and only dream of escaping to the country to start your own working farm, you can still head home to a meal made with beautiful, fresh local foods any day of the week.

But as the season wears on, the sheer magnitude of freshness delivered by a good CSA can start to overwhelm busy people with regular (or perhaps spectacular!) lives to lead. The good news is that with a little weekly preparation and planning and a few simple strategies, you'll rarely have a week where you can't use or freeze your whole haul.

**A little weekly planning.** As a general rule, plan to use tender greens and any fruits and veggies that look like they were picked on the ripe side early in the week. Roots, bulbs and squash tend to last quite a while, so save them for later in the week.

**Wash and prep greens.** Lots of roots, bulbs and stems from a CSA come with edible greens attached. Immediately separate the greens so they don't continue to draw moisture out of the rest of the veg. Fill a large bowl with cold water, add leafy greens, and agitate them to remove sand and dirt. Wait a minute to let the debris settle to the bottom, then pull out the greens, dump the water, and repeat until the greens are clean. Dry thoroughly in a spinner or with towels and store until ready to use. If short on fridge space, try cooking down your greens by parboiling or sautéing them before storing. If you've planned out your veg use for the week, you'll know whether this makes sense or not.

**Eat raw.** Sometimes the best approach to using up your CSA haul is to sprinkle it with salt and start taking bites of it. You'll know when it feels right. Don't be shy. (*Editor's 2-cents: Slaw! Julienne and toss with salt, pepper, and/or the slaw dressing of choice. Try crudités – cut into sticks, wedges, or slices, then dip into a favorite dressing.*)

**Cook lettuces.** When I started managing and writing about CSAs, I expected most questions to be about unusual produce. But the most common complaint I heard is, "Lettuce again?? I am so tired of salads!" The simple answer: cooked lettuce is surprisingly delicious. Depending on their firmness, lettuces can be stir-fried, braised, grilled, or puréed and added to soups and sauces.

**Improvise and look for help.** One of the most rewarding aspects of

## WEEK #4: 6/24/2014

### Many Thanks to Our Volunteers:

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

**Jeremy Buchman, Tho Mai,  
Ilona Michalowska,  
Angelita Alvarado-Santos**

**Unclaimed Shares Delivery:**

**Ava Tseng**

**7/1 Pick-up: 5:00 to 8:00PM**

**Sue Izeman  
Jessie Schwartz  
Jennifer Armas**

**Unclaimed Shares Delivery:**

**Adrian Hayes**

**LAST MINUTE CONTACT INFO:**  
For urgent last-minute pick-up or volunteering changes on pick-up day, call/text Felicia 917-627-0669 or email Judy [trupinjet@gmail.com](mailto:trupinjet@gmail.com)

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](mailto:tuv@fhjc.org)

- **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](https://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)

CSA membership is the exposure to new and different foods. Even long-term members have a good chance to experience a new vegetable at least once or twice during the season. Of course, the element of surprise can also be intimidating. Learning to identify flavor affinities is one of the most valuable culinary skills for a CSA member. Plus, it's an important step toward starting to think like a chef, and how fun is that? Take a little bite of every food you get that's safe to eat raw, and over time you'll develop confidence in your flavor-matching abilities. There are some great resources available to guide you, free online, as well as books at the library.

**Greens, eggs, and pan.** This Seussian combination will feed you many a night during CSA season when you're long on leaves and short on time. Chop up and sauté any green in some olive oil with a little garlic, crack a few eggs into the pan, beaten or otherwise, and cook until set. Sprinkle with some cheese if you like, and you've got a delicious dinner entrée.

**Quick preserves.** Dice up the good parts of your fruit and discard any major bruises. Cook in a pot with a couple of spoonfuls of sugar for a few minutes, until it starts to soften and release its juices. Cool and store in an airtight container in the fridge for up to a week. Serve by itself or spooned over yogurt, cottage cheese, ice cream, pancakes or waffles.

**Chill!** If you find your refrigerated produce beginning to spoil before the week is out, try turning down the temperature a notch or two. We started doing this when we switched to raw milk, and I noticed our veggies going practically cryogenic on us.

**Freeze!** All fruits, all greens, tomatoes, beans, peppers, etc. can be frozen raw for use later in the year, when you'll be thrilled to see them. Some suggest blanching first to cut down on bacteria and cooking time after defrosting, but it's optional. Spread out your produce on sturdy baking sheets and put in the freezer until frozen, then store in the freezer in airtight plastic bags or reusable containers.

**Presto, pesto!** Just about any herb and green vegetables (broccoli, asparagus, spinach) can become a delicious pesto-style sauce when combined with nuts, oil, garlic, and grated cheese or some of the above. Pesto freezes beautifully, too, so you'll be thanking yourself mid-winter for a little bit of foresight in the warmer months.

**Compost.** If all else fails, start a compost pile. At least you'll be putting your waste to good use, and you'll become the instant envy of all your friends! 

*Carolyn Cope writes umamigirl.com. She is from NJ, ran a CSA in London, and is currently traveling with family through Europe.*

## 6/24 What's in the Box: Spinach, Green Boston Lettuce, Red Boston Lettuce, Kohlrabi, Napa Cabbage, Strawberries

### FROM THE FARM: WEATHER REPORT

Finally, some warmer weather as we approach the official start of summer! Our hot weather crops like tomatoes, peppers and eggplants are going to be delayed because of the unusually cold start to the season.

We hope that more hot sunny weather like we're experiencing this week will help them to really start growing.

### VISIT THE FARM!

Farm Tours are held every Saturday in June at 2pm. Free for CSA members and their families.

[www.goldenearthworm.com](http://www.goldenearthworm.com)



### LETTUCES OR CABBAGES GRILLED WITH MISO BUTTER

Serves 4 | *Laura B. Russell*  
*Adapted from epicurious.com*

1-1/2 lbs lettuces, napa cabbage, or bok choi  
3 tbsp butter, softened  
3 tbsp miso, softened  
pepper, ground to taste

Halve or quarter the stalks lengthwise through the core, rinse well, then pat dry to remove any excess water. In a large bowl, mix together the butter and miso with a fork until well combined.

Heat your grill or broiler. Put the stalks into the miso-butter bowl. Using your hands, coat the vegetables with the miso butter. Arrange them cut-side down, on the grill grate (or cut-side up under the broiler). Close the lid and grill for about 5 minutes, until golden browned. Turn the vegetable, re-cover, and grill for 5 to 6 minutes more, until golden and crisp-tender.

Season with pepper and serve immediately. 

### FRUIT / HERB SHARES:

**No start dates yet from the farm.**

**In previous years, fruit started about week #5, and herbs a week or so after.**

**The long cold winter has delayed many crops – we thank you for your patience.**