

TUV HASHAVUA: BEST OF THE WEEK

About Our CSA: Judy Trupin

Marija Šajkaš Tomić, Tuv Ha'Aretz CSA Member

All members of our CSA know Judy Trupin from the emails she sends out about special shares and other CSA announcements. A member of Forest Hills Tuv Ha'Aretz since 2010, Judy first served as coordinator of unclaimed shares at pick-ups and became one of four co-chairs in 2011. This season, she is working with one other co-chair, Felicia Seidel, with whom she enjoys working on all aspects of running our CSA.



For information about Judy Trupin's yoga classes in Kew Gardens: trupinjet@gmail.com

Judy's main tasks include being our liaison to the farm as well as managing our finances. She set up our Wiggio site and organizes the volunteers who write articles for our newsletter.

A vegetarian since the age of 16, Judy is an eclectic person. She teaches ESL to adults, conducts professional development sessions for ESL teachers and is a yoga instructor. She has written about nutrition topics and is very

interested in making art. Judy is currently working on a video production of "Worlds in Our Eyes," a performance she did in collaboration with visual artist Israel Tsvaygenbaum. In addition, Judy has been a member of CSAs for more than 20 years.

It seems that you were at the forefront of the CSA movement. Could you tell us more about early days?

When I lived in Albany, I was a member of the very first CSA in New York State – run by Janet Britt in Schaghticoke, New York. At that time CSAs were much more common upstate than in the city. However, involvement then was pretty much like today. You were a member because you believed in supporting local farmers and organic produce. What was different about Janet's CSA was that our member job requirement actually involved working on the farm. Each member did six hours of farm work during the summer. It was easier to do that because the farm was closer to Albany, about a 45-minute drive away. We had some great potlucks after the weeding sessions at the farm. Sometimes, I did a storytelling performance for the kids.

How would you describe yourself as a CSA member?

For me it is all about community involvement. I like the feeling of knowing people from the neighborhood. I've met a lot of really wonderful people through Tuv.



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

WEEK #9: 7/29/2014
Many Thanks to Our
Volunteers:

7/29 Pick-up: 5:00 to 8:00PM

Stacey Samuels

Sharon Matzner

Lori Wolf

Unclaimed Shares Delivery:

Lenny Fuchs

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

Rae Kerzner

Iris Litwin

Valentina Clementi

Jennifer Jacobson

Unclaimed Shares Delivery:

Ava Tseng

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

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

As to the food, I would say that I am fearless when it comes to new vegetables. Some new members are not sure what to do when faced with something new – but that's never an issue for me. I love surprises and am happy with whatever we get. Of course, I do have my favorites – radicchio, all the leafy greens (such as arugula) and winter squash in the fall. And anyone who's seen me at winter pick-up knows that I adore rutabaga!

Is there a recipe that you would like to share?

I have to confess – I love to cook but I never follow recipes. For me it's a somewhat intuitive process of looking at what I have in the kitchen and figuring out how to put it together. A number of years ago, under pressure from friends, I did write *A Concoctionist's Cookbook*. I had to really push myself to measure and write things down. I tend to just toss things together based on intuition of what will blend well!

What are you doing with the current shares?

I don't have air conditioning at home so right now I focus on cooling foods. Lately I have been making a lot of grated salads. A current favorite is grated beets, zucchini and carrots.

You are an artist and a yoga teacher. Is there a connection between the art, spirituality and the healthy living?

Absolutely. Yoga teaches us to respect the earth, to honor our bodies and to live simply. How better to do that than to join a CSA? And as an artist – well that's probably why I can't use recipes – I see every CSA box as a venture in creativity!

What is it that you like the most about our CSA? Do you have a message for our members who are thinking about joining the core group?

I feel really good that we are supporting a farm on Long Island. I like having the connection to them and knowing that our buying choices make a difference.

And, as I said, I love getting to know our CSA members. I really enjoy going to pick-up, and seeing others get as excited as I do over a beautiful bunch of kale or some wonderfully fresh basil.

And yes, if you have the time, do join the core group. Everyone brings their own expertise and insight – there's no recipe for success – it's a wonderful ad hoc mix of talents!

Marija Šajkaš Tomić is a native of the former Yugoslavia (Republic of Serbia). She has lived in Queens for over a decade with her husband Saša and daughter Tara Zoe. Marija is writer and healthcare-access and immigrant-rights advocate.

7/29 What's in the Box:

Batavian Lettuce, Swiss Chard, Carrots, Arugula, Green Beans, Yellow Onions

FRUIT: Apricots, Peaches


NOTES FROM OUR CO-CHAIRS

This week is our first Cayuga grain / flour / beans pick-up! There is a separate volunteer for this share; please check during pick-up.

Please remember: our hours are 5pm to 8pm. We cannot open early or late or hold your shares.

JUDY'S CARROT GINGER DIP/DRESSING


Judy Trupin | Makes 2 cups
8 oz silken tofu
½ lb carrots
2 tbsp mellow white or chick pea miso
1 tsp dill weed
1 tbsp lecithin granules or 1 tbsp oil
2-3 tbsp cider vinegar or lemon juice
½ oz (or to taste) ginger

Puree all the ingredients in the blender. Serve with salad or as a dip. 

JUDY'S GRATED SALAD

Judy Trupin | Serves 6 to 8
2 large zucchini
6 small carrots
4 - 6 small beets
2 tsp dill weed
1 tsp oregano OR cumin
pinch celery salt
Balsamic vinegar, to taste
1 tsp oil
salt, to taste

Grate the vegetables and place in a bowl. Take one handful of the grated mixture and puree with the remaining ingredients. Adjust to your taste with more of any of the spices or vinegar, and with water. Toss dressing with the grated vegetables. Allow to sit covered overnight in the refrigerator before serving.

Note: *If you don't like the taste of raw beets, you can steam and cool them slightly before grating.* 

GREEN BEAN & FETA SALAD

Jamie Dean, foodnetwork.com
Makes 4 to 6 servings
1 lb green beans, trimmed, blanched, refreshed, drained
1 cup crumbled feta
1 cup tomatoes, coarsely cubed, or cherry tomatoes, halved
2 tbsp chopped red onion
3 tbsp olive oil
2 tbsp red wine vinegar
2 tbsp chopped fresh basil
1 clove garlic, minced
½ cup slivered almonds, toasted (optional)
black pepper, to taste
salt, to taste

In a large bowl, toss together green beans, feta, tomatoes, red onions. In another bowl, whisk together olive oil, vinegar, basil, garlic, pepper. Pour dressing over vegetables and toss with almonds. Cover and let sit in the refrigerator for an hour before serving. Taste to check seasoning, and correct with salt and pepper, to taste. 