



# TUV HASHAVUA: BEST OF THE WEEK

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

## Manage Your Veggies Using This Old Trick ...

*Sara Paige, Tuv Ha'Aretz CSA Member*

The first year I joined this CSA, I dipped my toe into it, taking the temperature to see if this could really work for me. Could I become my own Iron Chef and cook a box of random vegetables each week? Naturally, the half share box was the safest bet, and it was wonderful! The best ingredients always make the best food, so even if a dish bombed, it was usually at least *edible*, if not fit for company. But even with a half share, I had vegetables and herbs go bad. (Somehow the fruit disappeared in about 10 minutes on any given Tuesday.)

Being the product of a family that can squeeze a nickel until Thomas Jefferson screams, this was unacceptable! So the next year, when I decided to up my game with full shares of everything, I also made a vow that no veg would be left behind.

A couple of weeks into that next year, when I went to pick up my food, a very helpful volunteer reminded me to pick up a newsletter, which I had never done. As I looked it over, a light bulb went off! On the back of each newsletter was a list, so that I could see instantly what was in the fridge or pantry at any given time and prioritize based on the chance that the food will go bad. Since then, while I have certainly experienced some failures, my box retention rate has gone through the roof, and here's how it goes:

- ✓ Read the articles first! So much fun. And the recipes have saved the day on more than one occasion.
- ✓ Write in any fruits, herbs, or other share items around the list of veggies included on the newsletter. Also add in anything you didn't use up last week so you have a running tally. I like to write this on the top margin of the page, and hope it doesn't also have to run down the side.
- ✓ Affix it to your fridge before you begin prepping the food so you have all the items in front of you. Then you can embrace your Iron Chef or do whatever it is you do.
- ✓ Throughout the week, look at the fridge and make it a goal to cross food off the list. I cross food off the list if

### WEEK #10 8/5/2014

Many Thanks to Our  
Volunteers:

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

**Iris Litwin**

**Valentina Clementi**

**Jennifer Jacobson**

**Sue Finkelstein**

**Unclaimed Shares Delivery:**

**Ava Tseng**

**8/12 Pick-up: 5:00 to 8:00PM**

**Melissa Katz**

**Jillian Coulton**

**Rae Kerzner**

**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**

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)
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- **FHJC:** [www.fhjc.org](http://www.fhjc.org)
- **Hazon:** [www.hazon.org](http://www.hazon.org)

I've eaten it or preserved it. *The rule is that it must be out of the danger zone for spoilage before it comes off the list.* For example: If I cook a fennel soup, I must eat it before I cross off the fennel. But making, say, pickled rhubarb eliminates the rhubarb since I can use it all season.

Not to get too navel-gazing (after all, I realize I'm writing *about* the newsletter *in* the newsletter): this little piece of paper has really changed my experience of the CSA for the better. Maybe by adopting (and adapting) my tricks, it will help you too!

### Sara's Zucchini Spaghetti Salad

*This salad was created on the fly one morning when I had too much zucchini, and needed to make a quick salad for lunch at work. It's become a zucchini favorite.*

1 large zucchini  
5-6 pieces sun-dried tomato  
12 black olives, pits removed  
¼ cup or more fresh soft herbs, such as basil, marjoram, sage, etc.  
pickled cipollini onions  
1 tsp pine nuts  
garlic powder, to taste  
black pepper, to taste

Using a julienne peeler, peel the zucchini in strips so that they look like noodles. Slice the sun-dried tomato into strips and finely chop the olives and fresh herbs. Throw in slices of the pickled onion and the pine nuts and spice everything with the garlic powder and pepper. You most likely will not need salt as that's provided by the olives, onions, and tomato.

This is best rested for at least a half an hour, and will be good for days. When you are getting ready to serve, you can microwave for 30 seconds to a minute if cold noodles don't do it for you. It's only about 244 calories, and packed with vitamins and fiber. 

*Sara Paige makes up for working at a corporation by moonlighting as a writer on the Internet for all things geeky. She loves to share her food and ideas on food with anyone who doesn't immediately start walking away.*

## 8/5 What's in the Box:

**Baby Watermelon, Batavian Lettuce,  
Cherry Tomatoes, Hardneck Garlic,  
Cucumbers, Red Norland Potatoes,  
Yellow Onions**

**FRUIT: Apricots, Peaches, Donut Peaches**

**HERBS: Mint, Marjoram**

### NOTES FROM THE FARM:

- *Our hot summer crops are coming in! The big surprise this week is Baby Watermelon. These melons have some seeds which is why they taste so great! They are picked ripe and ready to eat and they must be stored in the fridge. (They will rot if left out.)*
- *You're all getting a bag of our wonderful Cherry Tomatoes this week! They are small, as they are the first of the tomatoes to ripen. More to come!*
- *We harvested our Hardneck Garlic a few weeks ago and have been hanging it to dry in our barns. We're sending it out in the shares as a very special treat. Garlic seed is extraordinarily expensive, so each head is worth quite a fortune! We grow a hardneck variety which cannot be found in stores. It has an exceptional flavor and is usually easier to peel than softneck varieties.*
- *Our Potato harvest has begun this week! The first early variety is called Red Norland. Since they are dug fresh, they cook very quickly. I've found that they cook in about half the time as traditional store-bought storage potatoes.*
- *More coming soon!* 

### COBB SALAD

*Adapted from the Los Angeles Times Cookbook | Serves 4-6*

1 head lettuce, leaves torn to bite-sized pieces  
1-2 cups each chopped/sliced vegetables of your choice\*

In a large platter, toss together the lettuce and other leafy greens and lay down in a flat layer. Arrange cut vegetables in neat rows across the top of the lettuce. To serve, let people serve themselves and pass the dressing separately. Alternatively, top with dressing and toss at the table before serving. This recipe takes advantage of the summer bounty, but it can also be made with preserved vegetables and fruit, and cubed or crumbled proteins, too (canned stringbeans, beets, boiled eggs, etc.)

*\* Use what's in your share – this week, I'd cut cherry tomatoes in half, cook up the potatoes and cube them, chunk up cucumbers, thinly slice onions and garlic, and cube watermelon. Arrange the rows so they are visually appealing – it's a great looking and delicious salad!*

### DRESSING FOR COBB SALAD

1 cup olive and/or vegetable oil  
¼ cup red wine vinegar  
1 tbsp lemon juice  
¾ tsp dry mustard powder  
½ tsp Worcestershire  
¼ tsp sugar  
1 clove garlic, minced  
salt and pepper, to taste

In a jar or a blender, combine all the ingredients and puree or shake to make a smooth dressing. 