



TUV HA'ARETZ
CSA AT THE
FOREST HILLS
JEWISH CENTER

TUV HASHAVUA: BEST OF THE WEEK

My Life Journey to a World of Healthier Eating

Lauren Griffiths, Tuv Ha'Aretz CSA Member

Growing up, "eating locally" meant that our cans of Chef Boy-Ar-Dee ravioli were sourced from the 7-11 around the corner from our house. Support local business? Of course! We ordered Chinese food twice a week!

Actually, for the most part, our single mother cooked as often as she could and the meals prepared were usually well-balanced plates of protein (chicken cutlet), starch (Rice-a-Roni), and a salad (iceberg lettuce). Of course, nothing was organic and the herbs we used for seasoning dated back to the Ford administration.

However, I don't blame my mother for making quick, predictable mealtime decisions for us. She was a single mom with not a lot of money to spare on fancy food. It was also the '80s and '90s and most Americans selected their food based on catchy commercials and cereal prizes. At the time, we were still in the dark ages regarding Nutrition.

My mom also prided herself on her healthy cooking...we got frozen vegetables while her mother had served canned! And desserts included those lovely (ugh) convenience foods of a bygone era – Whip & Chill or Junket. Fresh veggies were for special occasions. I had no idea that one could cook and eat fresh ones on a daily basis. And when I ventured into healthy food in the early eighties, most people thought I was a bit strange!

-- Judy Trupin

Despite the unhealthy and repetitive foods presented to us as children, my brother and I grew up to really enjoy a wide variety of fresh, local food. We both belong to CSAs (my brother actually goes to his local farm every week and picks fruits and veggies himself), our cooking repertoire is vast, we cook for our families every night, and we both do our best to refrain from processed or nutrition-stripped foods. In fact, when you visit my brother's house, he's quick to show off his collection of grain-filled mason jars and varieties of almond butters.

So how did we go from junk-food-eating kids to food-savvy adults? Is it our natural instinct to rebel against our parents or are we just smarter than they were?

WEEK #12 8/19/2014
 Many Thanks to Our
 Volunteers:

8/19 Pick-up: 5:00 to 8:00PM
Hye-Kyung Neal
Leah Cahn
Josh Cahn
Unclaimed Shares Delivery:
Ava Tseng

8/26 Pick-up: 5:00 to 8:00PM
Judy Beizer, Natalie Zych,
Rebecca Spilke, David
Goldstein
Unclaimed Shares Delivery:
Sam Guzik

**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
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- **Golden Earthworm:**
www.goldenearthworm.squarespace.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

I think the turning point for us was in our mid-20s. We both realized that the food we were eating (and the food we grew up on) wasn't making us feel good. We both suffered ongoing heartburn and indigestion problems. We *always* had cavities and pimples. And we tended to be on the chubby side, with not much physical activity happening.

I, too, came to the concept of whole foods in the early '80s when I began having my babies. My kids now have a great appreciation of good-quality food and my daughter and son-in-law belong to a CSA and cook every night, despite living in order-in heaven in the East Village. My daughter-in-law cooks every night as well. And my son ... well, he eats!

-- Judith Mermelstein

When we flew the coop, our food choices became smarter ones. We read about food, we talked about it, and we started to make conscious, healthier decisions. And now, as CSA members, organic and local food is a huge and important part of our lives. It's also a topic that has brought us closer together,

even though we live states apart. (I forgot to mention – we *hated* each other as children!)

Occasionally, I'll get an email, "Hey Sis, check out this kale and quinoa recipe," or "What do I do with garlic scapes?" Better yet, we reminisce about the casseroles that came from cans or the fights we'd have over the last Twinkie. It reminds us that we've come a long way – and that it took a childhood of unhealthy food to make us really appreciate and enjoy the good stuff!

(Please don't show this story to our mother.) 🌱

Lauren Griffiths is a born and bred New Yorker and a full time working mom. She enjoys traveling, cooking, writing, chasing down celebrity chefs and spending time with her baby girl.

WANTED:
Writers of Newsletter Articles
 Share ideas, history, recipes,
 tips on using/storing, composting,
 cooking/eating memories, etc.
 Contact – trupinjet@gmail.com

8/19 What's in the Box:

Red Beets, Batavian Lettuce, Cherry Tomatoes, Red Tomatoes, Yellow Potatoes, Eggplant OR Greenbeans

FRUIT: Peaches, Nectarines, Donut Peaches

HERBS: Sage

BEET TOPS, CHICKPEAS POTATOES, and SAGE

tomatotango.com | Serves 4
 3-4 medium Yukon Gold potatoes, ¾-inch dice
 4 tsp flour (more or less)
 4 tbsp olive oil, divided
 1 medium onion, diced
 1-2 bunches beet greens, washed, sliced, OR swiss chard leaves and stems
 1-2 cans chickpeas (garbanzo beans), rinsed
 1-2 tbsp fresh sage leaves, minced, or ½ - ¾ tsp dry
 4-8 garlic cloves, minced
 1 lemon
 Salt and pepper, to taste
 Parmesan, for serving

Heat a cast iron or heavy-bottomed pan over medium heat. Add 2 tbsp olive oil.

Dry any excess water from the diced potatoes with a paper towel. Sprinkle the potatoes with just enough flour to lightly coat them. (The idea is to dredge the potatoes as you would meat. Removing excess water on the potatoes will ensure they brown well.)

Place the potatoes in the heated pan and cook until browned. Do not move them around too much or they won't brown. Once the potatoes are sufficiently browned and cooked through, remove from the

heat and set aside.

Meanwhile, in another pan, heat the remaining 2 tbsp olive oil over medium heat until hot but not smoking. Add the diced onions and cook until soft, about 6 minutes. Add the beet greens and stir into the onions. Once the beet greens have wilted and the stalks start becoming tender (about 6 minutes) add the chickpeas and sage (the chickpeas will turn pink!). When the chickpeas are hot, add garlic and cook for 30 seconds. Turn off heat, squeeze in the lemon juice. Season to taste with salt and pepper.

Divide among the plates and top with the browned potatoes. Grate Parmesan over, to taste. 🌱

NOTES FROM THE GOLDEN EARTHWORM FARM:

Our Tomato harvest is in full swing! You never know what kind of a season it will be and we lucked out this year with the perfect weather for tomatoes! Most are ready to eat, but if you get some that need to ripen, just leave them out on the counter until fully red.

Can't make it through them? Try freezing them! I just chop them up (skin on) and put them in a ziplock bag in the freezer to use for soups and other recipes later in the year.

Red Beets are such a great 2-for-1 veg. Don't forget to eat the tops! They are great sautéed with garlic and olive oil.

There is also lettuce for your salads (or on your BLT sandwiches) and beautiful, waxy Yellow Potatoes for the most delicious potato salad. The final item will change through the week. Some of you will get Eggplant, some Green Beans. We keep track of what everyone gets so that we can even it out over the coming weeks. 🌱