



TUV HA'ARETZ
CSA AT THE
FOREST HILLS
JEWISH CENTER

TUV HASHAVUA: BEST OF THE WEEK

What Will You Do With All Those Tomatoes ???

Judy Trupin, Member and Co-Chair of the Tuv Ha'Aretz CSA

I asked our tomato super-users – those who ordered tomato shares – what they'll be doing with their 20-lb. bounty. Since we're all getting a lot of tomatoes in our regular shares this week, I thought others would be interested in the responses, too.

Here's what some people said:

Dorrie Berkowitz

Tomatoes! The best part of summer (except for no stockings). In the past, my sister-in-law and I have had a tomato-fest in her kitchen. We have a score 'n' peel assembly line. Then we chop some to freeze, make some into sauce, and some into spicy tomato chutney. There's a lot of *schwitzing* going on, but we manage to keep a supply of ice-cold seltzer and beer on hand. Can't wait!

Deanna Davis

I'm planning to make slow-roasted tomatoes with most of the batch. I'll roast the quartered plum tomatoes, drizzled with olive oil and dusted with salt and pepper, at 225 °F for 3-4 hours. They're done when the tomatoes are a little juicy but reduced down and a bit shriveled. To make the flavors more intense, I'll sometimes add chiffonade strips of fresh tarragon leaves or basil plus garlic into the tomatoes before baking. With the rest, I'll likely chop and freeze them for use in soups, stews or other recipes throughout the fall/winter.

Alexa Weitzman

I usually peel and quarter them, then freeze them in pound bags (without cooking). Last time, I also took a bunch and roasted them on 200°F overnight until they were so sweet and dried out, then put them through the food mill and froze in 1-tablespoon-sized ice cube trays to be used as tomato paste. So good!

"A" WEEK #13 8/26/2014
 Many Thanks to Our
 Volunteers:

8/26 Pick-up: 5:00 to 8:00PM

Judy Beizer
Natalie Zych
Rebecca Spilke

Unclaimed Shares Delivery:
Sam Guzik

9/2 Pick-up: 5:00 to 8:00PM

Nina Lincoln
Takako Murai
Monica Lagnado

Unclaimed Shares Delivery:
Alfred Rosenblatt

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

Judy Trupin

I went to the farmers' market on Sunday and got lots of zucchini. I'll be cooking the tomatoes, zucchini, garlic, onions, herbs and anything else in the share that looks workable and freezing in pint-jars for the winter. Probably toss in some corn, too.

Sara Paige

I'm really regretting my lack of freezer space! I'm borrowing a pot and some jars and canning some of them. I'm thinking tomato jam, salsa, Bloody Mary mix in the jars, and I will freeze the rest. But now I'm thinking roasting them is a good idea, and I do need some paste!

Mandy Chan

I am splitting the share with a coworker – he will be canning his half into sauce with his garden-grown basil, oregano, and garlic. I plan to puree some of my half-share for my 6-month-old daughter, and the remainder will be made into a thick pasta sauce for the rest of the family. The sauce will probably be my last-minute dinners when I am too exhausted from work. Hope it works out!!

Susan Izeman

My main plain is to prep and freeze so I'll have chopped tomatoes for sauces this fall. I simply peel, boil, and freeze them – no seasoning or any extras.

Brian Hoashi

We roast the tomatoes because they are great on their own or as a starting point to sauces, stews, etc. We drizzle the cut-side-up halves with olive oil and salt (and maybe some dried CSA herbs) and roast at 425°F till the smell drives us wild and the edges are charred – about an hour. We put these into jars and cover with olive oil to store in the fridge; the oil becomes a tasty ingredient, too. (Our relatives love these as gifts!)

NOTES FROM GOLDEN EARTHWORM FARM:**SAVE THE DATE!**

Join us for our annual CSA Harvest Festival on Sunday, October 19th. More details to come!

8/26 What's in the Box:

Swiss Chard, Yukon Gold Potatoes, Green Beans, Tomatoes, Red Onions, Green Long Peppers

FRUIT: Nectarines, Donut Peaches

SPICED GREENS SALAD

*Adapted from
roberttreat.com | Serves 2*

3 cups tender young Swiss Chard or other greens
1 tsp salt
3 tbsp lemon juice, divided
½ cup pine nuts
2 tbsp olive oil
1 clove garlic or
½ tsp garlic powder
½ tbsp fresh basil or
¼ tsp dried basil
½ tbsp fresh oregano or
¼ tsp dried oregano
2 cups diced tomatoes
¼ cup diced red onions
1 cup diced long pepper

Remove the stems from the greens. Roll up the greens and slice them into small, thin pieces.

Sprinkle salt onto the greens and massage by hand to work salt into greens to wilt them.

Pour 2 tbsp lemon juice on greens and mix. Let them sit for a couple minutes to wilt.

Blend the pine nuts, olive oil, garlic, and 1 tbsp lemon juice until smooth. Add basil and oregano into the blender. Briefly pulse until mixed in and chunky.

Toss the greens, peppers, tomatoes, onions and dressing together. Serve immediately.

**TOMATO CHUTNEY**

*Dorrie Berkowitz
Adapted from Aarti Sequeira,
foodnetwork.com*

3 tbsp canola oil
1 tsp dry mustard
1 tsp ground cumin
1 medium red onion, finely diced
3-4 cloves garlic, thinly sliced
2-inch piece of ginger, peeled and minced
½ tsp turmeric
1 tsp garam masala
1 tsp smoked paprika
¼ tsp cayenne pepper
¼ cup apple cider vinegar
1 14½-oz can of diced tomatoes, or
1 lb peeled, diced fresh tomatoes
2-3 tbs molasses
Salt and pepper

Warm the oil in a medium saucepan, then add mustard and cumin and stir for 30 seconds.

Add onions and sauté until soft and just starting to brown, about 5 minutes. Add garlic and ginger, cook till garlic is soft but not brown.

Add turmeric, garam masala, paprika, and cayenne. Stir and cook for 30 seconds. Add vinegar – be careful not to breathe in the vapor or you'll really start to cough – and cook 1 minute more.

Add tomatoes, molasses, salt and pepper. Stir, bring to a boil, and then cook at a strong simmer for about 10 minutes until thickened. Taste and adjust spices to your liking. Then, using an immersion blender, puree to medium chunkiness (or until the texture is how you like it).

Store in jars in the refrigerator.



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