



TUV HA'ARETZ CSA  
AT THE FOREST HILLS  
JEWISH CENTER

# TUV HASHAVUA: BEST OF THE WEEK

## Discovering Fresh Rhubarb with the CSA

*Bonnie Beth Chernin, Member of Tuv Ha'Aretz CSA*

The first time I tasted rhubarb was when my mother brought home a rhubarb-strawberry pie from a farm in New Jersey, where we lived when I was a teen. I loved it.

From then on, whenever I saw rhubarb-strawberry pie on the menu in a restaurant, I ordered a slice. But those turned out to be rare occasions since rhubarb, and strawberries, remained in season a short while.

Not a pie baker, I did not bake rhubarb-strawberry pie for myself. But I began to think of rhubarb and strawberry together, a matched pair, the Howard Stern and Robin Quivers of fruit.

When I joined the Forest Hills CSA three years ago, rhubarb became a solo act, my Lady Gaga of the summer share. No strawberries in sight.

Until I held those red, celery-like stalks bound by a rubber band, I did not know what rhubarb looked like. I had tasted it, but not seen it, although I'm sure my grocery store carried the tart-tasting fruit.

I brought the rhubarb home and eyed the four stems resting on my kitchen counter. I cut off a chunk, curious to find out how rhubarb tasted raw. Spitting out the bitter pulp, I discovered rhubarb resembled noodles, the kind of food most edible if you cooked it first.

Undaunted, I turned to the recipes on Golden Earthworm Organic Farm's website and found Rhubarb Cake. I decided to make it, but as I prepared the cake, I worried that the measurements were wrong. The batter, spread on top of chopped rhubarb mixed with sugar, barely covered the fruit. And I wondered about that batter itself, which called for vanilla and almond extract but no honey, sugar, or other sweetener. Did the recipe omit an ingredient? My hopes plummeted from creating a rock star cake to a Billie Holiday version singing the blues. With trepidation, I placed the baking dish in the oven and removed it forty minutes later.

I called my husband to the table after the cake cooled.

"Try this with me." I set a plate before him with a slice. I cut a second slice for myself.

**"A" WEEK #15 9/9/2014**  
Thanks to Our Volunteers:

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

**Lauren Griffiths**

**Katy Chiu**

**Alison Bird**

**Unclaimed Shares Delivery:**

**Adrian Hayes**

**9/16 Pick-up: 5:00 to 8:00PM**

**Alison Hartwell**

**Onudeah Nicolarakis**

**Unclaimed Shares Delivery:**

**Alfred Rosenblatt**

**9/16 CAYUGA PICK-UP: Due to shortages at Cayuga, we are also buying shares from Purcell Mountain Farms, which offers grains and beans from small farms. (Shares will be held for "A" pickup 9/23)**

**FLOUR: Millet ... GRAIN: Hulled Barley, Whole Oat Groats ...  
BEAN: Black Turtle, Pinto**

TUV HA'ARETZ CSA at the  
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- **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)

"This is great!" he said.

I tried my piece: fruity, tangy, moist, offset by hearty, cakey morsels. Better than strawberry-rhubarb pie. We ate the cake for breakfast each morning, devouring the delicacy in two days. My new favorite dessert; I bought more rhubarb at the grocery store and baked the cake for friends. The cake acquired either diehard fans or people who wouldn't eat it. Not everyone loves rhubarb, I learned.

The next year when the CSA share included rhubarb, I decided to bake the cake once more, skeptical it would taste delicious again. The novelty had seduced us, I thought, it won't taste as good as the memory. But when I tried another piece the second year, the cake remained as delicious as I recalled. And this year, my third in CSA, the cake again lived up to its billing.

The rhubarb season has passed, but I'm looking forward to next summer, and another year of rhubarb's savory song.

### Rhubarb Cake

*This recipe comes from a CSA Member, Carolyn Kaylor, of the Jackson Heights Farmspot group. This is really delicious and simple to make!*

4 cups rhubarb (chopped in 1/2" pieces)  
 3/4 cup sugar  
 1 cup flour  
 1 tsp baking powder  
 1/8 tsp salt  
 1/2 cup butter  
 1 tsp vanilla  
 1/4 tsp almond extract  
 2 eggs  
 1/3 cup milk


Preheat oven to 375°F.

Mix the rhubarb and sugar in a bowl and set aside.

Mix flour, baking powder, and salt in a bowl, and set aside.

In a large bowl, cream the butter, add the wet ingredients, and then add the flour mixture.

Grease / butter a 9x9 pan and put the rhubarb / sugar on the bottom, then add the batter on top.

Bake for 35 minutes or until golden. Cool to room temperature, or serve warm. 

*Bonnie Beth Chernin is a senior staff writer for a nonprofit organization and lives in Forest Hills with her husband and daughter, who all enjoy the CSA's summer shares.*

## 9/9 What's in the Box:

**Yellow Potatoes, Red Onions,  
 Spaghetti OR Acorn Squash,  
 Zucchini, Green Peppers,  
 Red Long Peppers,  
 Red & Plum Tomatoes**

**FRUIT: Peaches, Bartlett Pears**

### FROM THE FARM:

*We've been away for a few days(!) and I'm so happy to be back on the farm, back in my kitchen, and back to cooking up our beautiful bounty. My oven will be in full swing this week roasting up the gorgeous red peppers and the first of the winter squash! And of course, more roasted tomatoes for the freezer. September, I love you!!!*

**ANNUAL CSA HARVEST FEST**

*Sunday, October 19th. More details to come!*

### ITALIAN SUMMER STEW


*Serves 4 | Karielyn,*

*thehealthyfamilyandhome.com*

2 cups Italian squash (zucchini, yellow squash, or cucuzza), peeled and cubed  
 2 cups tomatoes, diced  
 1 cup onions, diced  
 1/2 cup tomato sauce  
 2 tsp olive oil  
 2 cloves garlic, freshly crushed  
 1 tsp salt  
 1/2 tsp red pepper flakes

Add the veggies, garlic, olive oil and salt to a skillet and saute on medium heat for about 7 minutes, or until the onions become soft.

Add the diced tomatoes and tomato sauce and simmer (covered) for about 15 minutes, or until the squash are soft and semi-translucent, stirring occasionally. Adjust seasonings to taste.

Serve as a main dish, over pasta, quinoa, rice, a baked potato or spaghetti squash. 

### BERT & BRIAN'S POTATO SALAD

*Serves 12 | Bert Greene and Brian Gardner Hoashi*

5 lbs new potatoes, trimmed and cut to bite-sized  
 2 tbsp salt  
 1 red onion, finely diced  
 2 tomatoes, finely diced  
 2 green peppers, finely diced  
 6 gherkin pickles, finely diced + 1 tbsp pickle juice  
 ¼ to ½ cup mayonnaise, sour cream, or Greek yogurt  
 2 tsp seasoned salt  
 2 tsp red wine vinegar  
 1 bunch dill, chopped

Cook potatoes in a pot of water, seasoned with 2 tbsp salt. Boil till potatoes are cooked through. Drain.

In a large bowl, mix the remaining ingredients together well. Toss with potatoes. Serve immediately, or chill covered in refrigerator. 