

TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ CSA
AT THE
FOREST HILLS
JEWISH CENTER

Eat Like You're at a Fitness Ranch, Using Just Your Kitchen. And Vegetables.

Jason Kessler, the Kessler Report at Food Republic

Have you ever thought, "If I could just take a week off from my regular life and focus on eating well and working out, I wouldn't be such an enormous lump?" I have. Often. Luckily, I got to put my theory to the test a few weeks ago when I spent a week at renowned wellness mecca Rancho La Puerta in Tecate, Mexico. Did it work? I'm a week out and I haven't gained back all the weight yet, so... yes?

What I really realized is that it's really hard to eat like you're at a fitness ranch when you're not actually at a fitness ranch. That doesn't mean it's impossible, though. I picked up nine tips during my weeklong stay to help you eat like you're living at a luxurious fat camp even when you're in a tiny studio apartment in the middle of Oklahoma.

Cook at home. File this one under "easier said than done." Cooking at home always trumps eating in restaurants when we're talking about health. Restaurant meals are made to taste as good as possible and that means pounds of butter, sugar and salt are added into dishes because those things taste incredible. Cooking for yourself or your family not only saves money, it also allows you to control the calorie count. Plus, chopping, dicing, and cleaning up count as exercise. Win!

Cut the salt, but not flavor. At the ranch, the food was loaded with flavor but they didn't resort to just salting everything to make that happen. Using rich broths, fresh herbs and a full arsenal of spices, you can fight back when your brain tells you that healthy food tastes bland. Poorly prepared healthy food is bland and can all taste the same. Well-made healthy food can blow your tastebuds away.

Portion control is essential. It's all about portion control, people. You can really eat whatever you want, as long as you're not overdoing it. As Rancho La Puerta founder Deborah Szekely says, "Put your salad on the dinner plate and dinner on the salad plate." Ranch nutritionist Yvonne Nienstadt says, "Veggies and fruits are loaded with trace minerals, vitamins, fiber, phytochemicals and antioxidants while being low in calories. The standard American diet is just the opposite: high calorie and low nutrient, so we are overfed, undernourished, fat and yet starving." So, go nuts on nuts and stick to one slice when you're hitting the pizza.

Grow it yourself. This is obviously not a solution for everyone, but if you can grow your own food, you're going to want to eat it. There's a sense of ownership to eating from your own garden and after carefully watering your plants and singing sonatas to them for months, and it's not like you're just going to let those veggies rot on the vine. Even better? You can't grow Cheetos, so you're stuck with fruits and vegetables if you're eating directly from your own garden.

Go "Mexo-Mediterranean." This is the diet at a fitness ranch: lots of veggies and fruits, moderate dairy, whole grains, legumes, eggs and

"A" WEEK #21 10/21/2014 Thanks to Our Volunteers:

10/21 Pick-up: 5:00 to 8:00PM
**Mandy Chan, Betty Joseph,
Sarah Katz, Kelly Sheridan**

Unclaimed Shares Delivery:
Adrian Hayes

10/28 Pick-up: 5:00 to 8:00PM

**Diane Hammerman,
Takashi Yoneta, Evan Soloman,
Jeffrey Piekarsky**

Unclaimed Shares Delivery:
Daniel Korb

WINTER SHARE INFO ! tinyurl.com/WinterShares

**DEADLINE 11/5
FOR WINTER SHARE SIGN-UP**

We are happy to announce that we are partnering with a new farm for our winter share, which will consist of a vegetable share only – no fruit shares this winter. The share is Certified Organic, locally grown vegetables from Mountain View Farm. Each monthly pick-up will consist of a 40-50 lb box of vegetables which can include ...

(Cont'd on page 2)

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- **Tuv Ha'Aretz CSA:**
www.foresthillstuvcsa.com
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www.goldenearthworm.com
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- **Hazon:** www.hazon.org

fish (for those who want it). You know what's not on there? Fried Philly cheesesteak sliders. As Michael Pollan so expertly summed it up: "*Eat food. Not too much. Mostly plants.*" If you can stick to that, you'll be amazed at how good you feel.

Juice it up for breakfast. I love mornings. I'm energized and ready to go and anything I get done before 9 a.m. feels like I cheated Father Time. This applies to work, exercise and vegetables. Green things have never been a priority for me. I'm the guy that can eat a plain chicken breast for lunch without any sides and be perfectly happy. That's why sneaking in an entire day's worth of vegetables before I'm even fully awake is vital. Go to the farmers market, buy green things, blend them with some coconut water or apple juice. If you're lazy, spend \$10 on a fancy cold-pressed juice. Trick yourself into eating those vegetables early and you won't have to worry about them later in the day.

Don't eat anything that's advertised on TV. I made this up. It's a subset of the ranch's "no bottles, boxes or cans" philosophy (which sounds like exactly like what it is). Basically, if you've ever seen an ad for something, skip it. Processed foods advertise, vegetables do not – with very few exceptions. There are billions of dollars being spent to try to get you to eat things that masquerade as food. Be stronger than the commercial, skip the bacon-stuffed-crust pizza poppers and eat a salad instead.

Eat with other humans. This one is hard. I'm a single dude. I eat most of my meals in front of my TV with my dog sitting patiently underneath the coffee table hoping I drop something. In that situation, eating becomes automatic. Lift fork to mouth, chew, repeat. Before you know it, the whole plate of food is gone. If you've stuck to good portion control (#3!), then you're fine. If you loaded up your plate, the mindlessness of eating alone will make it disappear like a really bad magic trick. Eat with other people, so you can be engaged in something useful while you eat. It'll make you more conscious of how much you're consuming and also help avoid falling into a pit of *Two and a Half Men* reruns.

Plan your meals. Oh man. Planning. That's something adults do. Like outlining a big term paper, planning your meals in advance can make a HUGE difference in the end result. Instead of having another night of "This Stuff Was in My Fridge" pasta, planning enables you to be mindful about your meals and encourages you to be ambitious. With time, you can tackle an intricate lamb tagine. Without time, you're making lamb meatballs – again. As an added bonus, planning means that you're not buying a ton of food to waste. Knowing how much you need for a certain dish eliminates so much of the excess that we buy "just in case." Be a good citizen of the world: buy only what you need, use it quickly, go out and buy more.

Are these tips going to seriously elevate your wellness game? Absolutely. Are you going to actually put them to good use after reading this far? That, my friend, is up to you!



Jason Kessler is a food and travel writer based in Los Angeles. He writes The Nitpicker column for Bon Appetit and is a frequent contributor to Food Republic, Sunset Magazine, Organic Spa and many other publications. He also leads a double life as a TV writer with stints on The Office, America's Best Dance Crew and the MTV Movie Awards.

10/21 What's in the Box:

Baby Toscano Kale, Broccoli, Lettuce Mix, Leeks, Arugula, Toscano Kale, Bok Choi FRUIT: Bosc Pears, Golden Delicious and Empire Apples

(Cont'd from page 1)

WINTER SHARE INFO

... carrots, beets, sweet potatoes, cabbage, purple top turnips, black radishes, kale, watermelon radishes, daikon, onions, celeriac, leeks, bok choy, potatoes, hakurei turnips and more. The share will be different each month and most produce will be washed and bagged for your convenience.

The cost of a Winter Share for the 2014-2015 season is \$250 – which comes out to about \$1.25/lb for fresh organic produce.

We are not offering half shares, though you may independently organize your own share with a friend.

Pickup will be on **FOUR THURSDAYS** from 5:00-8:00pm. **Delivery dates: 11/20, 12/18, 1/15, 2/12.**

Feel free to share this information with friends!

FARM NOTES:

This week's share is heavy on the greens! I got a phone call from a member about a month ago who was inquiring about the lack of greens in her share. I explained that most leafy greens don't grow well in the summer heat (except for Swiss Chard) and that if she waited just a few more weeks she would be inundated with them. She was very happy to hear this! Well, dear member, while I don't recall your name, this week's share is dedicated to you!

QUINOA WINTER VEGETABLE BOWL

Serves 4 | Adapted from whatscookinggoodlooking

1-2 tbsp of sunflower oil
1 leek, white and green parts cleaned, and diced
2 cups of broccoli florets
1 bunch of kale, chopped
1 bunch bok choy, chopped
2 cups of quinoa, cooked

DRESSING

1-inch piece ginger, minced
4 garlic cloves, minced
2 tbsp of olive oil
2 tbsp of sesame oil
2 tbsp of lemon juice
1 ½ tsp dijon mustard
salt + pepper

Heat the oil in a cast iron pan over medium heat and add the leeks. Cook for about 2-3 minutes and then add in the broccoli. Sauté for about 10 minutes till the leeks are soft and beginning to brown, and the broccoli edges are browned.

Make the dressing by whisking together the ginger, garlic, olive oil, sesame oil, lemon juice, mustard, salt and pepper (to taste) until emulsified. Taste and adjust seasoning.

In a large bowl, add the cooked quinoa and toss with the chopped kale and bok choy, and the cooked leeks and broccoli. Toss well to combine with the dressing.

REMEMBER: Bring sturdy bags to carry home your shares!

Please share extra plastic bags to wrap wet and dirt-covered vegetables and fruit.