



TUV HA'ARETZ CSA
AT THE
FOREST HILLS
JEWISH CENTER

TUV HASHAVUA: BEST OF THE WEEK

Oatmeal to the Rescue!

Naomi Danis

Member Tuv Ha'Aretz CSA

Recently, when two of my adult children were visiting, they couldn't help laughing in an affectionate way as over the course of our meal, one by one, they guessed correctly that the secret ingredient in several different dishes they were eating was rolled oats. I had added it variously as a thickener, for boosted nutritional value, to add a bit of crunchy texture, and sometimes for its grainy, nutty, wholesome, old-fashioned flavor. I've been a parent long enough to know to just laugh along with my kids.

My best dish of that evening, we agreed, was an improvisation on a New York Times Wednesday food section recipe for rice cakes. I was drawn to the recipe because it called for zucchini and scallions, of which I had an ample supply from my FHJC-Tuv CSA share. I was also charmed by the recipe's use of fresh mint, which grows rampant in my backyard garden and threatens to overwhelm three small finally-fruit-bearing blueberry bushes.

Since I went overboard (!) using a whole zucchini in the recipe instead of the one cup grated called for, and I didn't want to drain off and waste all that liquid goodness the grated zucchini produced, I added oatmeal to soak up the juice.

Here's my variation, in which I

Making Kimchi

Rona Bigam

Member Tuv Ha'Aretz CSA

After receiving my CSA share of Napa cabbage, my son used it to make kimchi. He made enough to share with me and now I am enjoying it as well.

South Koreans consume 40 pounds of kimchi per person annually. This fermented pickle is made of various vegetables and contains a high concentration of fiber while being low in calories. Health Magazine named kimchi in its list of top five "World's Healthiest Foods" for being rich in vitamins, aiding digestion, and possibly reducing cancer growth.

Game plan: Kimchi needs time to ferment, so start a batch about a week before you use it.

What to buy: Korean red pepper powder or *kochukaru* is what gives kimchi its spiciness. It can be found in Korean markets in large plastic bags, in different grades of coarseness and spiciness. Choose one based on your own preference.

Saeujeot is a very small, naturally fermented shrimp that impart authentic flavor to kimchi. They are sold in jars and can be found in the refrigerator case of Korean markets.

Special equipment: You will need a clean 2-quart glass jar with a tight-fitting lid to hold the kimchi while it ferments. Do not use plastic, as the strong odors from the kimchi can be hard to remove from plastic.

"B" WEEK #22 10/28/2014 Thanks to Our Volunteers:

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

Diane Hammerman,
Takashi Yoneta, Evan Soloman,
Jeffrey Piekarsky

Unclaimed Shares Delivery:
Daniel Korb

11/4 Pick-up: 5:00 to 8:00PM

Ben Lowy
Israel Wertentheil
Dovid Becker

Unclaimed Shares Delivery:
David Snyder

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, and the vegetables are grown locally at 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)

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
- **Facebook:**
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm:**
www.goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

"Oatmeal," cont'd from page 2


took the liberty of changing a few other items. I can confirm their suggestion to use a nonstick skillet is a good idea if you have one, because this could get sticky. We all thought this was a recipe worth repeating.

Rice Cakes

*Adapted from Kim Severson
NYTimes.com | Serves 4 to 6*

2 cups leftover white rice, long-grain (I used leftover brown basmati or brown jasmine rice)
2 eggs, lightly beaten
1 cup finely chopped zucchini (I used 2 to 3 cups)
1 cup rolled oats (my addition)
3 tbsp chopped mint
1/3 cup green onion, chopped
1 cup sharp white Cheddar, grated on the large hole of a box grater
1 tsp salt
1/2 tsp black pepper (I used 1/4 tsp)
2 tbsp butter (I used olive oil)

In a large bowl, gently mix everything except the butter. Over medium-high heat, heat the butter in a large frying pan until it is foaming. (A nonstick pan is good for this purpose, but cast iron can work well, too.)


Working in batches if necessary, and adding more butter as needed, use a large spoon or measuring cup to place a scoop of the rice mixture in the pan. Press down with the back of a spatula to form a patty. Cook 3 to 4 minutes, or until golden and crisp on the bottom. Gently flip patty and cook another 3 minutes or until golden. Keep warm on a paper-towel-covered plate or pan in a warm oven. 

Naomi Danis is managing editor of Lilith magazine—independent, Jewish, and frankly feminist. Her most recent children's book is It's Tot Shabbat.

Bring sturdy bags to carry your share home!

Kimchi

2 lb head napa cabbage
1/2 cup kosher salt
12 cups cold water, plus more as needed
8 oz daikon radish, peeled, cut into 2-inch matchsticks
4 medium scallions, cut into 1-inch pieces (use all parts)
1/3 cup Korean red pepper powder
1/4 cup peeled and minced fresh ginger (from 2-oz piece)
1 1/2 tsp granulated sugar
1 tbsp minced garlic cloves (from 6 to 8 medium cloves)
1/4 cup fish sauce (optional)
2 tsp Korean salted shrimp, minced, or anchovies (opt'l)
Cut cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end. Place in large bowl, sprinkle with salt, and toss with hands until cabbage is coated. Add enough cold water to just cover (about 12 cups), making sure cabbage is submerged. Cover with plastic wrap or a baking sheet and let sit at room temperature at least 12 hours and up to 24 hours. Place a colander in sink, drain cabbage, and rinse with cold water. Gently squeeze out excess liquid, transfer to a medium bowl; set aside.

Place remaining ingredients in a large bowl and stir to combine. Add cabbage and toss with hands until evenly combined and cabbage is thoroughly coated with mixture. Pack tightly into a clean 2-quart glass jar with a tight-fitting lid and seal the jar. Let sit in a cool dark place for 24 hours (the mixture may bubble). Open the jar to let the gases escape, then reseal and refrigerate at least 48 hours before eating (kimchi is best after fermenting about 1 week). Refrigerate for up to 1 month. 

Rona Bigam enjoys preparing interesting new foods for family and friends, and likes to explore new ideas in healthy eating.

10/28 What's in the Box:

**Baby Red Kale, Baby Spinach or Arugula,
Nicola Potato, Lettuce, Broccoli,
Watermelon Radish, Cauliflower or
Chinese Broccoli, Green Cabbage**

FRUIT: Bosc Pears

Apples: Cameo, Empire, Red Delicious


(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 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! 

VEGETABLE POLENTA

Serves 6 | Adapted from Isa Chandra Moskowitz, "Appetite for Reduction"

4 cups vegetable broth or water
½ tsp salt + more to taste
1 cup corn grits (polenta)
4 cups very well-chopped vegetables: broccoli stems + stalks, spinach, cauliflower, kale – use just one or a combo

In a 2-quart saucepan, bring water / stock and salt to a boil. Add the polenta in a slow, steady stream, whisking constantly as you pour it in. Add the broccoli and/or other vegetables and turn the head down low. Cook for 15 minutes, stirring often. Turn off the heat and cover, and let sit for 20 minutes, stirring occasionally. Serve hot.

GOLDEN EARTHWORM'S NOTES:

As we near the end of our harvest season, you can really feel the shift from our more delicate spring and vibrant summer shares to a much more robust harvest. These vegetables beg to be roasted or turned into soups. Your farmers have balanced out these heavier crops nicely this week with some baby greens and velvety lettuces for your salads.

CROP NOTES:

Cauliflower heads don't all mature at the same time, so we harvest them as they are ready. This means that everyone will receive a beautiful head of cauliflower some time over the next few weeks.

You may notice a few holes in your **watermelon radishes**. These are cosmetic, and were due to minor insect damage earlier in the season. You can remove them by cutting them out with a sharp knife.

Please share your extra plastic bags to wrap wet vegetables and fruit.