



TUV HASHAVUA

BEST OF THE WEEK

It's Hot! Heat-Coping Cooking Tips

Brian Gardner Hoashi, Member, Tuv Ha'Aretz CSA

MANY THANKS TO OUR VOLUNTEERS !

8/11 [Week #12 – B]

5-8pm Pick-up

Alison Hartwell

Carrie Leifer

Sue Finkelstein

1pm Truck Unloading

Jessica Keane

Ariela Fryman +1

8pm Unclaimed Shares

Jessica Pace

8/18 [Week #13 – A]

5-8pm Pick-up

**Angelita Alvarado-
Santos**

Ruth Dominguez

Rachael Janowitz

Joan Ferng

1pm Truck Unloading

Marci Birnbaum

Alexa Weitzman

Jessica Keane

8pm Unclaimed Shares

David Snyder

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

I know it's the height of summer; the wife has been ordering me outside to fire up the grill more often.

That's a major tip for keeping cool and still executing a "hot meal" style of cooking – heat-exuding preparations should be done outside, as much as possible – anything to keep the heat from accumulating inside the home. There are many recipes for crock-pot and toaster-oven cooking outside or in the garage during hot months. Heat-radiating appliances are taken out to the terrace so often that I had the superintendent repair the electrical outlet there (so I can stop running extension cords out the bedroom window). It's like going back to the days of old-school outdoor kitchens, which were built to avoid heat and fire hazards in the main house.

If baking or cooking indoors is necessary, we try to do it late in the day – I know it's cooler in the morning, but using the oven or stove in the morning will heat up the house for the whole day. Of course, if you are leaving the house anyway to go to work or do errands, then morning is the intuitive time to do the baking, and you can let the house cool while you are gone.

We also try to "gang up" the heat-requiring applications – so if I am baking loaves of bread, we'll bake extras to give away or freeze, or also bake cakes or pies or potatoes at the same time. If boiling beets for borscht, also cook up a batch of noodles in a separate pot simultaneously for cold sesame noodles for another meal. We've observed it will cool down faster if you use all four burners for a shorter time, than for one pot to boil four times longer.

Or, instead of an oven or a stove, use a microwave – it generates much less heat and humidity, and for things like corn-on-the-cob or for blanching, it means you don't need to heat up a big pot of water. For corn – put the unhusked cobs (up to six at a time) onto the floor of the rotating microwave tray and cook on high for five minutes. Flip them over and move them around to different positions, and cook another 3 to 5 minutes. Allow the ears to steam and to cool enough to handle and shuck them – the silks come off with the husks and the stalk is easy to snap off.

To blanch vegetables – get Mom's Pyrex or Corningware (with a lid!), place washed vegetables and a bit of water (approximately a half-cup), place lid, microwave for 3 to 5 minutes, stir and cook more if necessary. Be sure to have a bowl of cold water for the vegetables to be dumped into, to cool them down and preserve the bright color. While you're at it, do all your prep at the same time – sweat once, enjoy the fruits of your labors multiple times!

Salads are a summer no-brainer – we wash and dry salad greens, leaves torn to size, and leave them covered in the fridge, so we have them at the ready for a cold meal. We also have vegetables, cheeses, and meats chilled in the fridge to be added to the leaves – an instant timesaving diner-style chef's salad, or as a base for a restaurant-type of dinner salad with leftovers.

Salad Nicoise is a great favorite – potatoes, string beans, tomatoes ... anything you have on hand and prepared. Add a can of good oil-packed tuna – we use the oil to prepare a vinaigrette – and some hard-boiled eggs and olives. Whether beautifully arranged on plates or tossed together in a bowl or platter, this dish is company-worthy and the hot prep can be done entirely in advance,

so that everything is chilled by mealtime.

Texture is really important in hot weather, and a slaw of different (but not too many at once) herbs and vegetables can be really helpful in battling perceptions of mugginess. For some, chopping is a very enjoyable task; if not, it may be a good time to finally take those knife-skills lessons ... and if you use a food processor, be sure to learn how to shred, grate, slice, or puree

I did a spur-of-the-moment mash-up yesterday with quinoa and sautéed chopped veggies (CSA zukes, carrots, onions, garlic, celery, peapods, canned sliced water chestnuts--The Hub loves them), mixed up with fish sauce, Liquid Aminos, parsley, chopped ginger, cilantro & chopped walnuts. It was great but so messy to prepare. I know I should be using a food processor, but chopping veg by hand is so... Zen...

*-- Judith Mermelstein
Member, Tuv Ha'Aretz CSA*

properly to achieve the right textures – some users are disappointed that the vegetables don't come out as expected.

It's best to go for crisp, green, and crunchy. Appearance helps with the perception of coolness, and huge masses of fluffy cilantro, mint, or parsley leaves tossed with a crunchy colorful salad can elicit exclamations of, "Wow, so refreshing!" from diners

and Facebook followers, alike.

Other hot weather classics include cold soups such as the array of gazpachos made of tomatoes, bread, almonds, watermelon, etc. Cold fruit soups are also very refreshing, but they shouldn't be too sweet or you'll feel hotter ... unless you plan on a dessert soup like chilled papaya and mint soup, or turn a fruit soup into a sorbet or slushy. And the classic cold borscht – made with or without dairy – is a big family favorite.

Think about following cultures with experience in hot-weather eating – pico de gallo and guacamole; chilled pasta salads; snack bites and pintxos (rather than one big meal); ceviche or poke salads or any manner of tartares or carpaccios; Vietnamese style summer rolls wrapped in rice paper and tender crunchy butter lettuces; or Japanese somen noodles (which the wife's mother serves with ice cubes in the bowl) with a tart or spicy dipping sauce; piquant relishes in cold sandwiches, salads, toasts, etc.

And finally – arrange to eat *al fresco* in a breezy shaded spot when possible. Use a bug zapper to limit bug-bites, and use a cooler packed with ice for cold drinks. It's cooler, social, romantic, and fun – especially since the venue is so very seasonal.

Between no-heat cooking and relegating any heat-required cooking outdoors, you can creatively and deliciously survive the dog-days of summer!

Brian Gardner Hoashi is from New Zealand, where his mother still lives and gardens. He took her green thumb for granted growing up, and is relieved that the CSA does almost as well as she did in providing vegetables and fruit!

WHAT'S IN THE BOX??

Cipollini Onions, Green Bell Pepper, Swiss Chard, Red Potatoes, Cherry Tomatoes, Watermelon, Red Tomatoes

FRUIT: Peaches, Donut Peaches

MANISCHEWITZ + FRUIT SLUSHIES | Serves 4
Frozen treats for hot days! By Amy Kritzer, whatjewwannaeat.com

750 ml bottle Manischewitz (Concord Grape)
2 c frozen berries or other fruit (*diced peaches are great*)
½ c basil leaves, plus more for garnish (*or other herb*)

In a blender or a food processor, blend the wine and berries until smooth. Add basil leaves and blend again. Pass through a large strainer into a wide, shallow freezable container. Freeze for at least one hour, and then scrape apart with a spoon or sturdy fork. Serve in wine glasses with fruit garnishes and more basil.

BERT'S & BRIAN'S COLD POTATO SALAD

Bert Greene, Greene on Greens | Serves 8-12

1 large green pepper, diced
2 medium tomatoes, diced
6 sweet gherkin pickles, diced
1 small sweet onion (red or white), or 1 large shallot, or cipollini onion, minced
1 quart new potatoes, cooked (boiled or microwaved in a covered container with water to steam), cooled, and coarsely diced
salt and pepper, to taste

SAUCE

1 cup combination of any: mayonnaise, sour cream, Greek yogurt
1 bunch dill fronds, roughly chopped
1 tbsp sweet pickle brine / juice
2 tsp seasoned salt or powdered bouillon

In a large bowl, make the sauce by whisking all ingredients together till well blended. Add all vegetables to the sauce and toss together well. Season to taste with salt and pepper. Refrigerate till serving time.

Do your work-out with the TRUCK UNLOADING mid-day volunteer shift!

We need volunteers for August, September, and beyond. This is a wonderful shift for those who want a mid-day volunteer task: it is from 1-2pm on Tuesdays.

You'll have to sign up for 4 weeks, however they need not be in a row. Thank you for fulfilling your mandatory commitment!

Questions? Please contact Alexa
alexaweitzman@gmail.com

DRIVERS WANTED!

We are still in need of a few additional volunteers for some unclaimed shares delivery slots:

09/01 (A-week) and 10/27 (A-week)

If you have access to a car, please email me directly with the date(s) you can help:

IWARCH @GMAIL.COM

Even if you have already fulfilled your volunteer requirement by doing another task, you can still take one of these shifts. All volunteers are greatly appreciated!