



Tuv Ha'aretz CSA at the Forest Hills Jewish Center

Newsletters Online: groups.yahoo.com/group/TuvForAllFHJC - in "Files > 1_2013"Season"

TUV HASHAVUA: Best of the Week

Let's Compost! Tips from a Long-time Composter *by Rebecca Spilke*

Composting is a great way to reduce waste and turn "garbage" into rich soil. As you know, our CSA provides the opportunity to drop off our compost (scraps of vegetables, breads, fruits, paper and more) every week and we even have compost volunteers who make sure there are good ratios of "greens" (items like cucumber peel) to "browns" (items like shredded newspaper). But sometimes composting feels like just "one more thing" on the to-do list.

I grew up in a home where composting was just part of what we did on a daily basis, so it became routine. We had a compost pile in the backyard where grass clippings and food scraps were collected and then turned with a shovel every few weeks. After a few months, the pile became concentrated, rich and a great source of nutrient-dense soil, which was added to the garden for the following planting season. But as an adult, I have been inconsistent and have not always been an active composter.

Sometimes when you move, things can change. In our new apartment, we have a terrace and we finally have a dedicated place for our own outdoor compost, so I can stop putting small bags of compost in the freezer and schlepping it to the Tuv Ha'aretz CSA on Tuesdays and the Forest Hills Farmer's market on Sundays.

We got the Earth Machine! It is a very popular compost bin, made in Canada, which has a conical shape with a top that twists on and off and has many holes for aeration. It has a harvest door at the bottom to remove your completed compost and put it into your garden, as soil. It is a super-sonic composter and is available from their website www.earthmachine.com or at a reduced cost from the Queens Botanical Garden for NYC residents.

Another easy option is an indoor worm-bin, also available at a reduced cost at the Queens Botanical Garden. The worm bin is a great way to compost indoors. Put in underneath your sink or next to your garbage can, it is basically a large Tupperware with worms that turns your kitchen scraps quickly into soil. There are many resources on-line and you can make an appointment to stop by the Queens Botanical Garden for in-person suggestions or contact them at compost@queensbotanical.org or 718.539.5296.

NYC Recycles also has a whole bunch of educational materials that you can use for your children, grandchildren, friends, neighbors or students which can be found at: www.nyc.gov/html/nycwasteless/html/resources/inks_compost_educators.shtml

Get everyone in your household or even your building involved. My

Tuv Ha'aretz FHJC CSA member Rebecca Spilke is an environmentalist, parent and an organizational consultant. She was part of the first Hazon CSA on the upper west side in 2003.



August 13, 2013 | 7 Elul, 5773

THANK YOU TO OUR VOLUNTEERS

8/13 Pick-up [A Week]

Rhonda Klein
Philip Gimber
Jim Sun

Food Bank Delivery:

Marta Blyth
8/20 Pick-up [B Week]

Sara Paige
Jenna Dix
Silvett Garcia

Food Bank Delivery:

Volunteer Needed!

COMPOSTING AT OUR CSA

The Tuv Ha'aretz CSA, through the cooperation of the FHJC, maintains two composting bins in the alley behind the Center.

The key to good composting is balance. Organic material ("greens") must be balanced with the right proportion of materials high in carbon ("browns") – leaves and shredded paper, for example. This ensures that the proper microbial activity is occurring and that any byproducts, like foul odor, are minimized (a properly maintained compost should not be very smelly). The end result is a nutrient-rich material that provides a wonderful supplement to garden soil.

As of right now, our compost production level is very low. If members can bring more organic waste in at pickup time, we can produce much more.

We have a need for "browns," especially for the days when carrots arrive and there are an abundance of carrot tops to add.

TUV HA'ARETZ CSA at the Forest Hills Jewish Center
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WEBSITES:

- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org
- **Golden Earthworm:** www.goldenearthworm.squarespace.com
- **Facebook:** www.facebook.com/tuvFHJC
- **Yahoo Listserv:** groups.yahoo.com/group/TuvForAllFHJC
- **Twitter:** twitter.com/#!/tuvfhjc



[A] WHAT'S IN THE BOX?

- Yellow Baby Watermelon
- Yellow or Red Potatoes
- Baby Leeks
- Red Beets
- Cucumbers
- Tomatoes

FRUIT SHARE

- Yellow Peaches
- Donut Peaches

HERB SHARE

- Lemon Thyme
- Rosemary

3 year-old daughter already knows where to put the apple core when she's done eating the apple, and she even found a novel use for the composter as a place to hide and play, with her friend Alan and her brother, for the few days it remained empty. Now, she helps me with pleasure as we drop in the compost we've collected from the previous day.

And if you are looking for a really special book about composting for pre-school and elementary school-aged children, Reba Linker, a Forest Hills resident and a graduate of the NYC Master Composting training course, wrote and illustrated a beautiful book. *The Compost Heroes* tells of the art of composting and the sacredness of the earth, from the point of view of the animals all around us. I encourage you to visit www.rebalinker.com/the_compost_heroes to find out more!



Ikarian Potato Salad with Cucumbers | Serves 6

Diane Kochilas, foodandwine.com

- 1 lb potatoes, sliced 1/3-inch thick
- 1/2 cup extra-virgin olive oil
- 3 tbsp red wine vinegar
- 1 lb tomatoes, chopped
- 1/4 lb purslane or arugula or watercress, chopped
- 1 large cucumber, peeled, halved, seeded, cut into half-moons
- 1 medium red onion or 2-3 baby leeks, thinly sliced
- 1 jalapeño, seeded, minced
- 1 cup chopped herbs: parsley, mint, thyme, savory, etc.

Bring a medium saucepan of salted water to a boil. Add the potatoes and cook until tender, about 12 minutes. Drain and cool.

In a small bowl, combine the olive oil and vinegar and season with salt. Break the potato slices into quarters and spread on the bottom of a large, shallow bowl. Season with 3 tbsp of the dressing and salt. Arrange the other vegetables over in layers, in the order listed. Just before serving, pour the remaining dressing over the salad and toss well.

Chlodnik

Barbara Rolek, about.com | Serves 4

- 1 lb cooked sliced beets
- 1 cup buttermilk
- 1/4 cup sour cream
- 1 cucumber, peeled, chopped
- 1 hard-boiled egg, peeled, chopped
- 1 tbsp chives
- Salt, to taste

Place beets in bowl of a food processor and whirl until smooth. Add remaining ingredients and puree until velvety. Adjust seasonings. Chill. Serve in a chilled martini or iced-tea glass garnished with a cucumber slice and chives, if desired.

Nava Goldstein helps the author (her mother) to compost kitchen scraps by placing them in the family's Earth Machine.



GARLIC PICK-UP

For those who ordered extra Garlic Shares: you must pick up the first share NEXT WEEK, 8/20 Tuesday (regardless of your A/B week assignment schedule).