



The Tuv Ha'aretz CSA at the Forest Hills Jewish Center

August 14, 2012 | 26 Av, 5772

Online: groups.yahoo.com/group/TuvForAllFHJC – in "Files > 2012 Season"

TUV HASHAVUA — BEST OF THE WEEK

THANK YOU TO OUR VOLUNTEERS!

THIS WEEK:

Mindy Weinblatt
Emily Bould
Barbara Cooper

FOOD BANK DELIVERY:
Judy Trupin

NEXT WEEK:

Reut Ben-Zeev
Stephanie Smith
Raymond
Kimmelman-Devries

FOOD BANK DELIVERY:
Than Hansen

TOMATO SHARES



- **Already placed your order? Pick it up tonight.**
- **To reserve a Tomato Share, email the farm directly at info@goldenearthworm.com with your name, our site (Tuv Ha'aretz Forest Hills), and that you will pick it up next week.**
- **\$35 for a 20 lb box of plum tomatoes**
- **Orders accepted on a first-come, first-served basis**
- **Golden Earthworm will invoice members directly through [paypal.com](https://www.paypal.com)**

A Kosher Food Allergy Journey, by Tamar Warga

Jews are no strangers to dietary restrictions. The laws of kashrut govern what we can and cannot eat. When food allergies are introduced into an already restricted diet, the task can seem insurmountable. I know that's how I felt when my identical twins were diagnosed with food allergies while I was nursing them. They were reacting to allergens in my diet. Knowing the enormous benefits of breastfeeding, I was committed to nursing them and had to radically alter my own diet. My breastfeeding diet omitted dairy, soy, wheat and all other grains, tree nuts, and peanuts. My diet consisted of rice, corn, chicken, meat, vegetables, fruit, and chocolate.

Changing my diet had an immediate effect on my babies' health. They were happier, more comfortable, and their skin was clear and itch free. At the suggestion of their gastroenterologist, I supplemented with a medical formula called Neocate (dairy and soyfree). The twins began to thrive.

An additional challenge of food allergies in our circumstance was navigating Jewish communal and family celebrations. Food is a big part of Jewish culture. We eat to celebrate life cycle events like a bris, kiddush, bar/bat mitzvah, or wedding. We eat to celebrate Shabbat and Holidays. When prepared with love and eaten in moderation, food truly can elevate these milestones in Jewish life. How could I rise to the challenge of keeping my food allergic children safe while not isolating them from their rich Jewish culture? My mission was to raise happy, well-adjusted children who just happen to have food allergies. They should never feel that their allergies hold them back from anything they want to accomplish. They could not eat the birthday cakes that classmates often shared but I always made sure that they had extra special allowable treats for those occasions. In fact, often their peers would remark that they wanted those special treats instead of the birthday cake.

Learning how to navigate simchas and Jewish Holidays, I adapted and created new recipes: eggless challah for Shabbat, wheat-free birthday cakes, eggless latkes for Hanukkah, and nut-free *charoses* for Pesach. I reflected on how difficult it was for me at first and how much easier the situation had become. Through trial and error I had learned a few tips in the trenches. It was in those trenches that "A Taste of Freedom" (Passover cookbook free of wheat, eggs, nuts, dairy, and fish) was born. It is not the latest gourmet cookbook with gorgeous food photography. It is a simple collection of valuable recipes, tips, resources, and substitutions. I've received such heartwarming feedback from people that felt that the cookbook was truly liberating. They could enjoy the holidays with their families knowing their food allergic loved ones had something delicious to eat, too.

The journey isn't over yet, my next project is making the twins' food allergy friendly bar mitzvah this Fall. The boys are absolutely thriving. They have never felt that their food allergies held them back in any way. "Living with food allergies is manageable" is still my mantra!

Tamar Warga recently launched a website and blog created for the kosher keeping food allergic community, kosherfoodallergies.blogspot.com. The site includes resources for label reading, avoiding specific allergens, feeding allergic children, school / camp food allergy management, interviews with leading allergists, kosher dining tips, and even a kosher food allergy friendly restaurant directory.

THIS WEEK'S BOX:

Green Beans
Arugula
Long Green Peppers
Red Tomatoes
Orange Watermelon
Cherry Tomatoes

FRUIT SHARE:

Peaches
Nectarines

Watermelon and Manchego Stack with Arugula Pesto

Jess Kapadia
foodrepublic.com / serves 2

2 bunches fresh arugula, rinsed, dried
1 clove garlic
1 small handful walnuts
1 tbsp lemon juice
½ cup olive oil, more if needed
salt and pepper, to taste
3 inch thick slices watermelon
2 thick slices manchego, about ¼ lb total

Combine the arugula, garlic, walnuts, lemon juice and half the olive oil in a blender. Pulse lightly until blended, then drizzle in olive oil and continue to pulse until blended but not completely smooth. Season to taste with salt and pepper and set aside. Trim the edges off the watermelon rounds to make ...

... continued →

FEATURED RECIPES:

Quinoa Salad with Tomatoes, Cucumbers, Peppers, and Arugula

www.kitchendaily.com / serves 4

QUINOA:

1 tbsp extra virgin olive oil
1 shallot, finely chopped
1 garlic clove, finely chopped
2 cups uncooked quinoa
2 cups chicken stock or vegetable stock

Over medium-high flame, heat olive oil and shallot, sauté for 2 minutes. Add the garlic and cook for 2 minutes. Add the quinoa and stir to coat with the shallot and garlic, then add stock and bring to a boil. Reduce the heat and simmer gently for about 15 minutes, or until the quinoa is tender but not mushy.

Transfer the quinoa to a baking sheet to cool. Once cool, fluff the quinoa with a fork and reserve.

VINAIGRETTE:

1 tbsp finely diced shallot
1 tbsp red wine vinegar
2 tbsp extra virgin olive oil
2 tbsp chopped fresh flat leaf parsley
Salt and freshly ground black pepper

Place the shallots and vinegar in a medium bowl. While whisking, slowly drizzle in the olive oil. Add the parsley and season the vinaigrette with salt and pepper to taste.

SALAD:

1/2 cup cherry tomatoes, halved
1/2 cup cucumber, peeled, seeded, finely diced
1/4 cup diced red bell pepper, or other pepper
1 cup baby arugula

Toss the cooled quinoa, tomatoes, cucumbers, bell peppers, and arugula in a large bowl with enough of the vinaigrette to lightly coat. Season the salad to taste with salt and pepper. Spoon the salad onto 4 plates and serve immediately.



→ Watermelon and Manchego Stack with Arugula Pesto

... squares or triangles. Trim the cheese to cover the watermelon pieces.

Plate as follows, from the bottom: watermelon, manchego, pesto, repeat. Smear a little extra pesto on the plate before serving.



Tuv Ha' Aretz at the Forest Hills Jewish Center

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Our Websites:

FHJC: www.fhjc.org

Hazon: www.hazon.org

Facebook: www.facebook.com/tuvFHJC

Yahoo Listserv: groups.yahoo.com/group/TuvForAllFHJC (NB: Tuv's newsletters archived here)

Golden Earthworm newsletter: www.goldenearthworm.com/newsletters

Twitter: twitter.com/#!/tuvfhjc