



TUV HASHAVUA: Best of the Week

Creating Fresh Recipes: An Interview with *Recipes for Health* writer Martha Rose Shulman by Nicole Siegel

Martha Rose Shulman is an award-winning cookbook writer and columnist for *The New York Times*. Her "Recipes for Health" column in *The Times* is one of my frequent destinations when I'm looking for new things to make. She also has a strong focus on local and fresh produce. I've contacted Martha to ask her some questions on her column, creating recipes, and focusing on fresh produce.

You write recipes often and also have many cookbooks published, what's your creative process for new recipes?

It usually involves researching different cuisines. For example, this week I've got a lot of cucumbers in my garden so I'm looking at recipes from Greece and Turkey, India and Southeast Asia. I'll also look at what other cooks I admire do with the produce and look back at my own work to see what I've done in the past. Then I get in the kitchen and start cooking. Sometimes I'll just get an idea and begin in the kitchen, playing around with an ingredient.

How do you draw inspiration from local produce?

That's not difficult, because local produce is always at its best when it gets to the farmers market. For example, if I haven't done anything on stone fruits in a while and it's mid-summer, with gorgeous plums, pluots and peaches in the market, that's what I'll get. Some weeks I know what I want to write about for *Recipes for Health*, other weeks I let the market and the listings on CSA websites inspire me.

Being CSA members, we are at the mercy of what is picked fresh that day. Any advice on quick approaches for cooking new or unusual vegetables?

If it's in a CSA basket and you don't have a vendor to talk to, I would go to the farm website and see what they suggest. That's sort of like talking to a vendor at a market. Otherwise, the Internet is a great resource.

What is your favorite produce that you just can't wait for its season to come around?

Tomatoes, without a doubt, because they're only good when they're in season. Summer fruit is a close second - cherries, peaches, plums, really good melons. And in the spring, fava beans.

In our CSA, we have a "swap box" for people to put vegetables in that they don't use and others can swap for them. Any vegetables that you feel are under-appreciated that we should all keep and try?

I would always try unusual greens, such as amaranth or sorrel. Also,

Nicole Siegel has been a member of the Tuv Ha'aretz CSA since it began several years ago. She works at the New York Times (not as a writer) and lives in Forest Hills with her husband and two children. She enjoys browsing cookbooks and searching online for new (and especially simple) recipes.

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THANK YOU TO OUR VOLUNTEERS

8/20 Pick-up [B Week]

Sara Paige
Jenna Dix
Silvett Garcia
Food Bank Delivery:
TJ Luma

8/27 Pick-up [A Week]

Rhonda Klein
Philip Kimber
Jim Sun
Food Bank Delivery:
Marta Blyth



GARLIC PICKUP THIS WEEK!

For ALL members, regardless of A/B pick-up designation.
Stay tuned for the next garlic pickup.

PLEASE BRING YOUR EXTRA PLASTIC BAGS TO PICK-UP

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

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



[B] WHAT'S IN THE BOX?**Acorn Squash and/or Sweet
Dumpling Squash****Green Bell Peppers****Scallions****Fennel****Cucumbers****Green Beans****Tomatoes****FRUIT SHARE**

Peaches

Donut Peaches

Apples

HERB SHARE

Lemon

Verbena

Marjoram

For more information and recipes, you can refer to Martha's website or the Recipes for Health section on NYTimes.com:

www.martha-rose-shulman.com/topics.nytimes.com/top/news/health/series/recipes_for_health/index.html?ref=health

**Roasted Dumpling
Squash & Fennel**

Winnie Abramson, ehow.com

"Sweet dumplings" are ready throughout the fall. They are a small variety of winter squash that are perfect for roasting! This method of cooking is very easy and brings out their wonderful, sweet flavor. If you can't find sweet dumpling squashes, you can use any kind of winter squash in this recipe. Sweet dumpling squashes are pretty small, though, so adjust the amount if using a larger squash or pumpkin.

2 sweet dumpling squash, top trimmed off, peeled, seeded and chopped

2 bulbs fennel, trimmed, chopped

A small handful of fresh rosemary leaves

Coarse sea salt

Fresh ground black pepper

Extra-virgin olive oil

Preheat oven to 400°F. Arrange chopped squash and fennel on a foil-lined baking sheet.

Sprinkle rosemary leaves, sea salt, and pepper over the vegetables, then drizzle liberally with olive oil. Roast for about 25 minutes, or until the vegetables are very tender and starting to brown. Allow to cool. Drizzle with a little more olive oil and sprinkle with additional salt before serving if desired. Serve warm or chilled.

Serves 6 to 8.

Cold Sesame Noodles

Martha Rose Shulman, nytimes.com

DRESSING

3 tbsp tahini (a runny variety)

1 tbsp soy sauce

2 tbsp rice wine vinegar

2 tsp hot red pepper oil, to taste

Pinch of cayenne (optional)

2 tsp finely minced fresh ginger or 1 tsp ginger juice (see below)

Salt and pepper, to taste

1 tbsp sesame oil

1/4 cup vegetable or chicken broth or water (more to taste)

Ginger Juice: grate a 1" piece of ginger. Wrap in a piece of cheesecloth, wring out so that the juice is squeezed through the cheesecloth into the bowl. Whisk together all of the ingredients for the dressing. Taste and adjust seasoning.

SALAD

3/4 lb udon or soba noodles

1 tbsp dark sesame oil

1 bell pepper, cut in thin 2" strips

1/2 cucumber, cut in 2" julienne

1 medium-size ripe tomato, diced

1 cup chopped cilantro

1/4 cup chopped scallions

1 tbsp black sesame seeds

To cook wheat udon and soba the Japanese way: Bring 4 quarts of water to a boil in a large pot. Add the noodles gradually, so that the water remains at a boil, and stir once with a long-handled spoon or pasta fork so that they don't stick together. Wait for the water to come back up to a rolling boil — it will bubble up, so don't fill the pot all the way — and add 1 cup of cold water. Allow the water to come back to a rolling boil, and add another cup of cold water. Allow the water to come to a boil one more time, and add a third cup of water. When the water comes to a boil again, the noodles should be cooked through. Drain and toss with 1 tablespoon sesame oil.

Combine the noodles, pepper, cucumber, tomato, cilantro, chives or scallions and black sesame seeds in a large bowl. Toss with the dressing and serve. Serves 6.

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most people shun okra because of the slime factor. But there are ways to work with it (I did a column on it last year ~ cut the stem away but not the very end, salt it and toss with vinegar and let sit for 15-30 minutes, then rinse) that all but eliminate the slime, and if the okra is really fresh and small, it's a terrific vegetable.

Any 'words of wisdom' on cooking fresh vegetables?

Don't overcook but don't undercook either; use salt ~ it's an important seasoning that really brings out the flavor of vegetables.

If you have a big box of greens and are not sure what to do with them, when you get them stem, wash and blanch or steam, squeeze out excess water and freeze. Then the greens won't wilt on you before you get around to using them.

If you have an overabundance of tomatoes, make sauce and freeze in 1-portion packets (about 1/4 cup per serving of pasta).

Consider beets as two vegetables in one; the greens are terrific, as are the bulbs. Roast the beets and use them in salads all winter long

