



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

August 21, 2012 | 3 Elul, 5772

See this newsletter online: groups.yahoo.com/group/TuvForAllFHJC – in "Files > 2012 Season"

TUV HASHAVUA — BEST OF THE WEEK

THANK YOU TO OUR VOLUNTEERS!

THIS WEEK:

Reut Ben-Zeev
Raymond
Kimmelman-Devries
Stephanie Smith

FOOD BANK DELIVERY:
David Ford
Judy Trupin

NEXT WEEK:

Judy Gostl
Steven Ovadia
Marcia Patterson
CAYUGA
Diane Hammerman

FOOD BANK DELIVERY:
Than Hansen



LET US EAT LOCAL!
justfood.org/events



10/3 in NYC, the
Altman Building
Pie contest, too!

Beets, by Naomi Danis

"Nobody likes beets, Dwight. You should grow something everybody does like. You should grow candy." – Michael Scott (*The Office*)

I know not everyone is enthusiastic about beets, but I recently fell in love with a raw beet salad, which called out to me from the pages of *Whole Living* magazine. To me the salad is so delicious I could eat it every day, and spectacular enough to assemble as a contribution at a festive picnic or pot luck.

Simply: Peel (with a potato peeler) and grate two beets. Slice two each: celery stalks, cucumbers and scallions, and mix together. This is the base of the salad, which can be stored, covered in the refrigerator, for a couple of days. When ready to eat, scoop the beet mixture onto a bed of arugula, top with cubed avocado, lightly toasted sunflower seeds, and a dressing of lemon juice, olive oil and salt. The original recipe is here:

<http://www.wholeliving.com/176595/beet-avocado-and-arugula-salad-sunflower-seeds>

Looking for what else I could tell you about beets, I found this: *"Do you love them? Do you hate them? Either way, we think you should eat them. Beets are one of the treasures of the vegetable world, and you shouldn't let those canned jellied beets put you off ... Beets are round, hard, red little balls of vegetable that grow under the ground, and they come out all wet and spotted with dirt. They taste a little like dirt, too — but in the nicest way: sweet, mellow, and earthy like the dampness of garden after a thunderstorm ..."* From:

<http://www.thekitchn.com/all-about-beets-97160>

Interestingly on Passover, probably because of how it bleeds its redness, some vegetarians use a beet instead of a roasted shank bone on their seder plate to symbolize the ancient Passover sacrifice. I learned that Cynthia Baker of the Department of Near Eastern Studies at Cornell University offered a different explanation:

"What is the meaning of the beet? It is here to remind us of an incident that occurred in 1945, when women slave laborers in Buchenwald concentration camp changed a negative definition to a positive one. 'It hit me suddenly that the Haggadah could have been written for us. If I only changed the tense from past to present, it was written about us ... At this time, the scene in the barracks was bad, there was really fighting, cursing, and yelling ... so when I asked the women to be quiet it was like a miracle, this absolute silence in the barracks. I started the seder by asking, why is this night different. And I said that every night we quarrel and we fight and tonight we remember. There were close to a thousand women there. I picked up the slice of sugar beet and I said, this is the bread of our suffering ... And then we made a vow that if we survived, a beet was going to be on our seder table.'"

http://www.myviewishlearning.com/holidays/Jewish_Holidays/Passover/The_Seder/Seder_Plate_and_Table/Vegetarian_Shankbone.shtml

And finally, here is the next beet recipe I am going to try – and perhaps I will make it on Passover – Cauliflower Parsnip Soup with Beet Crisps, summarized here: In 2 tbsp of oil, sauté, but do not brown, one sliced leek, two peeled sliced parsnips and the separated florets of half a small cauliflower. Add water to cover and salt and white pepper to taste. When all ingredients are cooked and soft, blend. To prepare beet crisps, peel one beet and then slice thinly crosswise, and deep fry the beet circles for less than a minute a few at a time in a small saucepan with sufficient oil. Drain. Serve soup hot with crisps as garnish. More details here:

<http://www.chow.com/recipes/10850-cauliflower-parship-soup-with-beet-crisps>

I hope you'll enjoy, too.

Naomi Danis is the managing editor of Lilith magazine, independent, Jewish & frankly feminist (www.Lilith.org) and the author of It's Tot Shabbat, Splish-Splash and Walk With Me. She is an avid composter, cultivates perennial red and black currants, blueberries, asparagus and rhubarb in her garden, and is working on having her Ascan Avenue front lawn be taken over by wild strawberries. She thanks the FHJC Tuv Haaretz CSA for introducing her to swiss chard, which she grows now, too.

THIS WEEK'S BOX:

Green Beans
Sungold Cherry Tomatoes
Spaghetti Squash
Yellow Onions
Chioggia Beets
Red Tomatoes
Basil

FRUIT SHARE:
Peaches
Ginger Gold Apples

HERB SHARE:
Oregano
Parsley

Oven-Roasted Cherry Tomatoes

smittenkitchen.com

Cherry, grape, pear, or small Roma tomatoes

Whole gloves of garlic, unpeeled

Olive oil

Herbs, such as thyme or rosemary (optional)

Heat oven to 225°F. Halve each cherry or grape tomato crosswise, or halve each Roma (plum) tomato lengthwise, and arrange cut-side-up on a parchment-lined baking sheet, along with the cloves of garlic. Drizzle with olive oil, just enough to make the tomatoes glisten ...

... continued →

Tuv Ha'Aretz at the Forest Hills Jewish Center

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FEATURED RECIPES:

Vegetarian Salade Nicoise *Ian Pasquer, nytimes.com / Serves 4*

2 to 4 baby potatoes
3 cloves garlic
5 whole black peppercorns
1 bay leaf
1 tsp dried thyme
5 tbsp, plus 1 tsp sea salt
2 large eggs
1/4 lb green beans, trimmed
1 1/2 large or two medium tomatoes
1 heart of romaine lettuce, torn into bite-size pieces
2 cups arugula
3 cups baby greens
12 niçoise olives, pitted

In a medium saucepan, combine potatoes, garlic, peppercorns, bay leaf, thyme and one tablespoon of the sea salt. Cover with cold water. Place over high heat to bring to a boil, then reduce heat to low and simmer until tender, 8 to 10 minutes. Turn off heat and let stand in saucepan; do not drain.

While the potatoes are simmering, place the eggs and two tbsp salt in a saucepan. Cover with cold water. Place over high heat to bring to a boil, and then reduce heat to low and simmer for 10 minutes. Turn off heat and let stand in saucepan; do not drain.

In a mixing bowl, combine 3 cups water and 1 cup ice cubes; set aside. In a small saucepan, combine 3 cups of water and 2 tablespoons salt. Bring to a boil, add green beans, and blanch until crisp-tender, 1-2 minutes. Drain, rinse under cold water, and transfer to ice water. Allow to sit for 2 minutes, drain.

Cut the tomatoes into 12 irregular chunks, and sprinkle with remaining 1 tsp sea salt. Drain and peel the eggs, and cut each egg lengthwise into quarters. Drain the potatoes, and cut into 1/3-inch rounds.

In a wide, shallow serving bowl, mix romaine, arugula and baby greens. Add 3 tbsp of the dressing to the greens and toss, adding additional dressing as needed. Arrange the tomatoes, eggs, potatoes and green beans around the greens, and sprinkle with olives. Drizzle with some of the remaining dressing. Refrigerate leftover dressing and reserve for another use.

DRESSING

2 tbsp Dijon mustard
1 tbsp whole grain mustard
1 1/2 cups extra-virgin olive oil
1/3 cup white wine vinegar
1 tsp dried thyme
1 tsp sea salt
2 tsp fresh ground black pepper

In a jar with a tight-fitting lid, combine Dijon mustard, whole grain mustard, olive oil, vinegar, thyme, salt and pepper. Add 1/4 cup water, cover jar tightly, and shake well. Refrigerate for up to two weeks.



→ Oven-Roasted Cherry Tomatoes

... Sprinkle with herbs, salt, and pepper, though go easy on these because the finished product will be so flavorful you'll need very little to help it along.

Bake the tomatoes in the oven for about three hours. You want the tomatoes to be shriveled and dry, but with a little juice left inside – total time will vary, depending on the size of your tomatoes.

Either use them right away – or let them cool, place them in a jar, immerse them in olive oil, and keep them in the fridge. Use for snacking or as a summer condiment; use the oil, too.



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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