



**MANY THANKS
TO OUR
VOLUNTEERS !**

8/25 [Week #14 – B]

5-8pm Pick-up

Esfir Kandinov

Yelena Simkhayeva

Liliya Simkhayeva

1pm Truck Unloading

Jessica Keane

Min Kuo

Ariela Fryman

8pm Unclaimed Shares

Jessica Pace

9/1 [Week #15– A]

5-8pm Pick-up

Alissa Harris

Onudeah Nicolarakis

Alfred Rosenblatt

1pm Truck Unloading

Brian Gardner Hoashi

8pm Unclaimed Shares

Sue Izeman

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center
106-06 Queens Blvd.
Forest Hills, NY 11375
tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**
foresthillstuvcsa.com
- **Facebook:**
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

TUV HASHAVUA

BEST OF THE WEEK

To Cut Food Waste, Spain's Solidarity Fridge Supplies Endless Leftovers

Lauren Frayer, npr.org

At a Basque restaurant nestled in the green hills just outside the Spanish city of Bilbao, head cook Itziar Eguileor gestures toward a dumpster out back.

"This all used to go into the garbage," she says, lugging a huge pot of leftover boiled artichokes. "But now, these artichokes, we pack them in Tupperware, load them into our old Land Rover and drive them over to Solidarity Fridge."

Deliveries like Eguileor's arrive several times per day at the Solidarity Fridge, a pioneering project in the Basque town of Galdakao, population about 30,000. The goal is to avoid wasting perfectly good food and groceries. In April, the town established Spain's first communal refrigerator. It sits on a city sidewalk, with a tidy little fence around it, so that no one mistakes it for an abandoned appliance. Anyone can deposit food inside or help themselves.

This crusade against throwing away leftovers is the brainchild of Alvaro Saiz, who used to run a food bank for the poor in Galdakao.

"The idea for a Solidarity Fridge started with the economic crisis — these images of people searching dumpsters for food — the indignity of it. That's what got me thinking about how much food we waste," Saiz told NPR over Skype from Mongolia, where he's moved onto his next project, living in a yurt and building a hospital for handicapped children.

Saiz says he was intrigued by reading about a scheme in Germany in which people can go online and post notices about extra food and others can claim it.

But Saiz wanted something more low-tech in his hometown of Galdakao — something accessible to his elderly neighbors who don't use the Internet. So he went to the mayor with his idea for a "Solidarity Fridge."

"When he came to city hall with this idea, I thought it was both crazy and brilliant! How could I say no?" says Mayor Ibon Uribe. "We approved a small budget of 5,000 euros [about \$5,580] right away to pay for the fridge and an initial health safety study, as well as electricity and upkeep. And we granted this fridge a special independent legal status, so that the city can't be sued if someone gets sick."

There are rules: no raw meat, fish or eggs. Homemade food must be labeled with a date and thrown out after four days. But Javier Goikoetxea, one of the volunteers who cleans out the fridge, says nothing lasts that long. "Restaurants drop off their leftover tapas at night — and they're gone by next morning," he says. "We even have grannies who cook especially for this fridge. And after weekend barbecues, you'll find it stocked with ribs and sausage."

When a reporter visited on Monday, the fridge was filled with fresh vegetables — tomatoes, cucumbers and zucchini — from a local community garden, along with unopened cartons of milk and jars of lentils and baby food. There were also pintxos — Basque tapas — labeled with the date, from a local bar.

The pintxos were especially appetizing to Issam Massaoudi, an unemployed Moroccan immigrant who stopped by to check out the Fridge's offerings.

"Sincerely, it's wonderful," Massaoudi says, chuffed about the pintxos. "When money is tight, to come here and open this fridge and find good food — bread, tomatoes, vegetables, meat — it's amazing."

The Solidarity Fridge may be the legacy of Spain's economic crisis, during which frugality became a necessity. But in Galdakao, the unemployment rate is about 13% — nearly half that of the rest of Spain. The Basque region's welfare state is robust, and few residents go hungry.

The Basque country has a special relationship with food, says Uribe. The region is famed for its gastronomy, especially in nearby cities like Bilbao and San Sebastian.

"Here, food is sacrosanct — it's something that's venerated. We have one of the highest concentrations of Michelin-starred restaurants per capita in the world," Uribe says. "So we value eating well, and conserving food. It's part of our culture, and the Solidarity Fridge is part of that."

The idea is catching on. Another Solidarity Fridge has opened in Murcia, a town on Spain's Mediterranean coast. And elementary schools have been organizing field trips to the original fridge in Galdakao to teach children how to cut down on food waste, and how to share.

Lauren Frayer is a freelance reporter, and is the Madrid correspondent for NPR and the Los Angeles Times.

EGGPLANT & SWISS CHARD TORTINO

Joanne, joanne-eatswellwithothers.com | Serves 6

- 1/4 cup olive oil
- 2 lb eggplant, cut into 1/4-inch thick slices
- salt and pepper
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 1/2 tsp red pepper flakes
- 2 bunches chard, de-stemmed, leaves thinly sliced
- 1/4 cup half and half
- 1/2 cup grated provolone
- 3 eggs, lightly beaten
- 8 oz fresh mozzarella, thinly sliced
- 1/2 cup parmesan cheese
- 3 cups marinara sauce

Lightly brush both sides of the eggplant slices with the oil and placed on two parchment-lined baking sheets in a single layer. Season with salt and pepper. Bake in a 400°F oven until eggplant is tender and just browning on top, about 15-20 minutes.

Heat 1 tbsp oil in a large skillet over medium heat. Add garlic, red pepper flakes and swiss chard. Saute until the swiss chard has wilted. Mix in the provolone until it melts. Let the chard cool and then mix in the eggs.

Cover the bottom of a greased 10-inch springform pan with 1/3 of the eggplant slices, followed by 1/2 of the swiss chard mixture, 1/2 of the mozzarella, 1/3 of the eggplant, and the remaining swiss chard, mozzarella, and eggplant. Sprinkle the top with parmesan cheese.

Bake until the top is golden brown and the sides are bubbling, about 25-30 minutes. Serve cut into wedges and topped with marinara sauce.

WHAT'S IN THE BOX??

Eggplant, Red Tomatoes, Plum Tomatoes, Cherry Tomatoes, Swiss Chard, Orange Long Peppers, Yukon Gold Potatoes

FRUIT: Bartlett Pears, Peaches

TOMATO CORN PIE

Debra Perlman, smittenkitchen.com | Serves 6-8

- | | |
|--|--|
| 2 cups all-purpose flour | 1 1/2 cups corn (from about 3 ears), coarsely chopped |
| 1 tbsp baking powder | 2 tbsp finely chopped basil, divided |
| 1 3/4 tsp salt, divided | 1 tbsp finely chopped chives, divided |
| 3/4 stick (6 tbsp or 3 oz) cold unsalted butter, cut into 1/2-inch cubes, plus 2 tsp, melted | 1/4 tsp black pepper, divided |
| 3/4 cup whole milk | 7 oz coarsely grated sharp Cheddar (1 3/4 cups), divided |
| 1/3 cup mayonnaise | |
| 2 tbsp fresh lemon juice | |
| 1 3/4 pounds beefsteak tomatoes, peeled, seeded, sliced 1/4 inch | |

Whisk together flour, baking powder, and 3/4 tsp salt in a bowl, then blend in cold butter (3/4 stick) with your fingertips or a pastry blender until it resembles coarse meal. Add milk, stirring until mixture just forms a dough, gather into a ball.

Divide dough in half and roll out one piece on a well-floured surface into a 12-inch round (1/8 inch thick). Fold the round gently in quarters, lift it into a 9-inch pie plate and gently unfold and center it. Pat the dough in with your fingers, trim any overhang. Wrap the second half of the dough and place in the fridge until you're ready to use it.

Preheat oven to 400°F with rack in middle. Whisk together mayonnaise and lemon juice.

Arrange half of tomatoes in crust, overlapping, and sprinkle with half of corn, one tbsp basil, 1/2 tbsp chives, 1/2 tsp salt, 1/8 tsp pepper and one cup of grated cheese. Repeat layering with remaining tomatoes, corn, basil, chives, salt, and pepper. Pour lemon mayonnaise over filling and sprinkle with remaining cheese.

Roll out remaining dough into a 12-inch round, then fit over filling, folding overhang under edge of bottom crust and pinching edge to seal. Cut 4 steam vents in top crust and brush crust with melted butter (2 tsp). Bake pie until crust is golden and filling is bubbling, 30 to 35 minutes, then cool on a rack. Serve warm or at room temperature, cut into wedges.

Volunteer and do your work-out:

TRUCK UNLOADING mid-day shift!

We need volunteers for September and beyond. This is wonderful shift for those who want a mid-day task, from 1-2pm on Tuesdays or Thursdays (depending on pick-up schedule).

Even if you've already fulfilled your mandatory volunteer commitment, please consider taking on an extra task – thank you for your help!

Questions? Please contact Alexa

alexaweitzman@gmail.com