



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

August 28, 2012 | 10 Elul, 5772

See this newsletter online: [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) – in "Files > 2012 Season"

# TUV HASHAVUA — BEST OF THE WEEK

### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK:

Judy Gostl  
Steven Ovardia  
Marcia Patterson  
CAYUGA  
Diane Hammerman

FOOD BANK DELIVERY:  
Than Hansen

#### NEXT WEEK:

Rita Ash  
Aaron Bodzin  
Sara Paige

FOOD BANK DELIVERY:  
Than Hansen



### MARK YOUR CALENDARS!

Four regular Tuesday pick-ups are moved to later in their weeks, due to the holidays:

9/20 Thursday  
9/24 Monday  
10/4 Thursday  
10/11 Thursday

## Maimonides at the Farmers Market, by Alexa Weitzman

Imagine this: you're at your local greenmarket vegetable stall picking out a beautiful green speckled summer zucchini. Standing next to you is a man choosing his summer bounty. You begin to discuss recipes, and he explains his approach to summer vegetables. "Keep it simple," he says, and continues to describe his plans for the zucchini he just picked up, "I'm going to slice it thinly and drizzle with good quality vinegar."

Who are you picturing standing next to you in this scene? An up-and-coming farm-to-table chef? A food-blogger? In fact, you are speaking to Maimonides, the 12th Century Jewish scholar and physician, and he is explaining to you his philosophy of summer seasonal cooking.

These days we're seeing all the top chefs preach of the importance of fresh, seasonal vegetables. When you have access to the freshest produce, they say, there's very little you have to do to it. Essentially, this is what Maimonides (also referred to as Rambam) was saying, too. In his most important work written almost 900-years ago, the Mishneh Torah (De'ot 4:8), he writes, "In the summer, one should eat unseasoned [other translations say 'raw'] foods without many spices and use vinegar. In the rainy season, one should eat seasoned foods, use many spices, and eat some mustard and chilitit."

And, who knew that these statements echo the traditional Chinese medicine (TCM) approach to seasonal eating!? As an acupuncturist and Chinese dietary therapist, I recommend very similar concepts to my patients. According to TCM theory, one should attempt to balance yin and yang energies. Yin foods are cooling, uncooked and bland, and therefore they should be consumed in the yang time of year — the summer; yang foods are warming, spiced and piquant and should be eaten in the yin months — during the winter.

This makes sense, and even reflects our seasonal tastes. We tend to crave cooling foods in the summer and warming foods in the winter, right? But what's with this vinegar, Rambam? In TCM, vinegar, and the sour flavor in general, is used to constrict and consolidate energy in the body. Although the sour flavor is associated most with springtime, it is also frequently used in the summer to treat cases of excess sweating and bodily fatigue. It's no surprise that Rambam suggested eating vinegar in the summertime. He was a physician after all!

A natural product of fermented ethanol (most often from wine), vinegar has been used in traditional medicine (much like the mustard Maimonides recommends to use in winter) for thousands of years. Vinegar has been touted as a treatment for everything from infections, to high cholesterol, to use as an appetite suppressant. I learned in acupuncture school that in China it common for people to boil a pot of vinegar when an illness is going around to kill the germs and halt the spreading of the sickness, and studies suggest that vinegar does in fact have some antimicrobial properties.

There are many different kinds of vinegars, and my pantry is crowded with all sorts of varieties. I love to experiment with unusual ones, as each offers a different level of acidity and flavor. Here are some ideas to get you out of your vinegar-rut for the summer:

- *The Italian August Classic*: Enjoy a drizzle of balsamic vinegar on thick slices of a sun-warmed tomato; garnish with basil.
- *The Trip to Spain*: Dress sliced fennel and orange sections with sherry wine vinegar
- *The Japanese Macrobiotic Bowl*: Use rice wine vinegar to season lightly steamed kale
- And finally, *The Maimonides Zucchini Appetizer*: Sprinkle thinly sliced zucchini with red wine vinegar and any fresh herb

It is important to use good-quality vinegar, as vinegars can sometimes be flavored and colored with chemicals and additives. Be sure to buy and use naturally fermented vinegar to get the full health benefits!

*Alexa Weitzman is an acupuncturist in Queens and Long Island, NY, and writes a food blog, [sustainablepantry.com](http://sustainablepantry.com), highlighting local, seasonal food. She is obsessed with educating people on traditional diets and their healing powers. Alexa serves as co-Chair on the core team of our CSA, Tuv Ha'Aretz. Originally published in "The Jew and the Carrot," [blogs.forward.com/the-jew-and-the-carrot/](http://blogs.forward.com/the-jew-and-the-carrot/)*

## THIS WEEK'S BOX:

Green Beans  
Sungold Cherry Tomatoes  
Savoy Cabbage  
Red or Yellow Onions  
Red Tomatoes  
Yellow Potatoes  
Cilantro

### FRUIT SHARE:

Nectarines  
Apples:  
Gala (Red / Yellow)  
Gravenstein (Green)

### HERB SHARE:

Lemon Verbena  
Thyme

### CAYUGA SHARE:

Beans:  
Black Turtle, Pinto  
Grains:  
Rye Berries, Popcorn  
Flour:  
White Bread Flour,  
Spelt Flour

## Cherry Tomato Tart with Basil

Alix DeMontille, Jean-Marc Roulot, [foodandwine.com](http://foodandwine.com)  
Serves 6

1 pie crust  
2 pints cherry or grape tomatoes  
2 tablespoons basil leaves, shredded (or any other soft herb, e.g. cilantro or parsley)

Heat the oven to 325°F. Roll out the dough to a 14-inch round. Press the round into the tart pan; trim off any excess. Mound the tomatoes in the shell. Bake for about 1 hour and 40 minutes, until the dough is evenly browned. Let cool. Season with salt, garnish with herbs and serve.

## FEATURED RECIPES:

### Bubble and Squeak Patties [veganyummy.com](http://veganyummy.com) / Serves 4 as entrée, or 8 as starter or side

2+ lbs potatoes, peeled and chopped (about 10 red potatoes, but any variety will work)  
4 tbsps butter or margarine  
1 lb cabbage or Brussels sprouts (any greens are good, but cabbage is traditional)  
1/2 cup all-purpose flour  
1/4 to 1/2 tsp spice mix, such as Old Bay Seasoning  
Salt and ground pepper  
Oil for frying

Boil potatoes in a large pot of well-salted water until tender, about 12-15 minutes.

Roughly chop the cabbage or Brussels sprouts. When there is five minutes left of the potatoes, add the cabbage or sprouts, and cook for four minutes. After four minutes, remove cabbage/sprouts to a bowl filled with ice water to stop the cooking.

Drain the potatoes and return back to the hot empty pot. Turn the heat down to low and let the potatoes dry for 1-2 minutes. While the potatoes are drying out, drain the cabbage and/or sprouts and squeeze/pat them dry. Shred them finely, by cutting with a chef's knife.

Add the butter or margarine to the potatoes and mash well. Mix in the sprouts and spice mix, and salt and pepper, to taste. When cool enough to handle, break up the potato mixture into 8 rough patties. Gently form each one into a smooth, hockey-puck-like shape. Dip the cake in the seasoned flour mixture. Be gentle, and do this for each patty. Fry 3-4 patties at a time for 2-3 minutes a side, until golden brown. You may need to re-dip them in flour right before putting them in the oil, so keep it handy.

Once all the patties are fried, they can be refrigerated for up to three days, or frozen for a month. To reheat, in a 375F oven, place the patties onto a baking sheet lined with parchment paper. Place in the oven for 15-25 minutes to re-heat and re-crisp them in time for your meal. Shown served with lingonberry preserves.



### TUV HA'ARETZ at the Forest Hills Jewish Center

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