

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

HORIATIKI, the Peasant Roots of Greek Salad

Aglaia Kremezi, aglaiakremezi.com

It is curious how a salad called 'horiatiki' became such a hit in Athens and all over the country. The term may be translated as "from the village," or "peasant," a welcome suggestion today as it brings to mind authentic good-quality foods, but when it was first introduced – probably in the 1960s or early '70s – the country was desperately trying to shed its agricultural Eastern Mediterranean past, and become urban and European. It was common to dismiss a garment or a behavior as "horiatiki," not modern and worthy of the new urban middle class.

Obviously, whoever first combined these basic ingredients created a salad delicious enough to be copied, improved upon and even exported to become a household dish all over the world!

Probably the famous Greek Salad was actually inspired by the summer salad-meals of the peasants. Its main ingredient, the juicy vine-ripened tomatoes, is complemented with onions and all kinds of garden vegetables and greens – cucumber, purslane, or some flavorful pickled green, like kritama (rock-samphire) that was originally a Chios island addition, and now has become part of the 'exotic' creative salads served in Mykonos and Santorini. The salad has sweet and sometimes mildly hot peppers, and it is always topped with feta. In its original village past the salad/meal could have any kind of local cheese, as well as olives, and maybe capers or caper leaves. Horiatiki is scented with dried, wild oregano or savory, and doused with plenty of fruity olive oil. It might also contain salted sardines, and was often made more substantial with the addition of stale bread or crumbled paximadia (barley rusks), which soak up the delicious juices.

I vaguely remember my parents snubbing horiatiki as an overpriced salad created by sly tavern owners. Up until then in the summer one ordered a tomato salad, with or without onions and cucumber, and separately a slice of feta cheese which came drizzled with olive oil and sprinkled with oregano. My parents, along with other people we knew, had come to the conclusion that horiatiki's cost exceeded that of the usual salad and feta combination. It was a gimmick for the tourists, according to my father, but also later to some of my friends, who refused to order it. They thought that even when the salad became cheaper and a kind of standard all over Greece, taverns adopted it as a way to serve inferior quality and smaller pieces of feta; my parents kept

8/30/2016

[Week #14 – A]

4:45-8pm Pick-up

Noa Hanan

Peter Wilner

Melissa Mancuso

12:45 pm Truck Unloading

Brian Gardner Hoashi

8pm Unclaimed Shares

Tabia Heywot

**THANKS TO OUR
VOLUNTEERS**

9/6/2016

[Week #15 – B]

5-8pm Pick-up

Edda Elias

Natalie Zych

12:45 pm Truck Unloading

Brian Gardner Hoashi

Maria Sirico

8pm Unclaimed Shares

TBA

**Please note that
pickup time starts
at 5PM, and no
earlier.**

**Volunteers do
arrive earlier, but
are not ready
to help until 5:00.
Thanks for your
understanding!**

TUV HA'ARETZ CSA at the
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goldenearthworm.com
- FHJC: www.fhjc.org
- Hazon: www.hazon.org

8/30 [A] : WHAT'S IN THE BOX??

Red Beefsteak Tomatoes, Mixed Saladette / Cocktail Tomatoes, Watermelon, Red Batavian Lettuce, New Potatoes, Green Bell Peppers, Cucumbers, Zucchini / Summer Squash

FRUIT: Pears and Apples

"Horiatiki," cont'd from page 1 ...

ordering tomato salad and feta, separately. Eventually, though, the horiatiki invention backfired. Budget tourists were feasting on this horiatiki / Greek salad, ordering it as a main lunch or dinner and tavern owners started to complain about "the horiatiki tourists" who were almost ruining their business during high season!

Of course the taste of Greek salad depends entirely on the quality and freshness of its ingredients. The traditional Greek winter version, not called horiatiki, is based on crunchy leaves of Romaine lettuce that are complemented with spicy wild arugula, and fragrant herbs (fennel, dill, mint, borage and plenty of scallions). This salad seldom has tomatoes, and never depends on the tasteless, pale green-house tomatoes sold in supermarkets. 🍅

Aglaiia Kremezi has changed her life and her profession many times over. She currently writes about food in Greek, European and American magazines, publishes books about Greek and Mediterranean cooking in the US and in Greece, and teaches cooking to small groups of travelers who visit the little island of Kea.

Roasted Zucchini, Tomatoes, Peppers *Olga, olgasflavorfactory.com*

Serves 2-4

3 medium zucchini, sliced into ½ inch circles, or half circles

4-5 tomatoes, seeded and chopped into 1 inch pieces

1 large bell pepper, cut into ½ inch strips

1 large onion, sliced into half circles

6 garlic cloves, sliced or minced
salt, pepper

¼ cup olive oil

dry herbs, optional

juice of ½ a lemon, optional

1 tbsp fresh parsley and/or basil, minced

Line 2 rimmed baking sheets with aluminum foil. Heat the oven to 450F.

Toss all the vegetables with the olive oil. Season with salt and pepper.

Spread the vegetables on the two baking sheets. You can also fit all the vegetables onto one rimmed baking sheet, but the vegetables will be softer and you will need to roast them longer.

Bake in the preheated oven for 18-25 minutes, until the vegetables are softened and as charred in some places as you like. Add the lemon juice and fresh herbs. Serve hot or cold.

Paximadia Horiatiki or Greek Salad with Rusks, Feta and Capers

Aglaiia Kremezi, Mediterranean Hot and Spicy, aglaiakremezi.com | Serves 6 - 8

4 cups paximadia (barley rusks) in bite-size pieces (or stale, toasted, good quality multi-grain bread)

2 lb summer ripe and firm tomatoes that have not been refrigerated (big or small, any color or a combination of different heirloom tomatoes)

1 large white onion, thinly sliced

3-4 tbsp capers, drained

1 cup purslane leaves (optional)

1/2 cup coarsely chopped tender arugula, flat-leaf parsley, or a combination of parsley and fresh oregano or thyme

2 1/2 cups diced feta cheese

1 tbsp dry Greek oregano

1/2 cup fruity good olive oil, or more

1-2 pickled chilies, minced (optional)

Zest of 1 non-treated lemon (optional)

Freshly ground pepper, to taste

Salt, to taste

NOTE: The article mentions vegetables not listed in the recipe, such as cucumbers, romaine, herbs, scallions – use what you have and what looks good from your CSA box or the local market. We've had fantastic Greek peasant-style salads that also contained bell peppers, zucchini, etc.

Spread bread at the bottom of a salad bowl. Slice tomatoes into roughly 1 1/2-inch pieces and scatter them over the paximadia, letting the juices penetrate the bread. Arrange onion rings and purslane (if using) over tomatoes, sprinkle capers and other herbs over the onions. Top with feta and sprinkle with oregano.

In a bowl, whisk together olive oil with chilies and lemon zest (if using), along with a few cracks of black pepper and some salt — keeping in mind that capers and feta are quite salty so you may not need extra.

Cover bowl with a kitchen towel and let stand for one hour in a cool place. If you won't serve it within the hour or the weather is hot, let the salad rest in the refrigerator. Toss thoroughly just before serving.