



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

August 7, 2012 | 19 Av, 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:

Joy Solka
Takashi Yoneta
Sue Finkelstein

FOOD BANK DELIVERY:
Lenny Fuchs

NEXT WEEK:

Sue Izeman
Mindy Weinblatt
Marcia Patterson

FOOD BANK DELIVERY:
Judy Trupin



Bring your excess plastic bags to the pick-up!



CHICO BAG fundraiser:
www.chicobag.com/fundraiser/tuvhaaretz

CAYUGA SHARE!
If you signed up for them, pick up your bean, flour, and/or grain share(s).

The Root of the Matter, by Dalia Shulman

My garden is humble by anybody's standards: small ceramic pots of Swiss chard and carrots, a few herbs and baby greens growing in baskets, plastic pots of marigolds and geraniums. But oh, do I love my garden, in all its eclectic beauty, spilling out from my back door!

Every Friday, a few minutes before lighting Shabbat candles, I quickly duck into the garden to "harvest" a few fresh last-minute additions to my Sabbath food. Later at supper I will proudly declare to all of our guests (while ignoring spousal eye-rolling) "See these basil leaves in the salad? I grew them myself. As in, right here on the back porch. How cool is that!?!"

But now I am still standing in the garden, and with the approaching dusk will come my day of rest for the next twenty-five hours. How will the tiny peppermint plant in its little green pot manage without me to water it? There have been pesky little weeds appearing lately around the base of Scurvy (that's my lime tree) – who will pull them out and send them on their way? The marigolds have lately needed daily deadheading, but for now they will have to wait, along with everything else. Shabbat is for turning inwards, developing an inner world, cultivating our deepest roots. Shabbat is for spontaneous heartfelt prayer, lively songs at the dinner table, dancing in circles with your child on your shoulders. Shabbat is for family, friends, and strangers, too. For as every gardener knows, a plant is only as strong as its roots.

A few weeks ago I was visiting my great-uncle Benny and his wife in New Jersey, and much to my delight they showed me how they had replaced their above-ground swimming pool with immaculate rows of tomatoes, eggplants, and cucumbers. "Uncle Benny," I said, ever shameless about extracting bits of family history, "did your mother ever grow anything back in the old country?"

Benny's face lit up. "Oh yes! She grew parsley and dill right on our back porch – and nothing pleased her more than picking a few sprigs to go with our supper! It was nothing much, but it made her so happy." I, too, broke into a large grin. So that's it! My own great-grandmother, whose husband was the rabbi of their shtetl in Romania, who bore at least eight children, who died along with a number of them in the Holocaust – it is she who was the progenitor of my gardening obsession.

And so this Shabbat, when I serve The Andrea Salad with Swiss chard from the CSA mixed in with the few leaves I've managed to harvest myself, I will be connecting to my own roots in more ways than one. I wish all of you a Shabbat Shalom, a pleasant week, and endless light on your own personal inward journeys.

Dalia Shulman is happy to be a resident of Kew Garden Hills where she shares her garden with her husband, Matis, and their one-year-old twins, Shlomo and Emunah. She studied Biology and Jewish Philosophy at Yeshiva University and is excited to begin grad school in Medieval Jewish History, also at YU, this fall. Dalia and Matis love to play music, read interesting books, and meet new people. Anyone who would like to join them for a freshly picked (or otherwise) Shabbat meal is invited to email shulmandalia@gmail.com.

THE ANDREA SALAD

Mix together and enjoy:

- Swiss chard leaves (ripped into smaller pieces)
- Swiss chard stems (chopped)
- Sliced apple
- Slivered zucchini
- Walnuts (or any nuts)
- Avocado (optional)
- Lemon juice to desired consistency
- Spices: curry, ginger, cumin, salt, pepper to taste

THIS WEEK'S BOX:

Swiss Chard
Red Potatoes
Cucumbers
Genovese Basil
Green Cabbage
Fresh Yellow Onions
Red Tomatoes
Baby Watermelon OR
Sungold Cherry
Tomatoes and
Green Beans

FRUIT SHARE:

White Peaches
Yellow Peaches

HERB SHARE:

Rosemary
Garlic Chives

Japanese-style Cabbage Salad with Miso Dressing

marthastewart.com

1 tbsp white or yellow
miso paste
2 tbsp soy sauce
Juice and zest of 1 lime
2 tsp rice wine vinegar
1 tsp sesame oil
1/4 cup safflower oil
6 cups thinly shredded
green cabbage
toasted sesame seeds

In a large bowl, whisk together the miso paste, soy sauce, lime zest, lime juice, rice wine vinegar, sesame oil, and safflower oil. Put the cabbage into the same bowl and toss with dressing. Garnish with toasted sesame seeds. Serves 4.

FEATURED RECIPES:

Simple Vegetable Paella

Martha Rose Shulman, Recipes for Health, nytimes.com

1 qt (4 cups) hot vegetable stock or garlic broth
Generous pinch (about 1/2 tsp) saffron threads
2 tbsp extra virgin olive oil
1 medium onion, finely chopped
4 large garlic cloves, minced
1 red pepper, cut into strips
1 green pepper, cut into strips
2 cups medium-grain rice
1 tbsp tomato paste
1 tsp sweet paprika
1 lb ripe tomatoes, seeded and
grated on the large holes of a box
grater; or peeled, seeded and
chopped; or 1 x 14 oz can chopped
tomatoes with juice
1/4 lb green beans, trimmed and cut
in 1-inch lengths
2 or 3 baby artichokes, trimmed and
sliced (may also use frozen artichoke hearts, sliced)
1 can chickpeas, drained and rinsed, or 1 1/2 cups fresh or thawed frozen lima beans
1 cup shelled fresh or thawed frozen peas
Salt and freshly ground pepper



Crush the saffron threads between your fingertips, and place in a small bowl. Add 1 tablespoon warm water, and set aside.

Heat the oil over medium heat in a large, heavy frying pan, an earthenware casserole (cazuela) set over a flame tamer, or a paella pan. Add the onion. Cook, stirring, until the onion is tender, about five minutes. Add the garlic, peppers and a generous pinch of salt. Cook, stirring, until the peppers begin to soften, about three minutes. Add the tomato paste, paprika and rice. Cook, stirring, for one minute until the grains begin to crackle. Add the tomatoes and cook, stirring, until they cook down slightly and smell fragrant, about five minutes. Stir in the saffron with its soaking water, scraping in every last bit with a heat-proof silicone spatula or wooden paddle / spoon. Season generously with salt and pepper.

Add the hot stock, green beans, artichokes and chickpeas or lima beans. Bring to a boil. Stir once, reduce the heat to medium-low, and simmer without stirring until the liquid has just about evaporated, about 10 to 15 minutes. Add the peas. Continue to simmer until the rice is dry, another 5 to 10 minutes. Remove from the heat and serve. Yields 8 servings.

Make ahead: This does not have to be piping hot, so it can be made an hour before you wish to serve. If you make it further ahead than that, you can reheat it in the pan.

Nutritional information per serving: 324 calories; 5g fat; 0mg cholesterol; 61g carbohydrates; 6g dietary fiber; 196mg sodium; 10g protein

Tuv Ha'Aretz at the Forest Hills Jewish Center

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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