

TUV  
HA'ARETZ  
CSA 2016



# TUV HASHAVUA

## BEST OF THE WEEK

### What to Cook When It's Too Darned Hot to Cook

*Thorin Klosowski, lifehacker.com*

It's hard to get up the willpower to walk into the kitchen on a hot summer day. Just preheating an oven can feel like you're upping the temperature in the house by 10 degrees. You probably can't go out to eat at an air conditioned restaurant seven nights a week, but you use a few different cooking methods to keep the heat in your house down and still fill yourself with tasty grub.

The key to surviving a hot kitchen is simple: spend the least amount of time in the kitchen as possible, and don't use the oven unless you have to.

*Consider the microwave for more than reheating – use it for steaming / blanching foods without having to boil a big pot of water. A large lidded casserole dish is perfect for this type of cooking. Have a big bowl or sink full of cold water ready to shock the vegetables, and use tongs – the veggies get really really hot! I do this is most of the bulky leafy vegetables on the night of pick-up – doing it all at once feels less horrible, and the volume collapses a lot, saving fridge space.*

M Hoashi, Member Tuv Ha'Aretz CSA

#### The Easy Way: No-Heat Food

The most obvious way to keep the temperature in your house down is to simply not use any appliances. It sounds obvious, but it's easy to forget in the midst of a heat wave.

**Just don't cook:** All of us here at Lifehacker are split on cooking. Some of us love it. Others do it only out of necessity. Still, if you want to eat healthy and don't want to cook, there are plenty of recipes and ideas online for easy no-cook foods, including everything ranging from smoothies to sandwiches.

**Make up some cold soups:** The New York

Times has a great collection of simple to make cold soups. Most of them don't require any cooking and can be whisked up or chopped down in just a few minutes. Try cold borscht and gazpacho, or even fruit soups.

#### A Good Backup: Low Effort, Low-Heat Appliance Cooking

Not cooking food all summer long is bound to get boring, but thankfully appliances like rice cookers, microwaves, and crockpots exist. These low effort appliances mean you spend less time in the kitchen and more time in front of the air conditioner.

**Master the art of low-effort cooking:** Rice cookers and microwaves are great tools to make a nice hot meal without making your house incredibly hot. One hidden gem for summertime cooking is the one-pot meal – running all your stove top burners on a 100 degree day is hardly an option, but one burner isn't so bad. The microwave gets a bad rap, but it's great for potatoes and reheating.

**Use that crockpot:** Crockpots are associated with winter foods, but that doesn't mean you can't use them in the summer as well. From soups to stock to stews and dips, there are plenty of great summer crockpot recipes online

8/9/2016

[Week #11 – B]

4:45-8pm Pick-up

**Onudeah Nicolarakis**  
**Robert Zayfman**

12:45 pm Truck Unloading

**Brian Gardner**  
**Hoashi**

**William Yang**  
**Marci Birnbaum**

8pm Unclaimed Shares  
**Sofia Sainz**

**THANKS TO OUR VOLUNTEERS**

8/16/2016

[Week #12 – A]

4:45-8pm Pick-up

**Raymond**  
**Kimmelman-**  
**Devries**

**Erika Levine-Irigoyen**  
**Martin Koles**

12:45 pm Truck Unloading

**Brian Gardner**  
**Hoashi**

8pm Unclaimed Shares  
**David Snyder**

**GRAIN, BEANS, FLOUR SHARE COMING SOON**

**FRUIT SHARE THIS WEEK: 8/9**

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

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

"Hot," cont'd on page 2 ...

# 8/9 [B] : WHAT'S IN THE BOX??

## New Red Potatoes, Red Beefsteak Tomatoes, Swiss Chard, Red Long Onions, Green Beans, Arugula, Zucchini or Summer Squash

### Sriracha Fridge Pickles

Doug Flicker, [thektichn.com](http://thektichn.com)  
(Yield 1 1/2 cups)

- Swiss chard stems, chopped
- 1 cup distilled white vinegar
- 2 cups sugar
- 1/2 onion, thinly sliced
- 3 tablespoons Sriracha
- 1/2 teaspoon celery seeds

Make a mixture of vinegar and sugar, then stir in onions, Sriracha, and celery seeds. Pour it all over the chopped stems, using 3 cups liquid for every 1 1/2 cups chopped stems. Throw it in the refrigerator for a few days, and you've got the ultimate refrigerator pickles.

### Vegetarian Salade Nicoise

Elaine Louie, [cooking.nytimes.com](http://cooking.nytimes.com) (Serves 4)

- DRESSNG (Yields 2 1/2 cups)
- 2 tablespoons Dijon mustard
  - 1 tablespoon whole grain mustard
  - 1 1/2 cups extra-virgin olive oil
  - 1/3 cup white wine vinegar
  - 1 teaspoon dried thyme
  - 1 teaspoon sea salt
  - 2 teaspoons fresh ground black pepper

In a mixing bowl, combine Dijon mustard, whole grain mustard, olive oil, vinegar, thyme, salt and pepper. Whisk to blend, add 1/4 cup water, and whisk again. Cover and refrigerate for up to two weeks.

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 tablespoons salt in a saucepan. Cover with cold water. Place over high heat to bring to a boil, 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, then drain.

Cut the tomatoes into 12 irregular chunks, and sprinkle with remaining 1 teaspoon sea salt. Drain and peel the eggs, and cut each egg 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 tablespoons 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. Serve immediately.

- SALAD
- 2 to 4 baby Yukon Gold potatoes
  - 3 cloves garlic
  - 5 whole black peppercorns
  - 1 bay leaf
  - 1 teaspoon dried thyme
  - 5 tablespoons plus 1 teaspoon sea salt
  - 2 large eggs
  - 1/4 pound haricots verts or other very small green beans
  - 1 1/2 large or two medium heirloom or other tomatoes
  - 1 heart of romaine lettuce, torn into bite-size pieces
  - 2 cups arugula
  - 3 cups baby greens
  - 12 niçoise olives, pitted

- there are even cake recipes!

### The Summer Way: Take It to the Grill

If you really want to cook up a hot dish but can't handle the heat of the kitchen your best option is to go outside and hit up the grill for some outdoor cooking.

Seriously, just grill everything - if you really can't handle the kitchen this summer the New York Times' guide to 101 things you can cook on your grill should give you plenty of options. The best part is they're quick and easy to make, too.



Thorin Klosowski is a writer, Mac and iOS geek, and occasional short fiction scribbler.

### MORE TIPS FOR COOKING ON VERY HOT DAYS

Tammy | [tammysrecipes.com](http://tammysrecipes.com)

Be careful to do this in a safe manner, of course -- but I have successfully used my crockpot and bread machine outside during hot weather. This gives another alternative to grilling everything! If you have a safe outdoor area, like on an enclosed porch, deck, or in a garage, try moving some of your appliances out there during the hot weather!

I've heard so many people say "I bake in the mornings in the summer, since it's cooler at that time of day." Without air conditioning, this hasn't worked for me. Baking in the morning, even if the oven is turned off by 8 or 9 AM, still doesn't leave enough time for the house to cool down before the heat of the day, especially when it's really hot.

Instead, I bake in the evening. Yes, it's adding heat to an already-hot house. But if I can bake at 8 or 9 PM, by then the house is as hot inside as it is outside, and we can put fans in the windows overnight and there is plenty of time for the house to cool down.

On the same note, on hot days I make sure to run the dishwasher at night for those same reasons. Even with the heated-dry feature turned off, dishwashers let off heat while they're washing dishes. Pack it efficiently to minimize how often you need to run the dishwasher. And use the dishwasher - washing dishes by hand in the heat is awful!