

**TUV HASHAVUA****BEST OF THE WEEK****THANKS TO OUR VOLUNTEERS !**

12/1/15

**[EQUAL EXCHANGE]**

1:00pm Truck Unloading

**Marci Birnbaum****Tanessa Cabe Harte****Brian Gardner Hoashi**

4-6:30PM Pick-up

**Isabel Bank**

4:40-6:40PM Pick-up

**Jeffrey Piekarsky****Sue Finkelstein**

6:20-8:20PM Pick-up

**Thomas Florkiewicz****Sharon Matzner**

8pm Unclaimed Shares

**Takashi Yoneta**12/15/15 **[GRAINS, BEANS, FLOUR]**

1:00pm Truck Unloading

**Please sign up!**

4-6:30PM Pick-up

**Please sign up!**

4:40-6:40PM Pick-up

**Lindsay Oakes****Rachael Janowitz**

6:20-8:20PM Pick-up

**Israel Wertentheil****Daisy Alter**

8pm Unclaimed Shares

**Farah Diaz-Tello**

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

**HRH Prince Charles, Great Britain's Best Known Organic Farmer***Adapted from Tim Adams, theguardian.com*

At the inaugural National Countryside week, created to coincide with the first anniversary of the Prince's Countryside Fund, His Royal Highness Prince Charles has more than once been heard to utter, "People think what I'm doing is about going backwards." The implied subtext is: "And what on earth could be wrong with that?"

To many farmers, the heir to the British monarchy is often seen as an eccentric busy-body, and some feel his opinions on organic versus industrial farming should be kept to himself. His mother, the Queen, is known for not expressing her personal opinions, and she is considered the model monarch. But perhaps Charles can be a new type of monarch, with old ideas in a modern era.

The idea for the Countryside Fund came in 2001 when Charles was staying at a bed and breakfast in Cumbria owned by upland sheep farmers Joe and Hazel Relph. The area had been devastated by hoof and mouth disease, so it was part of the discussion over supper. The Relphs spoke to the Prince about the broader issues local farmers faced: in the previous year British hill farmers had sustained an average loss of £3,000; the average age of a farmer was 58 and with no incentive for children to take on the work, skills were no longer being passed on to future generations.

The Prince suggests, "Somehow we have been told by the entire education system and the current world view, that we can just go on depleting nature and exploiting it as we want to. We need to reconnect young people with where their food comes from. We need them to grow something and eat it and not just get it from a clingfilm packet. As a child I remember that we pulled up our hedgerows and knocked down the center of our towns, there was this slash and burn philosophy. It just seemed to me to be insane. You push at nature, and nature gives you an equal, but opposite, push back."

"In the five or six generations that we have departed from the land, a divide has grown up." Charles characterizes that divide not just between urban and rural values, but also within individuals. "We behave one way in our business lives and another in our homes, and between our interior and our exterior."

The Countryside Fund is designed to reweave some of the fabric frayed by urbanization and industrialized farming, to encourage big agriculture-related business to support the rural communities that supply it, and to attempt to reconnect city-dwelling families with farming and food production. Like all of the Prince's work, this is heartfelt, highly ambitious, energetically pursued on many fronts and beset with more than a few contradictions. He seems to feel both inspired and fated to have taken it on: the prince muses to reporters covering the event, "If I didn't do it, who would?"

The dozen or so major donors to the Countryside Fund – one of which is the Prince's own Duchy Originals brand of organic foods, available in upscale British supermarkets – have contributed £1.5m toward projects devoted to organic farming and sustainability, including apprenticeships to train young hill farmers. The fact that corporations and the buying habits of some supermarkets may be contributing to the problems of small and sustainable farmers doesn't seem to register – or perhaps they are accepted as necessary evils.

The strongest demonstration that the Prince makes for the success of his methods and philosophies is a tour of his estate, Duchy Home Farm. Doubters are invited to behold the willow bed into which the royal lavatories empty, and the miraculously clear water that eventually results. The Prince's inspiring representative at Home Farm is David Wilson, a vicar's son trained in conventional industrial grain and cattle

farming methods, but who has seen the light of organic farming and sustainability. There is plenty of evidence that the Prince talks sense on those subjects: visit the glorious fields of red clover, a rotation crop by which Wilson fixes nitrogen in the soil. Or look at the Welsh lambs grazing, as fat and white as any sheep you've seen, or visit the sustainable larch wood that supplies all the timber for farm buildings and chippings for the boiler.

Speaking of his interest in preserving old breeds, the Prince explains to the audience at a Royal Agricultural College meeting, "I just wanted to be a repository for all the things that were being thrown away." To this end, Charles became patron of the Rare Breeds Trust, ensuring native animal breeds were not lost; and he has lately bought a fruit trial center, "where we now have a thousand apple trees of as many different varieties."

The Prince's current obsession is the overuse of some medicines in cattle. To illustrate, his own antibiotic-free herd routinely produces milk for six or seven lactations, while in some industrial farms they are lucky to get half that number.

He may be concerned with the spiritual connections behind this fabric, but Prince Charles is also attuned to the politics. He emphasizes the importance of protecting and developing provisions of the European Common Agricultural Policy that link subsidies with the survival and production of sustainable rural communities. His focus is on soil health as well as the preservation of traditional practices so important to British farmers, culture, and communities in the past.

Summarizing his argument, the Prince points out, "We need to be examining our souls a little more." Or, he might have said "soils." But in the eyes of Britain's farmer-prince, the two may well be the same thing.

*Tim Adams is a lead feature writer for The Observer in the UK.*

**NEXT PICK-UP IS TUESDAY  
12/15 FROM 5PM to 8PM**

**WHAT'S IN THE BOX??**  
**Russet Potatoes, Cauliflower, Romanesco, Carrots, Butternut Squash, Broccoli, Toscano Kale, Watermelon Radish, Turnip**  
**FRUIT: Apples, Pears**  
**EQUAL EXCHANGE: Tea, Coffee, Chocolate**

**CAULIFLOWER, BROCCOLI, ROMANESCO GRATIN**

*EatingWell.com | Makes 12 one-cup servings*

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|--|---|
| 14 cups bite-size florets from 2-3 heads broccoli, cauliflower, or romanesco | 3/4 cup shredded extra-sharp Cheddar cheese |
| 2 cups milk  | 3/4 cup shredded Gruyère cheese             |
| 1 1/2 tsp Dijon mustard  | 1/4 cup snipped fresh chives                |
| 1/2 tsp garlic powder  | 3/4 cup crushed cheese-flavored crackers    |
| 1/2 tsp salt   | 2 tsp extra-virgin olive oil                |
| 2 tbsp cornstarch  |   |
| 2 tbsp water   |   |

Blanch florets in boiling water, and rinse in cold water. Drain well. Spread out over a baking tray and pat dry to soak up any excess water. Heat oven to 375°F. Coat a 9-by-13-inch shallow ovenproof dish with cooking spray.

Combine milk, mustard, garlic powder and salt in large pot; bring to a simmer over medium-high heat. Combine cornstarch and water in a small bowl; whisk into simmering milk. Bring mixture to a boil over high heat. Reduce heat to maintain a simmer and cook, continuously whisking for 2 minutes. Add Cheddar, Gruyère and chives; whisk until smooth. Remove from heat. Add florets to the pot and gently stir to coat with cheese sauce. Transfer to baking dish. Combine crackers and oil in a small bowl and sprinkle over the vegetables. Bake until the cheese sauce is bubbling and the florets are starting to brown on top, 25 to 30 minutes. Serve warm.

**SQUASH OR CARROT RAVIOLI IN SAGE BROWN BUTTER**

*Emeril Lagasse, foodnetwork.com | Serves 4*

- |   |   |
|---|---|
| 9 tbsp butter   | 3 tbsp heavy cream  |
| 3 tbsp minced shallots  | 3 tbsp grated Parmigiano-Reggiano cheese, plus 2 oz for serving |
| 1 cup roasted squash puree (butternut, acorn, sweet potato, delicata, kabocha, carrots, etc.) | Pinch nutmeg  |
| Salt  | 1 packet square wonton skins                                    |
| Freshly ground pepper   | 12 fresh sage leaves  |
|   | 1 tbsp minced parsley leaves                                    |

In a large saute pan, melt 1 tbsp butter over medium heat. Add the shallots and saute for 1 minute. Add the squash puree and cook until the mixture is slightly dry, about 2 to 3 minutes. Season with salt and pepper. Stir in the cream and cook for 2 minutes. Remove from the heat and stir in 3 tbsp cheese and nutmeg, to taste. Season with salt and pepper. Cool completely.

Place 2 teaspoons of the filling in the center of each pasta (wonton) square. Bring 1 corner of the square to the other, forming a triangle and seal the pasta completely. Add the pasta to pot of boiling salted water. Cook until al dente, about 2 to 3 minutes or until the pasta floats and is paler in color. Drain the pasta well. Season with salt, pepper.

In a large saute pan, melt the remaining 8 tbsp butter. Add the sage leaves and cook until the butter starts to brown. Remove from the heat.

Divide the ravioli onto each plate. Spoon the butter sauce over the pasta. Sprinkle the remaining cheese over each plate and garnish with parsley.

**We need VOLUNTEERS for upcoming pick-ups:**

- TRUCK UNLOADING (1-2 PM)  
12/15/2015 and 1/5/2016  
BONUS: You can pick up your share early !**
- EARLY SHIFT (4-6:30 PM) 12/15/2015**

**[www.signupgenius.com/go/tuvhaaretz1](http://www.signupgenius.com/go/tuvhaaretz1)**