



# TUV HASHAVUA

## BEST OF THE WEEK

### You say “Po-tay-toh,” or I Say “Po-tah-toh” – It’s a Mainstay of the Winter CSA *By Marija Sajkas Tomic, CSA Member*

**THANK YOU,  
TO OUR  
VOLUNTEERS !**

**12/15/15**

**[GRAINS, BEANS,  
FLOUR]**

1:00pm Truck Unloading  
**Brian Gardner Hoashi**  
**Judith Mermelstein**

4:00-6:30PM Pick-up  
**Esfir Kandinov**

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**

**1/5/16**

1:00pm Truck Unloading  
**\*\*Please sign up!\*\***

4:40-6:40PM Pick-up  
**Amy Finkelstein**

**Ariela Fryman**

6:20-8:20PM Pick-up  
**Robin Diamond**  
**Jessica Keane**

8pm Unclaimed Shares  
**Erin Schultz**

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
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- **Golden Earthworm Farm:** goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

The potato is among the world’s most planted crops, together with wheat, maize, and rice. It was firstly cultivated around 8,000 BC to 5,000 BC by the Inca, who developed this way to preserve potatoes: the harvested crops were left in the cold overnight to freeze, laid out to sun-dry, and then pounded to a mash. The process was repeated to drive out moisture, resulting in a product suited to long storage.

The word *potato* comes to English from the Spanish *patata*, which in turn came from the Taino-Carib word *batata* or “sweet potato.” The Portuguese carried sweet potatoes to all their trading ports and spread their popularity in Europe. It was so popular that the Spanish started to cultivate it domestically by the mid-16th century.

The sweet potato came to North America via South America, Europe, Africa, India, and Java. In contrast, the white potato’s provenance can be traced to Peru and Bolivia; the white potato was brought to world markets later and were first referred to as the “Virginia” or “bastard potato,” because it was considered less important than the sweet potato. The inexpensive, easy-to-grow crop was used as sailors’ rations and introduced to port markets as early as the 1530s.

According to the Potato Association of America, the most common varieties in the United States are:

VARIETY	APPEARANCE	TEXTURE	FLAVOR	USES
<b>White Round</b>	<ul style="list-style-type: none"> <li>• Small to medium size</li> <li>• Round to long</li> <li>• White or tan skin</li> <li>• White flesh</li> </ul>	<ul style="list-style-type: none"> <li>• Medium starch</li> <li>• Slightly creamy</li> <li>• Slightly dense</li> <li>• Thin, delicate skin</li> </ul>	<ul style="list-style-type: none"> <li>• Subtly sweet</li> <li>• Mild</li> <li>• Low sugar content</li> </ul>	<ul style="list-style-type: none"> <li>• Mashing, salads, steaming, frying</li> <li>• Holds shape well after cooking.</li> <li>• Potato salad</li> </ul>
<b>Red Round</b>	<ul style="list-style-type: none"> <li>• Small to medium size</li> <li>• Round or slightly oblong</li> <li>• Smooth, thin red skin</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy white flesh</li> </ul>	<ul style="list-style-type: none"> <li>• Subtly sweet</li> <li>• Mild-medium sugar content</li> </ul>	<ul style="list-style-type: none"> <li>• Boiling, mashing</li> <li>• In salads, soups, stews</li> <li>• Stays firm thru cooking process</li> <li>• Red skin has appealing color in side dishes</li> </ul>
<b>Russet / Idaho</b>	<ul style="list-style-type: none"> <li>• Medium to large size</li> <li>• Light to medium russet-brown color</li> <li>• White to pale yellow flesh</li> </ul>	<ul style="list-style-type: none"> <li>• Higher starch, low moisture content</li> </ul>	<ul style="list-style-type: none"> <li>• Mild, earthy</li> <li>• Medium sugar content</li> </ul>	<ul style="list-style-type: none"> <li>• Baking, frying, mashing, roasting</li> </ul>
<b>Yellow</b>	<ul style="list-style-type: none"> <li>• Marble to large size</li> <li>• Light tan to golden yellow</li> <li>• Yellow to golden flesh</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy texture</li> <li>• Can be used with less or no butter</li> </ul>	<ul style="list-style-type: none"> <li>• Subtly sweet, rich, buttery</li> <li>• Medium sugar content</li> </ul>	<ul style="list-style-type: none"> <li>• Grilling, roasting, mashing, salads</li> <li>• Lighter, healthier dishes</li> </ul>
<b>Blue</b>	<ul style="list-style-type: none"> <li>• Small to medium</li> <li>• Oblong to fingerling</li> <li>• Deep purple, blue, red skin</li> <li>• Blue, purple, lavender, pink, white flesh</li> </ul>	<ul style="list-style-type: none"> <li>• Moist-firm flesh that retains its shape.</li> </ul>	<ul style="list-style-type: none"> <li>• Earthy, nutty</li> <li>• Low sugar content</li> </ul>	<ul style="list-style-type: none"> <li>• Roasting, grilling, salads, baking</li> <li>• Adds rich, vibrant color and luscious taste to salads</li> <li>• Purple color is preserved best by microwaving</li> </ul>
<b>Petite</b>	<ul style="list-style-type: none"> <li>• Small, bite-sized versions with the same skin and flesh colors as their larger brethren</li> </ul>	<ul style="list-style-type: none"> <li>• Texture is similar to the larger versions</li> </ul>	<ul style="list-style-type: none"> <li>• Similar but more concentrated flavor</li> </ul>	<ul style="list-style-type: none"> <li>• Salads, roasting, frying</li> <li>• Great substitute for pasta, more nutritional value</li> <li>• Variety can be roasted together for color</li> </ul>

*Marija Sajkas Tomic lives in Queens with husband Sasa and daughter Tara Zoe. She is a writer and an advocate for healthcare access and immigrants' rights.*



## Cauliflower Is Not Cool - It's Just Trending

By *Chris Shott, foodrepublic.com*

The writer Mark Twain once said that “cauliflower is nothing but cabbage with a college education.” Perhaps that hard-earned degree is finally paying off.

“Everyone is having fun with cauliflower,” says Kimpton Hotels & Restaurants executive Alex Taylor. The San Francisco-based Kimpton has conducted a poll of the chefs, sommeliers and bartenders at its nearly 70 locations to provide a timely snapshot of food and beverage trends across some 30 cities nationwide. The latest report: “Kimpton chefs agree that cauliflower is the new kale.”

Kimpton announced these and other findings (gin is in!) at a recent cocktail party in the penthouse suite of its Ink48 hotel property in NYC, hosted by Taylor, the company’s senior vice president for restaurants and bars, and other execs. Hors d’oeuvres included cauliflower croquettes served with a zippy dipping sauce. At the party, Taylor praised the white-headed vegetable for its multi-dimensional abilities. “It’s really a palette vegetable,” he says, “almost like the risotto of vegetables; use it to really highlight other things. It takes whatever shape you want.”

Taylor describes cauliflower’s inevitable ascension in the context of other once-despised cruciferous produce, like broccoli and Brussels sprouts that has seen interest from today’s vegetal-focused chefs. “Kale used to just decorate salad bars,” he says. “What’s old is new again.”

Why cauliflower? Why now? Even high-ranking hospitality executives, it seems, have difficulty explaining these sudden spikes in a given foodstuff’s popularity. “I can’t tell you why cauliflower is uniquely better than rutabaga to make a comeback,” says Taylor. “Maybe in a few years I will tell you that rutabaga is the new cauliflower,” he laughs.

Other findings in Kimpton’s 2016 report: tartare, ancient grains, plant-based entrees, and open-fire roasting are hot themes in the kitchen, while house-carbonated spirits, mismatched vintage glassware and unique ice cubes are keeping it interesting at the bar. The report also predicts that meatloaf and the classic bamboo cocktail are poised for a comeback.

“It’s interesting – what’s cool is not what’s in, and what’s in is not what’s cool,” Taylor says. He points to now-tired fads like bao buns and lettuce wraps — “even Applebee’s is doing lettuce wraps,” he says — that became trendy long after they were first cool.

“That’s not to say that it’s not great to be in,” Taylor adds. “Trendy is what people want; it makes money.”

So what does this all mean for our cruciferous dish du jour: Is cauliflower cool? Or is it just trending?

“Cauliflower is trending,” Taylor says. “Rutabaga is cool.”

*Chris Shott is a contributing editor at Food Republic in NYC.* 

## WHAT’S IN THE BOX??

**Butternut Squash, Carrots,  
Watermelon Radish, Potatoes,  
Broccoli, Cauliflower, Rutabaga,  
Sweet Potatoes, Romanesco Broccoli**  
**ALSO: FRUIT, FLOUR, GRAINS, BEANS**

### POTATO LEEK SOUP (based on Julia Child’s recipe)

*Nicole Perry, popsugar.com | Makes 6 servings*

2 tbsp vegetable oil, such as canola or grapeseed oil	Kosher salt, to taste
4 russet potatoes (1 lb), peeled and roughly chopped	1 to 2 tbsp freshly squeezed lemon juice
3 large leeks (1 lb), cleaned and thinly sliced	1/2 cup heavy cream
6 cups vegetable stock (or water)	1/2 cup crème fraiche
	1/3 cup minced parsley or chives

Heat oil in a large (6+ quart) stockpot over medium heat. Cook leek and potato until vegetables begin to soften and brown, 8 -12 minutes.

Add vegetable stock or water and bring to a boil. Reduce heat to low, and simmer for 30 to 40 minutes, until vegetables are tender.

Blend until smooth, either using an immersion blender or by carefully transferring to a blender in batches.

Add the cream, and season to taste with salt and lemon juice. Ladle into bowls, and garnish with a dollop of crème fraiche and a healthy sprinkling of minced parsley.

**LAST PICK-UP IS TUESDAY: January 5, 2016**

### BROILED COCONUT-MARINATED

### CAULIFLOWER STEAKS w/ PARSLEY & LEMON

*Alex Guarnaschelli, foodnetwork.com | Serves 8-10*

#### Cauliflower + Marinade:

2 large heads cauliflower (2 to 2 1/2 pounds each)  
Kosher salt  
2 x 13-1/2-ounce cans unsweetened coconut milk  
2 tbsp coriander seeds, lightly crushed  
1 tsp red pepper flakes

#### Vinaigrette:

2 tbsp fresh lemon juice  
2 tbsp Dijon mustard  
2 tbsp red wine vinegar  
2/3 cup extra-virgin olive oil

#### Gremolata:

1 cup flat-leaf parsley, chopped  
Zest of 1 lemon  
2 medium cloves garlic, minced

**CAULIFLOWER:** Place the first head of cauliflower upright (stem-side down) on a flat surface. Using a large knife and imagining that you are creating two large steaks from each head of cauliflower, trim a little off each end so that when you split the cauliflower in half, each half will lie flat. Cut the cauliflower in half. You should yield two “steaks,” each weighing about 14 oz. Repeat with other cauliflower.

Bring 6qt water to rolling boil in a pot large enough to hold the cauliflower steaks. Add salt until the water tastes like mild seawater. Add cauliflower steaks to boiling water and cook until slightly tender when pierced with the tip of a knife, 6 to 8 minutes. Transfer the steaks to towel-lined baking sheet to drain.

In a container large enough to fit the cauliflower snugly, whisk the coconut milk together with the coriander, red pepper flakes and a generous pinch of salt. Submerge the steaks in the coconut milk marinade and refrigerate for at least 2 hours and up to 24 hours.

Preheat the oven to 375 F. Remove the cauliflower steaks from the marinade and arrange in a single layer on a baking sheet. Season with salt. Place in the oven and cook until tender, 15 minutes. Heat the broiler and place the cauliflower under the broiler for a few minutes, until the top chars. Transfer the steaks to a serving platter (or individual plates) and drizzle with all of the vinaigrette. Top with all of the gremolata. Serve immediately.

**VINAIGRETTE:** Whisk together the lemon juice, mustard and vinegar in a medium bowl. Slowly whisk in the olive oil.

**GREMOLATA:** Combine the parsley, lemon zest and garlic.