



TUV HASHAVUA

BEST OF THE WEEK

THANKS TO OUR VOLUNTEERS !

1/5/16

1:00pm Truck Unloading

Jessica Keane

Brian Gardner
Hoashi

4:40-6:40PM Pick-up

Amy Finkelstein

Ariela Fryman

6:20-8:20PM Pick-up

Robin Diamond

Garrett Diamond

8pm Unclaimed Shares

Erin Schultz

**FINAL WINTER
SHARE PICK-UP
TODAY:
January 5, 2016**

**2016 CSA Season:
look for the sign-
up email early in
February 2016!**

**Not signed up on
Wiggio for CSA
emails? Contact
tuv@fhjc.org**

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:**
foresthilstuvcsa.com
- **Facebook:**
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

The Third Plate: Dan Barber and Field Notes on the Food of the Future

By Marcia Belgorod, Member, Tuv Ha'Aretz CSA

Dan Barber is a well-known chef who has been widely recognized for his creative approaches to food. He is the Executive Chef of Blue Hill in the West Village and Blue Hill at Stone Barns Center for Food and Agriculture in Pocantico Hills, NY.

In *The Third Plate: Field Notes on the Future of Food*, Dan Barber explores his vision for the next wave in sustainable eating. He proposes that the current movement toward organic, locally-grown produce is insufficient to sustain the world of the future. He admits that it is an improvement over the factory farming of the twentieth century, but that it is still not ecologically sound. As he says, "The greatest lesson came with the realization that good food cannot be reduced to single ingredients. It requires a web of relationships to support it."

He defines the first plate as the traditional American meal of a large portion of meat with a few vegetables. The second plate is represented by the farm-to-table movement that incorporates free-range animal protein and locally sourced vegetables. The third plate represents the food of the future with integrated sources of protein and produce that are grown together and reflect the environment and culture where they are produced. Part of his premise is that food that is grown in this manner is not only better for the environment, but tastes better, too.

Dan Barber divides his book into *Soil, Land, Sea, and Seed*. To explore each of these components, he travels throughout the United States and parts of Europe where outstanding food is grown or served based on an environmental and cultural model that integrates the local ecology. In the *Soil* section, he learns about the role of microorganisms in the soil and their contributions to both plant and animal development. Grains with long, extensive root systems help to sustain the soil and these microorganisms.

A large portion of the book is devoted to Spain. In the section on *Land*, the author visits the *dehesa*, on Spain's central plain, which produces food that is internationally recognized. He learns of the symbiosis among pigs, oak trees, and geese that results in the internationally recognized *jamón ibérico* and *foie gras* without forced feeding. When he explores food from the sea, he goes to the Spanish coast to visit both a restaurant that specializes in "nose-to-tail" seafood, including the phytoplankton that sustain the fish, and an environmentally sound fish farm that is also a regular stop for migrating birds.

Lastly, in the section on *Seed*, Barber meets with various agriculturists who are working to restore diversity to grain grown in the United States, from restoring Carolina gold rice to encouraging farmers to grow a variety of grains side-by-side.

Not only is Dan Barber an outstanding chef, but he is also an outstanding storyteller. The book illustrates its history and science with charming anecdotes. It concludes with a description of what might be the tasting menu of the future, 20 years hence. The menu has elements that are not common on menus today, but which would be part of a total ecology of food, like cattails and phytoplankton. Although I'm not ready for them yet, perhaps in 20 years I will be.

Marcia Belgorod has been a member of the Forest Hills Tuv Ha'Aretz CSA since its inception. She was a member of the original core committee. Although she is a native New Yorker, Marcia developed her appreciation for local farms and produce when she spent seven years surrounded by farms in Bucks County, PA.

Vegetables Are Likely to Take Up More of Your Plate in 2016

By Bonny Wolf, NPR Commentator

About a decade ago, food writer Michael Pollan issued a call to action: *Eat food. Not too much. Mostly plants.* As 2016 opens, it looks like American cooks and diners are heeding that call.

"2016" continued, page 2 ...

Vegetables have moved to the center of the plate. As another year begins, it appears that plants are the new meat.

Bon Appetit magazine named AL's Place in San Francisco the best new restaurant of 2015. Meats at AL's Place are listed under "sides." The rest of the menu features vegetable-centric dishes sometimes featuring animal protein as an ingredient – pear curry, black lime yellowtail, persimmon, blistered squash. The hanger steak (with smoked salmon butter) is a side dish.

Many restaurants are also using the whole vegetable. What used to go in the compost heap is now fermented, roasted or smoked and used in other dishes. The stem-to-leaf approach follows the example of nose-to-tail eating.

WastED is a project that brings together chefs, farmers, fishermen and food purveyors to "reconceive waste" in the food chain. The WastED salad has been available at Sweetgreen restaurants, making use of the restaurants scraps – broccoli leaves, carrot ribbons, roasted kale stems, romaine hearts, roasted cabbage cores, roasted broccoli stalks and roasted bread butts all mixed with arugula, Parmesan, spicy sunflower seeds and a pesto vinaigrette.

Food waste has become a concern to the U.S. government as well as to chefs. The U.S. Department of Agriculture and the Environmental Protection Agency have set goals to reduce food waste by 50% by 2030, calling to "feed people not landfills." The statement says that food loss and waste account for about 31% (133 billion lbs) of the nation's food supply.

The ascendance of vegetables has added a new word to the food lexicon: spiralizing. Piles of vegetables – produced with, yes, a spiralizer – are replacing pasta in some home and restaurant kitchens.

Eaters in 2016 also are likely to see more dried beans, peas and lentils on their plates. The United Nations has declared this the International Year of Pulses to raise consumer awareness of the nutritional and environmental benefits of the edible dry seeds. Chickpeas seem to be the rising star of the pulse world. They're not just for hummus anymore.

The rise of vegetables and the focus on food waste are the culmination of a decade's worth of government, consumer, food, and environmental activists' concerns that have trickled into the mainstream. Sustainability issues are becoming particularly visible in the fish we're eating, and overlooked fish and invasive species are being offered to diners.

"Clean labels" are an expression of these concerns. Consumers and purveyors are focused on removing GMOs, artificial ingredients, preservatives, antibiotics and growth hormones. Even fast-food outlets are using cage-free eggs and dumping ingredients that have been genetically modified.

There are generational shifts, too, in the way we eat. Millennials – now more numerous than Baby Boomers – have a huge impact. The corporate food world is keenly interested in how and what this large group of consumers eats: they buy and eat differently than older generations; order ingredients online, learn to cook from YouTube as well as cookbooks and websites; care about community, environment, and ethical treatment of animals; frequently use food delivery services rather than going to the supermarket, and order meal kits that deliver prepared ingredients rather than take-out.

Whatever your age, expect 2016 to be the year of not only the vegetable, but of an opened awareness of what we spear with our forks.

Bonny Wolf gives advice about cooking and eating, and contributes her monthly food essay to NPR's Weekend Edition Sunday.

WHAT'S IN THE BOX??

Carrots, Rutabaga, Potatoes, Watermelon Radish, Sweet Potatoes
Look for the "2016 CSA" sign-up in your email in early February.

WATERMELON RADISH TART w/ HERBS

Elizabeth, aupetitgout.com | Makes 12 servings

2 ¼ cup flour	1 bunch fresh herbs, such as lemon
½ tsp salt	thyme, picked and chopped
2/3 cup butter	4 eggs
6 tbsp whole milk	4 medium sized watermelon
1 cup light cream	radishes, raw, sliced thinly

CRUST: Grease a large pie or tart pan. Combine the flour and salt, cut in the butter until the mixture has pea-sized lumps and looks like coarse crumbs. Dribble in the milk in one tablespoon at a time while stirring the mixture. While the dough is still in the bowl, gently mix with your hands till it just holds together. Place dough on heavily floured countertop, flour the rolling pin surface and roll dough out gently until it's about ¼ inch thick and larger than the pie pan. Using a spatula to keep the dough from sticking to the counter, carefully roll the dough around the rolling pin then roll it out over the greased pie plate. Cut off excess and flute the edges with your fingers. Chill the crust for 30 minutes.

Heat oven to 350°F. Use a fork to perforate the bottom of the crust to prevent it from bubbling up while it's cooking. Bake for 12 minutes to let the crust set before assembling tart.

FILLING: Heat oven to 375°F. Place radish slices in concentric circles along the bottom of the crust. Mix the eggs, cream, and herbs together and pour over the radish slices in the piecrust. Place on a rimmed baking sheet (to catch any overflow); bake for 35-45 minutes or until puffed up and golden. Rest for 10 minutes before slicing into wedges to serve.

SWEET POTATO & POMEGRANATE TAGINE

VegetarianTimes.com | Serves 6

3 medium sweet potatoes, peeled, cut to 1-inch cubes	1 clove garlic, finely chopped
1 large fennel bulb, quartered, cored, and sliced	¼ cup olive oil
2 medium carrots, sliced	2 Tbs. ras el hanout
2 stalks celery, sliced	1 cup low-sodium vegetable broth
1 medium yellow onion, minced	1 cup fresh or thawed frozen pomegranate seeds
	½ cup chopped fresh mint

Combine sweet potatoes, fennel, carrots, celery, onion, and garlic in 3.5-qt. tagine or Dutch oven. Stir in oil and ras el hanout, and season with salt. Pour in broth.

Place in cold oven, adjust heat to 300°F, and cook 2 1/2 hours, or until vegetables are cooked through, stirring every 45 minutes. Season with salt and pepper, if desired.

Transfer to wide and shallow serving dish if using Dutch oven. Sprinkle with pomegranate seeds and mint. Serve immediately.

HERBED CHICKPEAS

Alison Roman, BonAppetit.com | Makes 3 cups

2 x 15.5-ounce cans chickpeas, rinsed, patted dry	Freshly ground pepper
4 garlic cloves, crushed	2½ cups chopped mixed soft herbs (such as parsley, cilantro, chives, chervil, or basil)
½ cup olive oil	
Kosher salt	

Place chickpeas in a large skillet over medium heat. Add garlic and oil; season with salt and pepper. Cook, stirring occasionally, until chickpeas are crisped and some have split open (these will be the most delicious ones), 10–15 minutes. Remove from heat; stir in herbs. Serve hot or at room temperature.