



**MANY THANKS  
TO OUR  
VOLUNTEERS !**

**7/21 [Week #9 – A]**

5-8pm Pick-up

**Valentina Clementi**

**Katy Chiu**

**Mark Weinblatt**

1pm Truck Unloading

**Judy Trupin**

**Marci Birnbaum**

**Laurie Duke**

8pm Unclaimed Shares

**Dina Katz**

**7/28 [Week #10 – B]**

5-8pm Pick-up

**Jennifer Jacobson**

**Jared Camins-Esakov**

**Shari Perkins**

**Sharon Matzner**

1pm Truck Unloading

**Judy Trupin**

**Marci Birnbaum**

**Ariela Fryman +1**

8pm Unclaimed Shares

**Jessica Pace**

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

# TUV HASHAVUA

## BEST OF THE WEEK

### Feeding Baby, Feeding Me

*Eva K. Cassetta, Member Tuv Ha'Aretz*

A firm I was working at recently let a company marketing health products do a promotion one day in the office. They set up a table with a green tablecloth, green posters, green everything, and photos of people who had lost weight using their “health system”... which turned out to be jars of powder. Being halfway through my first pregnancy, I walked by and shunned their mystery smoothie samples.

It's easy to be wooed by one-step cure-alls to feel good or look a certain way, but to me health is more of a series of habits. I don't believe in dieting. Humans are creatures of habit and we can perform positive habits as easily as negative ones. Here are some of the simplest ones that I follow religiously:

- I shop mostly around the perimeter of the grocery store.
- I look at my grocery cart before checking out. If there are a lot of packaged items, I put a few back.
- When I have time, I walk to my destination
- I carry a water bottle everywhere to avoid buying drinks (skip sugar and save money).
- When choosing a snack, I go for foods that are close to the original state they grew in.
- I only drink soda in movie theatres (now that I'm pregnant, I sneak in a can of seltzer).

These may seem like “duh” ideas, but the simpler the habit, the easier it is to incorporate it into your life so seamlessly that it becomes a reflex and not a burdensome effort.

I attribute a lot of my good eating habits to my mom. As children, if my brother and I whined about being hungry before dinner, instead of telling us to wait she would hand us a carrot. Cookies and crackers were kept on the highest shelf, making them inaccessible when we were little, and inconvenient when we grew taller. My mom never criticized or commented on my eating habits as a teenager, and I don't remember her verbally worrying over her own appearance either. We were never told what to eat or how much to eat, but we always had a full fridge and lots of good choices.

I truly feel blessed to be able to (economically, and opportunity-wise) feed my growing baby and my own body with top organic food from a farm I've been to myself! The structure of paying a lump sum before the growing season begins makes it an easier choice – it's more of an investment, and I feel like I'm buying myself a nice gift. In our daily environment of choice overload, it's difficult to make yourself pick up the container of organic strawberries that costs twice as much as the regular one when there's no visible difference. It's easier when you find that a specific organic item tastes noticeably better, as with milk, or when my husband accidentally

bought organic celery and we found out it actually had flavor.

I'm letting my changing body take the lead in how I develop my new eating habits. I drank a can of soda and felt ill, and now soda is easy to avoid. I love spicy food but daily heartburn has forced me to lay off the Sriracha. When I choose treats, I go for dark chocolate, ice cream for calcium, or dried fruit for iron. So far pregnancy seems like a really deep detox, and while I sometimes lust for a cold beer now that the weather is hot, I love the extra motivation to care for myself in every way and to do activities that don't revolve around alcohol.

P.S. Looking for a protein to pair with your lovely CSA veggies? If you haven't tried seafood from Russ the fish guy at the Forest Hills farmers market, you are missing out!

*Eva is a freelance graphic designer and full-time cat wrangler living in Kew Gardens. Her favorite ice cream flavor is pistachio almond.*



## WHAT'S IN THE BOX??

**Cucumbers, Parsley, Batavian Lettuce, Walla Walla Onions, Zucchini ... Surprise Item - you may get this item this week OR next week! We're harvesting them as fast as we can!**

**FRUIT: TBD by the Fruit Farmer**

### TABBOULEH WITH GREENS | Serves 4-6

*Adapted from Melissa Clark | cooking.nytimes.com*

- 2 c cooked bulgur or quinoa, cooled
- 3 tbsp lemon juice
- 1 bunch scallions or small onion, finely sliced or chopped
- 2 tsp ground cumin
- 1¼ tsp salt, more as needed
- ½ c extra-virgin olive oil, more as needed
- 5 c chopped leafy greens / herbs – 1 bunch kale or swiss chard, stems removed and/or soft leafy herbs (such as flat-leaf or curly parsley) and/or lettuces, arugula, etc.
- 2 large ripe tomatoes, diced (about 2 cups)
- 1 c torn mint and/or basil leaves
- 2 cucumbers, diced
- Black pepper, to taste

Whisk together lemon juice, cumin, olive oil and salt in a small bowl, or shake together in a tightly lidded jar.

In a large bowl, toss together bulgur, greens, tomatoes, mint, scallions/onion and cucumber. Toss in dressing. Season with black pepper and more salt if you like, and drizzle with additional oil if desired.

### (FAUX APPLE) ZUCCHINI CRISP

*Amanda, iamabaker.com | Serves 6-10*

#### FILLING

- 8 c peeled, sliced zucchini (see method below)
- 2/3 c lemon juice
- 1 c granulated sugar
- 1/2 c brown sugar
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg

#### CRUST

- 4 c all-purpose flour
- 2 c granulated sugar
- 1 c quick oats
- 2 tsp baking powder
- 1 1/2 c butter, chilled
- 1 tsp ground cinnamon

Choose a LARGE zucchini only (preferably 12-24 inches long and very thick). Peel zucchini and using a mandolin, slice the zucchini into thin slices (The easiest way to remove the seeds is to cut the zucchini in half length wise then scoop out the seeds with a spoon. After all the seeds are removed, the zucchini will look like a large piece of celery).

In a large saucepan over medium heat add zucchini, lemon juice, white sugar, brown sugar, cinnamon and nutmeg. Cook for about 20 minutes or until zucchini is very tender. Remove from heat and set aside. Preheat oven to 375 F. Prepare a 10x15-inch baking dish.

In a large bowl, combine flour, sugar, oats, baking powder and cinnamon. Crumble chilled butter into flour mixture with hands (you can also use a pastry cutter) until mixture resembles coarse crumbs or pea sized butter bits. Stir 1/2 cup of this flour mixture into cooled zucchini.

Press half of remaining butter mixture into bottom of prepared pan and bake for 10 minutes. Spread zucchini mixture over top of crust and sprinkle remaining butter mixture over zucchini.

Bake for 35-45 minutes or until top is golden brown. If desired, served with a scoop of ice cream.

## DRIVERS WANTED!

We are still in need of a few additional volunteers for some unclaimed shares delivery slots:

09/01 (A-week)

10/27 (A-week)

If you have access to a car, please email me directly with the date(s) you can help:

**IWARCH @ GMAIL.COM**

Even if you have already fulfilled your volunteer requirement by doing another task, you can still take one of these shifts. All volunteers are greatly appreciated!

## Do your work-out with the TRUCK UNLOADING volunteer shift!

We need volunteers for August, September, and beyond. This is a wonderful shift for those who want a mid-day volunteer task: it is from 1-2pm on Tuesdays.

You'll have to sign up for 4 weeks, however they need not be in a row.

Please contact Alexa (alexaweitzman@gmail.com) with questions.

Thank you for fulfilling your mandatory volunteer commitment!