



The Tuv Ha'Aretz CSA at the Forest Hills Jewish Center

July 3, 2012
13 Tammuz, 5772

See this newsletter online: groups.yahoo.com/group/TuvForAllFHJC – in “Files > 2012 Season”

TUV HASHAVUA — BEST OF THE WEEK

THANK YOU TO OUR VOLUNTEERS!

THIS WEEK:

Farah Diaz-Tello
Jim Sun
Manisha Shah-Balangan

FOOD BANK DELIVERY:
David Trupin

NEXT WEEK:

Carrie Liefer
Judy Beizer
Hilda Chusid

FOOD BANK DELIVERY:
Lenny Fuchs



FINAL WEEK!

אדמה
ADAMAH SIX MORE orders needed to reach our minimum!

- kosher goat cheese
- jams
- pickles

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<http://isabellafreedman.org/adamah/csa>

Scroll down to
“Tuv Ha'aretz Forest Hills”

Eat Food, and Another Life Lesson, by Anne Raver

More than 35 years before Fritz Haeg started his *Edible Estates: Attack on the Front Lawn* project in 2005 — his effort to turn the country’s lawns into vegetable patches — Joan Dye Gussow and her husband, Alan, an artist, were already in that mode. They laid down trash, kitchen waste and weeds, covered with newspapers and salt hay (killing the grass and making compost at the same time) on the front lawn of their Victorian in Congers, N.Y. Their goal: to grow food for themselves and their two young sons, Adam and Seth.

Ms. Gussow had gone back to school in 1969 to earn a doctorate in nutrition at Columbia University, at a time when nutrition was all about vitamins and chemistry, not how food was grown and where it came from. She began connecting the dots between what Americans were eating and how that food — be it factory-farmed chicken or Twinkies — was produced.

She created a legendary course, Nutritional Ecology, which she still teaches today, with a former student, Toni Liquori, who as director of School Food Focus, a nationwide program, works with school districts to buy more healthful, locally grown food.

Because Ms. Gussow dared to talk about energy use, pollution, diabetes and obesity as the true costs of food, she was initially viewed as a maverick crank, but her connections inspired the work of people like Michael Pollan.

“She has been a powerful influence on the food movement,” said Mr. Pollan, adding that he admires her “clarity of thinking” and her ability to cut through complex issues to the simple truth: “We all know nutrients are important,” he said. “But Joan says, ‘Eat food.’ That’s the kernel of *In Defense of Food*.”

Ms. Gussow’s thinking, like Mr. Pollan’s, has always been grounded in the garden. I had been in her garden in 2001, when Ms. Gussow’s first memoir, *This Organic Life: Confessions of a Suburban Homesteader*, was published. That book chronicled the constant floods and the battles with woodchucks and neighbors that she and Alan had begun waging six years earlier.

And here we stood in her garden, from which she picked luscious Marzano tomatoes. We went inside to simmer them for breakfast in a little oil and cumin. I watched her pull the label off the plastic bag that had held cumin, so she could use it again for something else. Is cumin good for you? I asked. “I have no idea,” she replied. “I tend not to eat for that reason.”

In a recent speech before the Society of Nutrition Education in Reno, Nev., she did not mince words. “Your children’s children will never see an iceberg,” she told the audience. “They will never see a glacier. There will be no penguins, no polar bears.”

Her hero is Bill McKibben, the environmental activist whose book, *Eaarth*, will be a key text in her course at Columbia this fall. She sums up his message: “It’s too late to live on Earth. We have to figure out how to live on this new planet. It’s not the planet we grew up on.”

Every year, she tries to prepare her students for the despair they inevitably feel as they consume the readings she has compiled on the world’s population, poverty, hunger, pollution, disease, loss of habitat and farmland, melting ice caps, oil spills. “All you can do is say: ‘You can’t be optimistic about the state of the world — what you can be is open-minded. You’re going to look for solutions, and you’re going to make your own life mean something.’”

She is encouraged by all the young people going into agriculture. “In this unreal world of electronic communication, they want to do something real, with their hands,” she said. “It’s very creative and very intellectually challenging, despite what people think.”

Excerpted and adapted from nytimes.com, “Out of the Loss of a Garden, Another Life Lesson” by Anne Raver.

THIS WEEK IN THE BOX:

Zucchini
Cipollini Onions
Red Beets
Radicchio
Carrots
Broccoli OR Cabbage
Magenta Lettuce
Romaine Lettuce
FRUIT SHARE: Apricots,
Blueberries OR
Gooseberries

Roasted Zucchini with Garlic

Elise, simplyrecipes.com

1 lb zucchini, cut lengthwise into quarters to form sticks, then halved crosswise
1 tbsp garlic clove, minced
1/4 cup olive oil
1 tsp Herbes de Provence salt and freshly ground pepper, to taste

Adjust oven rack to the top spot, and heat oven to 450°F.

Align the zucchini pieces on a cookie sheet, skin down. Mix the garlic in with the oil in a small bowl. Spoon or brush garlic oil over all of the zucchini pieces.

Place in the oven on the top rack. Set the timer ...

Recipe continued... →

FEATURED RECIPES:

PLEASE REMEMBER: Bring your extra plastic bags to the pick-up!

Harvard Beets (Sweet and Sour)

Parade on epicurious.com

3 pounds fresh beets, trimmed
2/3 cup sugar
4 teaspoons cornstarch
1/2 cup cider vinegar
2 tablespoons unsalted butter
Salt, to taste

Simmer the beets, covered in salted water, until tender, about 40 minutes. Drain, reserving 1/2 cup of the liquid.

When the beets are cool enough to handle, slip off the skins and cut the beets into a 1/4-inch dice or slices. You should have about 6 cups of beets. Set aside.

In a medium-sized pot, whisk together the sugar, cornstarch, vinegar, and reserved beet liquid.

Bring the mixture to a gentle boil. Whisking constantly, cook for 30 seconds or until thickened. Remove from the heat and whisk in the butter until melted.

Stir in the sliced or diced beets and heat through. Season with salt. Serve at room temperature.

Makes 8 servings.

Nutritional Information: Per serving: 147 calories, 30g carbohydrates, 2g protein, 3g fat, 8mg cholesterol.



→ Roasted Zucchini with Garlic *cont'd...*

... for 5 minutes and check to see if the zucchini is beginning to brown. If not, continue to add 2 or 3 minutes at a time until the zucchini begins to brown.

Once browned, remove from oven and place in a bowl. Mix in Herbes de Provence. Add salt and pepper to taste.

Serves 4-6.



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