



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

July 31, 2012 | 12 Av, 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:

Veronica Nazginova
Irina Nazginova
Avital Mullokandov
CAYUGA: Doria Kalt

FOOD BANK DELIVERY:
David Snyder

NEXT WEEK:

Natalie Zych
Takashi Yoneta
Sue Finkelstein

FOOD BANK DELIVERY:
David Snyder



CHICO BAG

fundraiser:

www.chicobag.com/fundraiser/tuvhaaretz

**Please remember!
Bring your extra
plastic bags to the
pick-up!**

Symptoms of Global Warming, and the Farm, by Jared Flesher

In 2011, I began work on my second film, *Sourlands*. My idea was to tell three different stories all at once, all related to sustainability in New Jersey. One storyline delves deeper into the challenges young farmers face; another explores the ecology of Central Jersey's last big forest; and a third looks into energy and what New Jerseyans are doing to reduce their carbon footprint. I suspected the threads might prove to be connected.

For the section devoted to farmers, I followed 29-year-old Aubrey Yarbrough to Stonehedge Farm in Hopewell, N.J. I first tracked Aubrey's story in a previous film project (called *The Farmer and the Horse*) when she made the leap from a comfortable office job into her first low-paid farming internship. Now, two years later, she was trying something unique: She was taking over the operation of a small farm for just one summer, as the owners would be spending the season elsewhere. The idea was that she could gain the valuable experience of what it takes to be the decision maker on a farm (in addition to being the bean picker, tractor driver, lettuce washer, bookkeeper, and saleswoman), without a huge financial risk.

At the outset, I thought the farming story in *Sourlands* would focus on the complicated economics that dictate the farming scene in Central Jersey. Hungry, affluent, educated customers populate the farmers' markets here. Fresh arugula fetches top dollar. It is at these markets that young farmers, some up to their eyeballs in debt, compete with well-established farms, as well as a throng of other new farms financed by outside wealth. Aubrey and her few acres of vegetables were entering the fray; I thought it would be fascinating to tag along.

But then something happened that made me turn my camera skyward – the farming season of 2011 was defined by extreme weather, so much so that it shouldered into my story to become the star of the show. July ranked as the second-hottest month ever recorded in the state, and included one of the hottest days modern New Jerseyans have ever seen. August was, by a huge margin, the wettest month ever recorded, and it included Hurricane Irene, the costliest storm in New Jersey history. Then October brought a huge freak snowstorm.

Aubrey's Stonehedge Farm, which is located between Princeton and the edge of what locals call the Sourland Mountain, is a raised wetland littered with 200-million-year-old boulders. It was so wet, the tomatoes weren't planted until June.

The weather last summer would have been simply unfortunate if it were merely bad luck. Instead it's part of a tragic trend. Certain that the main cause of global warming over the past century is the burning of fossil fuels by humans, climate scientists say extremes of heat and precipitation are symptoms of global warming, and we should expect these extremes to get worse.

The thread I was searching for between my farming story and my energy story was no longer hard to see. It buzzed and jumped like a live wire. I'm an optimist at heart, but the data shows that in two of the biggest environmental fights of our time — the fight to stop global climate change and the fight to preserve the world's biodiversity — the home team is on a losing streak.

But I see strength and hope in the food movement. A brigade of young people are suddenly interested in learning how to grow food in ways that are healthier for the soil, the water, the atmosphere, native wildlife, and human health. Established farmers are stepping up to teach and support these young farmers, regardless of the fact that they represent the future competition. Consumers in New Jersey have responded by gathering en masse at farmers markets to buy produce directly from local farms. And good food just seems to have a way of bringing people and causes together.

Jared Flesher writes about energy, agriculture, the environment, and people as a freelance journalist. His work has been published by The New York Times Online, The Wall Street Journal Online, The Christian Science Monitor and Gannett New Jersey newspapers. Excerpted from "For young farmers: No land, but plenty of climate change to go around," on grist.com.

THIS WEEK'S BOX:

Toscane Kale
Cucumbers
Fennel
Fresh Yellow OR
Walla Walla Onions
Baby Watermelon
Bell Peppers
Green Long Peppers
Red Tomatoes OR
Sungold Cherry
Tomatoes

FRUIT SHARE:

Donut Peaches
White Peaches OR
Blackberries

HERB SHARE:

Spearmint
Sage

CAYUGA SHARE:

*The contents of each
Cayuga share will
vary with this delivery:*

- *Bean shares will contain 2 lbs of either: red kidney, vinton soy or pinto beans.*
- *Grain shares will contain 2 lbs of either: oat groats, spelt berries or rye berries.*
- *Flour shares will contain 4 lbs of polenta and rye flour.*

EVENTS COMING UP THIS FALL:

Movie Night and
Eating Meditation
class

Tuv Ha'Aretz at the Forest Hills Jewish Center

106-06 Queens Blvd
Forest Hills, NY 11375
718.264.7000, ext 250
tuv@fhjc.org

FEATURED RECIPES:

Turkish Shepherd's Salad

Martha Rose Shulman, Recipes for Health, nytimes.com

1 lb tomatoes, diced
3/4 lb cucumbers (1 European or 4 Persian), diced
1 green pepper, preferably a long green Italian frying pepper, seeded and diced
1/2 small onion, sliced, soaked in cold water for 5 minutes, drained and rinsed
1/4 cup (loosely packed) coarsely chopped flat-leaf parsley
1 tbsp chopped dill
2 tbsp chopped mint
1 tsp sumac
1/2 to 1 tsp Turkish or Aleppo pepper
Salt to taste
3 tbsp fresh lemon juice
3 tbsp extra virgin olive oil
1 to 2 oz feta, crumbled (1/4 to 1/2 cup)
Black olives as desired
Romaine lettuce and pita bread for serving



Combine all of the ingredients except the olives and romaine in a large bowl and refrigerate for 30 minutes. After 30 minutes toss together, taste and adjust seasonings. Garnish with olives and serve, with pita bread and romaine lettuce if desired.

Make ahead: You can make the salad several hours before you serve it. The cucumbers and tomatoes will release water. You might want to put off salting it until serving.

Nutritional information per serving: 91 calories; 7g fat; 7g fat; 0mg cholesterol; 7g carbohydrates; 2g dietary fiber; 8mg sodium; 1g protein

EVENTS:

The Great CSA Smackdown!

We are planning to hold a qualifying round for this city-wide, JustFood sponsored cooking event. Date TBD, but start thinking now if you'd like to participate. You can cook as a team of 2, or individually and must plan and cook in 30-minutes. Stay-tuned for more details.

We are looking for a volunteer to help organize this, so please contact us if you're interested.

Hazon Food Conference *Register now!*

December 6-9 at Isabella Freedman Jewish Retreat Center, in Falls Village, CT. We expect it to sell out early, so register now! Use code "csa" for \$50 off registration.

Details are online: <http://www.hazon.org/programs/food-conference/>

Global Hunger Shabbat

Last year's GHS was a success, and we're excited to have another opportunity to come together as a community to rally around the cause of global hunger. *Save the Date: November 2nd.*

Our Websites:

FHJC: www.fhjc.org

Hazon: www.hazon.org

Facebook: www.facebook.com/tuvFHJC

Yahoo Listserv: groups.yahoo.com/group/TuvForAllFHJC (NB: Tuv's newsletters archived here)

Golden Earthworm newsletter: www.goldenearthworm.com/newsletters

Twitter: twitter.com/#!/tuvfhjc