



Tuv Ha'Aretz CSA at the Forest Hills Jewish Center

Newsletters Online: groups.yahoo.com/group/TuvForAllFHJC - in "Files > 1_2013"Season"

TUV HASHAVUA: Best of the Week

The Healing Power of What We Cook by Alix Wall

I first came across Rebecca Katz's cookbooks in culinary school. My program had a health-centric curriculum; cooking for cancer patients was part of it.

I used her first book, "One Bite at a Time," to make a polenta pie with sautéed greens and puttanesca sauce for a client with throat cancer who later claimed my food helped her cancer go into remission. I also was able to bring joy to a dying woman by making her whole-grain chocolate chip cookies without any refined sugar.

However, when Katz was cooking for her father, who was suffering from throat cancer in 2000, there was no such resource. Using her background as a natural foods chef and nutritionist, Katz made up recipes she thought her father – with his taste buds compromised from radiation – would enjoy, and that's how her first book came about. Then came a second, "The Cancer-Fighting Kitchen."

Acknowledging that "this East Coast girl is about to sound very woo-woo," Katz said, "When someone cooks with the intention to heal, there's an energy exchange that's really important."

Speaking of her great-grandmother, Katz said, "We were always trying to find out what that elusive ingredient in my nana's cooking was, and it was love, that she was doing it with the intention to nourish."

Katz, of San Rafael, now has a third book out (with co-author Mat Edelson and a foreword by Dr. Andrew Weil), "The Longevity Kitchen," which she wrote it in response to those who asked for a cookbook for "the rest of us."

Katz is the founder and director of the Healing Kitchens Institute of Commonwealth, where she trains medical professionals and healers in nutrition and cooking for health. She is also the executive chef of the annual Food as Medicine training program sponsored by the Center for Mind Body Medicine at Georgetown University, and she leads workshops around the country.

Originally from Pikesville, MD., a heavily Jewish suburb of Baltimore, Katz comes from what she called a Reform, food-centric family. Her father owned a salad dressing company, and taste tests were frequently held in the family kitchen. Her nana's kreplach with the ultra-light dough is an early food memory, and so is the Marylander religion of blue crabs steamed with Old Bay seasoning, eaten outdoors with a mallet to whack them apart.

Katz said her nana was from the "until it feels right" school of cooking; for instance, she would use half an eggshell to add more water to her dough. She also would share such gems as, "If it tastes good, then it's good, if it's not, then it doesn't."

"That's the way I cook. The fact that I can write a recipe is a pure miracle," said Katz. "It happens because I have someone in the kitchen with me while

Alix Wall is a food columnist for jweekly, a freelance writer and personal chef in the San Francisco Bay Area. This article is adapted from a blog published on jweekly.com and The Jew and the Carrot.

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THANK YOU to Our VOLUNTEERS

6/18 Pick-up [A Week]

Bonnie Chernin
Shoshanna Malett
Ilan Birnbaum

Food Bank Delivery:
Jessie Schwartz

6/25 Pick-up [B Week]

Carrie Leifer
Alejandro Quintana
Meisi Lau

Food Bank Delivery:
Lenny Fuchs

Please share your extra plastic bags and bring them to the pick-up.

**ONE MORE WEEK ONLY:
Golden Earthworm has tons of U-Pick strawberries – but the season ends soon!
goldenearthwormfarm.squarespace.com**



TUV HA'ARETZ CSA at the Forest Hills Jewish Center

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WEBSITES:

- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org
- **Golden Earthworm:** www.goldenearthworm.squarespace.com
- **Facebook:** www.facebook.com/tuvFHJC
- **Yahoo Listserv:** groups.yahoo.com/group/TuvForAllFHJC
- **Twitter:** twitter.com/#!/tuvfhjc

WHAT'S IN THE BOX?**Cilantro****Escarole****Purple Kohlrabi****Romaine Lettuce****Scallions****Baby Arugula****Red Beets****NOTE: fruit, herb shares start soon!**

... Continued from Page 1

doing recipe development; otherwise, it would be a disaster. I call measuring spoons and cups a little handcuff."

Her great-grandmother lived until Katz was 14. "She was my culinary compass, for sure," she said. "I would credit her for the way I approach cooking, both her and my mother. The food they cooked was from that intuitive place of knowing how to nourish people through food, and that was something that was passed down to me."

Katz spent her 20s working too hard in marketing and was suffering from a number of health problems. She decided to take a sabbatical and go to Italy, where she had family by marriage. That's what initially got her back into the kitchen, and when she returned to the U.S., she enrolled at the Natural Gourmet Institute in New York and followed that up with a master's degree in nutrition.

She moved to the Bay Area after stints in kitchens in La Jolla and Mendocino. When she began cooking at Commonwealth, that "changed the whole game" and convinced her to stay.

Katz's recipes are vegetable-heavy, with generous doses of herbs and spices. In "The Cancer-Fighting Kitchen" and "The Longevity Kitchen," she has what she calls a "culinary pharmacy," in which she lists health-boosting properties in the ingredients she favors. For example, avocados are not only anti-cancer, she says, but they also lower cholesterol.

For those who love eating healthy foods already, it's fun to see what medicinal properties are in the foods we eat.

"Wherever you are on your journey, sick or well, the thing about food is that it's the one constant in our lives, and it's been that way since the beginning," Katz said. "My father used to say that about being in the mayo business: 'People eat three meals a day. People have to eat, and that's why I'm in the right business.'"

"As cooks, wherever people are, if someone had a baby, or someone just died, a bowl of soup or really good food in front of you at the table, or eating that cookie or whatever it is, it can be a transcendent moment, where our connection to food is our connection to life and being in the present."

**EXTRA GARLIC SHARE: 6/25 deadline**

From Yiddish Farm in Goshen, NY (yiddishfarm.com) – an optional, extra garlic share is available for \$30 for three deliveries (1 lb each in Aug, Sep, Oct; there will be 8-10 heads per pound).

SIGN UP by 6/25. Make checks out to **Yiddish Farm Education Center** and bring them to the pick-up by 6/25.

To reserve your share, go to: tinyurl.com/xtragarlictuv

NOTE: We will continue to get garlic in our regular shares from Golden Earthworm; this is a chance for healthful, delicious **extra** garlic in the fall!

MUSHROOM, ESCAROLE, SCALLION PIZZA

Makes 2 pizzas, Serves 6-8

Adapted from Cathy Whims, Oven and Shaker Restaurant, Portland, OR

1/4 cup + 2 tbsp olive oil

1/2 lb mushrooms, sliced

1½ tbsp fresh thyme, minced

2 garlic cloves, minced

1/2 lemon, juiced

Salt, to taste

Black pepper, to taste

1/2 head escarole, thinly sliced

1 bunch scallions, sliced

1 tbsp fresh rosemary, minced

1½ lb fresh pizza dough

1/2 lb Taleggio, sliced thinly

optional: salad topping: arugula, spinach, romaine, cilantro, etc.

Heat oven (and pizza stone, if available) to 500°F.

In a skillet over high heat, heat 1/4 cup olive oil and cook mushrooms till water is evaporates and mushrooms start to brown. Add thyme and half the garlic and cook for 30 seconds, then add lemon juice and season with salt and pepper. Set aside.

In skillet over medium heat, warm the remaining olive oil, then cook remaining garlic till fragrant. Add escarole, scallions, and rosemary and cook till wilted, season with salt and pepper. Set aside.

Divide the dough in half and on floured surface, stretch and roll each into a roughly round shape. Place one round on the pizza stone, then quickly layer with half each of the cheese, mushrooms, and escarole. Bake 8-10 minutes, till crisp and browned. Repeat with second pizza. Serve warm, topped with salad greens, if desired.