



# TUV HASHAVUA

## BEST OF THE WEEK

**MANY THANKS  
TO OUR  
VOLUNTEERS !**

**6/23 [Week #5 – A]**

5-8pm Pick-up

**Stacy Feldbrandt**

**Neha Joshi**

**Pamela Calo**

1pm Truck Unloading

**Ilona Michalowska**

**Joanna Gallai**

**Jessica Keane**

8pm Unclaimed Shares

**Farah Diaz-Tello**

**6/30 [Week #6 – B]**

5-8pm Pick-up

**Ariella Nelson**

**Gayla Jacobson**

**Hye-Kyung Neal**

1pm Truck Unloading

**Valeria Vavassori-Chen**

**Joanna Gallai**

**Mary Beth Bentaha**

8pm Unclaimed Shares

**Lenny Fuchs**

TUV HA'ARETZ CSA at the  
Forest Hills Jewish Center  
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tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**  
foresthilstuvcsa.com
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goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

## Chef Dan Barber: Rebooting Our Food System

*An Interview by the Associated Press, The Daily Mail, UK*

*At Blue Hill, his intimate, understated restaurant in Greenwich Village famous for its locally sourced ingredients — not to mention having hosted Barack and Michelle Obama on a much-publicized date night — chef and co-owner Dan Barber is featuring a Rotation Salad this week.*

*Not the most inviting name for a dish, perhaps. But this salad epitomizes Barber's new approach to food — not only how we prepare it, but how we farm, consume and even conceive of it.*

*And so this particular salad includes soil-building crops: Barley, buckwheat, rye. And legumes, a natural soil fertilizer: Peas, kidney beans, peanuts. A so-called "cover crop," meant to replenish soil — pea shoots — is used in the vinaigrette. Seed crops include benne and rapeseed.*

*Why is all this significant? Many know Barber, who also has another well-known restaurant in leafy Westchester County, based on his own farm — Blue Hill at Stone Barns — as a key champion of the farm-to-table movement, favoring locally sourced and produced food.*

*But now, he's shifted his approach. In "The Third Plate: Field Notes on the Future of Food," Barber argues that the farm-to-table philosophy, while wildly and increasingly popular, is fundamentally flawed, because it's based on cherry-picking ingredients.*

*What we need instead, Barber says, is a cuisine based on what the land can provide — nothing more, nothing less. He argues for a nose-to-tail approach, not to one animal, but the entire farm. He recently sat down at Blue Hill with The Associated Press to explain.*

**For starters, what the heck is "The Third Plate"?** It's not a specific plate of food. You could say it's a metaphor for a way of eating.

**Is there a First or Second Plate?** The First Plate would be that seven-ounce (or eight- or twelve-ounce) steak that becomes the paradigm of everyday dining. It's protein-centric, with a few veggies to fill in, and maybe refined rice. The Second Plate is actually the same architecture, but you know where your ingredients are coming from a little more — hopefully you got them at the farmer's market or they're organic or sourced in a way that connects you to a farm or community. It's tastier, but it's not a way to think of our future diets.

**But with that Second Plate, aren't we doing everything right?** Yes, but we can't support the system. That's becoming abundantly clear from alarming forecasts about the future of the environment, soil, water. You know, with the farm-to-table movement, we feel good about what we're eating; we're lulled into thinking it's the answer. The evidence is actually saying the opposite. It's saying that in the last 10 years, big agriculture is getting bigger.

**A harsh assessment.** It sounds hardhearted. I mean to sound hardHEADED. The recent U.S. agricultural census that came out a few weeks ago said that, for the first time in history, nearly 45 percent of the money we spend on food is in the hands of 1 percent of the farmers. And in the last 10 years, corn and soy account for more than 50 percent of the harvestable acres in the United States.

**How did your new philosophy emerge?** About 10 years ago, I really wanted good flour in the restaurant. I met an amazing farmer named Klaas and bought his

emmer wheat. The bread was jaw-droppingly delicious, and I was really proud: it was sourced locally, organically and was an ancient grain, headed for extinction.

I went up to visit his farm a few years later. I was standing in the middle of his field — 1,500 to 1,800 acres — and I didn't see any wheat! He showed me buckwheat, barley, bean crops, mustard plants and clover. He described these meticulously timed rotations of cover crops to restore lost nutrients to the soil. He's continually rotating them, to get his soil ready for wheat.


But, what was I doing? I was supporting the wheat but not the other crops. They go into bag feed, for animals.

**But isn't supporting the wheat good?** It's cherry picking. At the farmers market this morning, everyone was buying asparagus, peas, and all these exciting vegetables, which are high-value crops. But it's the rotation crops we need support more.

**So what else should we be eating?** Buckwheat and millet, barley and rye ... I could go on. How many kidney beans do you eat? Not enough. If you think back to truly sustainable ecologies, cuisines evolved from what the land could provide. French peasant cuisine. Italian cuisine. Cantonese cuisine. All the cuisines in India. When Parmesan cheese was invented in Italy, what did they do with the whey? They fed it to pigs, and made prosciutto de Parma. The pigs are fattened on the whey — that's what makes prosciutto so delicious — but it's a waste product of the cheese.

**You write a lot about soil.** Yes, the whole first quarter of my book. It's hard to get through. But it all starts with soil. I fell in love with soil.

**I'm the consumer. What's my job?** First, don't underestimate cooking — for yourself. Also, I would support chefs who are willing to break out of the paradigm of that seven-ounce steak, and are offering menus heavy on vegetables, grains and beans.

**Don't you yourself offer some protein-centric plates?** I'm trying to get away from it. It's hard. But many chefs are trying to change the paradigm of the plate — because it's boring. A seven-ounce steak or lamb loin isn't really cooking, just heating. It's not even close to culinary transcendence. That's not to say I don't enjoy a good steak. I love it, but in proportion. So, celebrate — but do it in proportion to what the land can provide. 

*Creative director and chef, Dan Barber, insists that the restaurant, Blue Hill at Stone Barns, "is only one part" of the farm-restaurant-educational matrix at work. Funded by David Rockefeller, The Stone Barns Center works toward being both environmentally and economically sustainable.*

## WHAT'S IN THE BOX??

### Baby Toscano Kale, Arugula, Hakurei White Salad Turnips, Zucchini, Red Batavian Lettuce, Romaine, Swiss Chard

#### COMPOST BROWNS NEEDED!

Our compost requires more browns—please SHRED and bring to pick-up:

- Sawdust, Fine Wood Chips
- Ashes from wood, paper and charcoal
- Brown paper bags
- Leaves
- Shredded Newspaper - not slick paper or color print
- Crushed Eggshell

**PLEASE NOTE:**

Be sure all pieces are shredded down to 1" x 1" or smaller, or they will not break down properly.

#### DRIVERS WANTED!

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

- 07/07 (A-week)
- 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!

#### Frit Gris: Piedmont-style Turnip Tops, Greens, and Potatoes | Serves 4

*Johnna Albi, Catherine Walthers | Greens Glorious Greens!*

- 1 lb turnip tops, kale, swiss chard, broccoli rabe, etc., washed
- Turnips (optional), ½ inch cubes
- 2 steamed or baked potatoes, peeled and cubed (best if from the day before; not Russets)
- 2 tbsp olive oil
- 4 cloves garlic, minced
- Salt, to taste

Bring large pot of water to a rolling boil and add salt. Cook the greens (and turnip cubes) in the water and blanch for 2-3 minutes till bright green. Drain and refresh with cold water. When cool enough, squeeze out the excess water and chop coarsely. Note: you can use stems in this recipe.

In a large skillet, heat the oil over medium low heat. Add garlic, greens + turnips, and potatoes. Stir to combine, then cover and cook for 20-30 minutes, stirring occasionally. Season to taste with salt and cook five minutes more.

In Italy, this dish is served with polenta or roasted/grilled meats.

#### Poached Eggs Over Sautéed Greens | Serves 4

*evergreenfarm.typepad.com*

- 4 eggs, poached or soft-boiled
- 4 cups of water
- 1 tsp of white wine vinegar
- 1 cup thinly sliced leeks, about 1 large leek or onions
- 6 medium cloves of garlic, sliced
- 4 cups of chopped greens
- 3 tbsp of broth
- 2 tbsp fresh lemon juice
- Salt and pepper, to taste

Heat 1 tbsp of broth in a stainless steel 10-12 inch skillet. Sauté sliced leeks in broth over medium heat for about 3 minutes. Add garlic slices and stir constantly for another minute. Add greens, remaining broth, and lemon juice; then simmer covered on a medium-low heat for about 10 minutes stirring occasionally. When done, season with salt and pepper. Place the poached eggs on sautéed greens and serve.