



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

June 26, 2012
6 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:

Bonnie Chernin
Claudia Aquino
CAYUGA:
Adina Konheim

FOOD BANK DELIVERY:
Lenny Fuchs

NEXT WEEK:

Farah Diaz-Tello
Jim Sun
Manisha Shah-
Balangon

FOOD BANK DELIVERY:
Judy Trupin



One week to go to reach our minimum order!

- kosher goat cheese
- jams
- pickles

Order online by

July 1:

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

Scroll down to

“Tuv Ha'aretz Forest Hills”

Dirtying Up Our Diets, by Jeff D. Leach

Over 7,000 strong and growing, community farmers' markets are being heralded as a panacea for what ails our sick nation. The smell of fresh, earthy goodness is the reason environmentalists approve of them, locavores can't live without them, and the first lady has hitched her vegetable cart crusade to them. As health-giving as those bundles of mouthwatering leafy greens and crates of plump tomatoes are, the greatest social contribution of the farmers' market may be its role as a delivery vehicle for putting dirt back into the American diet and in the process, reacquainting the human immune system with some “old friends.”

Increasing evidence suggests that the alarming rise in allergic and autoimmune disorders during the past few decades is at least partly attributable to our lack of exposure to microorganisms that once covered our food and us. As nature's blanket, the potentially pathogenic and benign microorganisms associated with the dirt that once covered every aspect of our preindustrial day guaranteed a time-honored co-evolutionary process that established “normal” background levels and kept our bodies from overreacting to foreign bodies. This research suggests that reintroducing some of the organisms from the mud and water of our natural world would help avoid an overreaction of an otherwise healthy immune response that results in such chronic diseases as Type 1 diabetes, inflammatory bowel disease, multiple sclerosis and a host of allergic disorders.

While comforting to the germ-phobic public, the too-shiny produce and triple-washed and bagged leafy greens in our local grocery aisle are hardly recognized by our immune system as food. The immune system is essentially a sensory mechanism for recognizing microbial challenges from the environment. Just as your tongue and nose are used to sense suitability for consumption, your immune system has receptors for sampling the environment, rigorous mechanisms for dealing with friend or foe, and a memory. Your immune system even has the capacity to learn.

For all of human history, this learning was driven by our near-continuous exposure from birth and throughout life to organisms as diverse as mycobacteria from soil and food; helminth, or worm parasites, from just about everywhere you turned; and daily recognition and challenges from our very own bacteria. Our ability to regulate our allergic and inflammatory responses to these co-evolved companions is further compromised by imbalances in the gut microbiota from overzealous use of antibiotics (especially in early childhood) and modern dietary choices.

As humans have evolved, so, too, have our diseases. Autoimmune disease affects an estimated 50 million people at an annual cost of more than \$100 billion. And the suffering and monetary costs are sure to grow. Maybe it's time we talk more about human ecology when we speak of the broader environmental and ecological concerns of the day. The destruction of our inner ecosystem surely deserves more attention as global populations run gut-first into the buzz saw of globalization and its microbial scrubbing diet.

As we move deeper into a “postmodern” era of squeaky-clean food and hand sanitizers at every turn, we should probably hug our local farmers' markets a little tighter. They may represent our only connection with some “old friends” we cannot afford to ignore.

Excerpted from nytimes.com, The Opinion Pages. Jeff D. Leach is a science and archaeology writer and founder of the Human Food Project.

THIS WEEK IN THE BOX:

Zucchini
Cipollini Onions
Fennel or Kohlrabi
Baby Spinach
Radicchio
Swiss Chard
Toscana Kale
Red Boston Lettuce
FRUIT SHARE: Blueberries
HERB SHARE:
Summer Savory
Lemon Thyme

Garlic Roasted Radicchio

Todd English

8 garlic cloves, finely chopped
1/4 cup olive oil
1 tblsp fresh rosemary leaves, chopped
1/4 cup balsamic vinegar
1 tsp kosher salt
1/2 tsp black pepper
4 large heads radicchio, halved through the root
Grated Parmesan cheese, for garnish

Place the garlic, olive oil, rosemary, vinegar, salt, and pepper in a large bowl and mix well. Add the radicchio and gently toss so that it is well coated. Cover and let marinate at room temperature for at least 1 hour.

Heat the oven to 425 degrees. Place the radicchio in a baking ...

Recipe continued... →

Tuv Ha'Aretz at the Forest Hills Jewish Center

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FEATURED RECIPES:

Cipollini and Mushroom Tart

Susan Goin, Sunday Suppers at Lucques

1 pastry dough tart crust
1 lb Cipollini onions, peeled and quartered
2 tblsp olive oil
2 tblsp balsamic vinegar
1 tsp salt
1/4 tsp freshly ground black pepper
2 tblsp butter
1/4 tsp salt
1/4 tsp freshly ground black pepper
1-1/2 lb mixed wild and/or cultivated mushrooms
1 egg yolk (reserve egg white for topping)
3/4 cup ricotta cheese
1 tblsp olive oil
3/4 cup Parmesan cheese, divided
1/4 cup chives
1 egg white
1/4 cup cream

Preheat the oven to 350° F.

Peel and remove the root end from the onions. Place them in a pie dish or small roaster, toss with olive oil, vinegar, salt and pepper. Roast until the onions are soft and begin to color but still hold their shape, about 45 minutes. Remove from oven and cool.

Place dough into a tart ring, and pierce bottom of raw pastry dough with a fork, and chill.

Slice any mushrooms larger than 2" long. Over medium flame, melt the butter. Add mushrooms, salt and pepper and sauté for about 5 minutes. Remove from heat.

In a small bowl, mix egg yolk, ricotta, olive oil, 1/2 cup Parmesan, and chives. Remove tart shell from refrigerator. Spread mixture evenly in bottom of tart shell. Nestle onions evenly across ricotta base. Scatter mushrooms in between onions.

Beat egg white, cream and 1/4 cup Parmesan in a small bowl. Pour mixture evenly over filling.

Cover with foil and bake for 30 minutes, then remove foil and bake another 15 minutes, until top is bubbling and crust is slightly brown, but not too dark.

Serve the tart warm or at room temperature. Serves 6.



→ Garlic Roasted Radicchio *cont'd...*

... pan and pour the marinade over the top. Place in the oven and roast until the edges of the radicchio are crisp and almost beginning to look burnt, about 20 to 25 minutes.

Serve immediately, with grated Parmesan cheese

Nutrition information: 48 calories per serving 2 grams of carbohydrates



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

