



TUV
HA'ARETZ
CSA 2015

**MANY THANKS
TO OUR
VOLUNTEERS !**

6/9 [Week #3 – A]

5-8pm Pick-up

Lisa Berger

Edith Beer

Judy Beizer

1pm Truck Unloading

Ilona Michalowska

Jessica Keane

Babitha Dhuler

8pm Unclaimed Shares

Israel Wertentheil

6/16 [Week #4 – B]

5-8pm Pick-up

Ayelet Sela

Eli Kizhnerman

Azar Abramov

1pm Truck Unloading

Ilona Michalowska

Valeria Vavassori-Chen

Joanna Gallai

8pm Unclaimed Shares

Lenny Fuchs

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center

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

TUV HASHAVUA

BEST OF THE WEEK

Vinegar + Vegetables = Voilà!

By Dorrie Berkowitz, Member Tuv Ha'Aretz CSA

Sour grapes? Close, but no cigar. Rather: *vin + aigre*, sour wine, is the very versatile vinegar. Vinegar has been produced since around 5000 BCE not only from grape wine, but also from molasses, rice, and more.

Let's look at some of the most available vinegars and how they complement your CSA bounty.

Balsamic Vinegar, once super-trendy, now a kitchen staple.

- Traditional Balsamic of Modena — produced within the town of Modena, aged a minimum of 12 years, pricey, sold only in 3.4-ounce bottles, and usually found in fancy markets.
- Balsamic of Modena (PGI) — produced in the Modena and Reggio Emilia *provinces*, aged two months to three years, widely available (Trader Joe's, er, Giotto's balsamic has PGI designation, which stands for "protected geographic indication").
- Traditional Balsamic of Reggio Emilia — Similar to traditional Modena balsamic, but produced only in the Reggio Emilia province, and sold only in 3.4-oz bottles.
- Domestic Balsamic — These vinegars may be blended with grape juice and may have color added, widely available.

Vegetable Friendly — *Roasted vegetables* — After you toss your vegetables in olive oil, drizzle a little balsamic vinegar over them, sprinkle with salt, and toss before popping the pan in the oven. Stir halfway through roasting. The balsamic vinegar gives a little extra caramelization and a sweet-and-sour kick.

Neat tip — Buy an extra bottle of the Trader Giotto's balsamic. Pop out the plastic pouring spout, set it aside, and pour the vinegar into a small saucepan. Bring it to a boil and immediately reduce to a simmer. (Watch it before it boils so it doesn't boil over. Messy.) Simmer for 15-20 minutes, until it's reduced by almost half. Cool completely, pour back into the bottle, and replace the top. You'll have a lovely, syrupy balsamic perfect for dressing salads all by itself. And way less expensive than the fancy balsamics!

Cider Vinegar — The most familiar is apple cider vinegar, but these can be made from any fruit. Let's stick with apple cider vinegar, which is fruit juice combined with white or wine vinegar; some sediment may be visible.

Vegetable Friendly — Cider vinegar has less of a bite than does white vinegar, so it's a nice addition to vinaigrette along with lemon juice. Using 1 part acid to 2 parts oil, use about $\frac{3}{4}$ part cider vinegar and $\frac{1}{4}$ part lemon juice. The vinegar carries the sweetness and the lemon juice keeps things bright. Use herb-share thyme, and don't forget the salt. Make a jar-ful to store in the fridge, ready for all that gorgeous lettuce!

White Vinegar — The kitchen workhorse, from poaching eggs to cleaning the range hood. White vinegar is your vegetables' best friend.

Vegetable Friendly — *Quick Pickle* — When your vegetable bin is bursting with kohlrabi, watermelon radishes, or mutant cabbage heads, try a quick pickle: In a large bowl, mix 1 cup white vinegar, 2 tbs water, $\frac{1}{4}$ cup sugar, and a generous pinch of salt. Stir until the sugar and the salt are dissolved. Then add one or more of the following: peeled kohlrabi, sliced thinly or julienned; peeled watermelon radishes, sliced thinly; green cabbage, shredded; peeled cucumbers, cut in ribbons; peeled carrots, cut in ribbons or julienned. Toss well, adjust the sugar and/or salt to your

taste, and refrigerate overnight, tossing once. A crisp and delicious treat.

Neat tip — Got sad green beans? Dangerously limp broccoli? Mix one part ice water and one part white vinegar in a large bowl. Drop in your green beans or your broccoli florets and stalks and stir; after 3 minutes drain and rinse. They'll be rejuvenated and ready to cook!

Thanks to *The Vinegar Institute* for background information.



Dorrie Berkowitz is a writer and editor who loves cooking for family and friends. She lives in Whitestone with her husband and a big ol' cat.

Fruit Shrubs: Drinks That Taste Like Summer

By *Kristen Aiken, Huffington Post*

Shrubs started as a household practicality. Back before refrigeration, fresh fruit would spoil quickly, but you could extend its life by piling it into a big crock with some sugar. The juice that came off the fruit was redolent with the bright flavor of the fruits in the crock, and after a few weeks it would ferment into vinegar.

In the modernized version below, you just add vinegar to your sweetened fruit rather than actually letting it ferment. You can make it with any fruit you want, add any herbs or spices you want, and mix it with whatever type of spirit or sparkling drink you want. It's basically a choose-your-own-adventure, no-rules type of recipe, perfect for scofflaws and anarchists.

Once you make a shrub, it'll last several months in your refrigerator. So get a-shrubbin'!

BASIC SUMMER FRUIT SHRUB | Makes 1 ½ pints

This method will work with any ripe, soft fruit, such as berries, peaches, nectarines, and apricots. Depending on the sweetness of the fruit, you may want to add a touch more sugar to taste.

- 1 lb fruit, sorted, rinsed
- 1 lb sugar (for a more caramel taste, use brown, Demarara, Turbinado, or Muscovado sugar)
- 1 pt / 4 cups vinegar (white wine, apple cider, or sherry)
- other flavorings (optional – herbs, spices, etc.)
- If you are using stone fruits, peel, pit, and roughly chop.
- Pile the fruit in a large bowl, add the sugar, and toss together.
- Cover the bowl with a clean cloth and sit at room temperature for 2 hours, preferably overnight. Stir occasionally.
- Line a colander or large strainer with cheesecloth and set it over a wide-mouth jar or another clean bowl.
- Ladle the fruit and juices into the colander and strain the juice into the jar; press on the fruit solids to extract more juice
- Mix the sweetened juice with the vinegar.
- Taste the shrub—it should be quite tart, but pleasantly so. Stir in more sugar or vinegar to get the flavor you want.
- If using other flavorings, add to infuse into the finished shrub.
- Pour the shrub into clean bottles or jars and seal.
- Store in the refrigerator indefinitely.



WHAT'S IN THE BOX??

Baby Red Kale, Romaine, Parsley, Strawberries, Red Leaf Lettuce, Swiss Chard

GRILLED LETTUCE SALAD | Serves 2-4

Adapted from Giada De Laurentiis | foodnetwork.com

- 2 tablespoons olive oil, divided
- 1 head romaine lettuce, quartered
- Salt and freshly ground black pepper
- 1 tablespoon balsamic vinegar

Prepare the grill (medium-high heat).

Drizzle 1 tablespoon of oil over the romaine, then sprinkle with salt and pepper. Grill the lettuce until crisp-tender and browned in spots, turning occasionally, about 6 minutes.

Coarsely chop the lettuce, and then toss in a large bowl with the remaining oil and vinegar. Season the salad to taste, with more salt and pepper. Serve warm.

Use radicchio, endive, and other firm lettuces instead of, or in combination with the romaine.

SWISS CHARD WITH GHEE | Serves 4

Johnna Albi, Catherine Walthers | [Greens Glorious Greens!](http://GreensGloriousGreens.com)

- 1 lb swiss chard
- ½ medium onion (red or yellow), sliced thinly
- 2 teaspoons ghee or butter
- ½ cup water
- Salt and freshly ground black pepper, to taste

Wash chard and strip leaves from stems. Slice stalks crosswise into ½-inch pieces and set aside. Cut leaves into thin pieces and set aside separately.

Heat large skillet over medium-high heat and add ghee, swirl to coat pan. Add the onions and cook for 5 minutes, avoid burning.

Add chard stalks and water. Cook 3 minutes. Add leaves and close with a lid and steam for 4-5 minutes. Leaves should still be bright green but wilted. Sprinkle with salt and pepper, and toss gently. Serve hot or at room temperature.

PARSLEY, KALE, BERRY SMOOTHIE

Seamus Mullen "Bon Appetit," epicurious.com | Serves 2

- ½ cup flat-leaf parsley (leaves and stems)
- ½ cup kale leaves (center ribs removed)
- 1 cup frozen berries (such as strawberries)
- 1 banana, cut into pieces
- 1 tsp ground flaxseed
- 1 cup (or more) water

In a blender, puree all ingredients till smooth. Blend in additional water if desired.

CHECK YOUR EMAIL WEEKLY FOR SHARE INFORMATION & UPDATES