



## TUV HA'ARETZ CSA 2015

### MANY THANKS TO OUR VOLUNTEERS !

#### 5/19 Kick-off Meeting Core Group

Judy Trupin, Co-Chair  
 Felicia Seidel, Co-Chair /  
 Volunteer Coordinator  
 Farah Diaz-Tello,  
 Weekly Emails  
 Adrian Hayes, Compost  
 Judith Mermelstein /  
 Maki Hoashi, Newsletter  
 Israel Wertentheil,  
 Foodbank Drivers  
 Alexa Weitzman,  
 Truck Unloading  
 Tova Abrahmov,  
 Invoices

Kickoff Volunteers:  
 Emilee Wyner  
 Marcia Belgorod

#### 5/26/2015 [Week #1 – A]

5-8pm Pick-up  
 Mazher Akhtar  
 Natalie Zych  
 Tanessa Cabe Harte

1pm Truck Unloading  
 Valeria Vavassori-Chen  
 Brian Gardner Hoashi

8pm Unclaimed Shares  
 Israel Wertentheil

TUV HA'ARETZ CSA at the  
 Forest Hills Jewish Center  
 106-06 Queens Blvd.  
 Forest Hills, NY 11375  
 tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**  
foresthillstuvcsa.com
- **Facebook:**  
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**  
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

# TUV HASHAVUA BEST OF THE WEEK

## Welcome to Our CSA! *Answers to Frequently Asked Questions*

**WHEN IS PICK-UP?** Every Tuesday from 5:00 to 8:00PM. However, expect an email if something changes at the last minute. *Exception: Some pick-ups are on a Thursday, due to holiday scheduling.* You will get email alerts via our Wiggyo listserv (see info at the end of this newsletter).

**WHERE DO I PICK-UP?** Enter via the Queens Boulevard side (the side closest to the Forest Hills Post Office), to the left of the main doors.

**WHAT IF I CAN'T MAKE IT TO PICK-UP?** Don't worry, it won't go to waste! Any shares not picked up by 8PM closing time will be donated to a food pantry. If you know in advance – you may either arrange for someone else to pick up your share for you or if you have an "A" or "B" share – post to the list for someone to swap with you. Use the group email list to advertise your need, then individually message any candidates privately to make arrangements.

**WHAT DO I BRING TO PICK UP?** Bring bags or carts with you to help carry your shares home. Though the vegetables are delivered in large boxes, these are recycled and returned to the farm. Consider bringing plastic bags to wrap your items.

**CAN I OPT-OUT OF A VEGETABLE?** If there is an item you cannot use, put it in the "swap box" and trade it for one you would like to use. Please note: if you take something out of the swap box, you do need to put something in!

**CAN I FIND OUT THE SHARE CONTENTS IN ADVANCE?** Yes! You'll get an email – as soon as we know from the farm. The farm will also provide recipe ideas and storage tips. See info about our Wiggyo listserv at the end of this newsletter).

**IS VOLUNTEERING OPTIONAL? No!** Every member household – full or half-share – is required to volunteer. Most members do a single three-hour shift staffing a pickup. This task involves welcoming members, helping members bag up their share, collapsing and storing the boxes to return to the farm, and distributing the newsletter. It may also involve distributing special shares, such as flour / grains or tea / coffee / chocolate.

For those with a car, consider taking unclaimed shares to the foodbank. Unclaimed share drivers arrive at 7:50, load unclaimed shares into their cars and deliver them to the food pantry. Volunteers will help load your vehicle.

We also need help unloading the truck from the farm – this entails lifting boxes from the truck, getting them over the threshold, and up the stairs to where members will collect their boxes. The more people, the faster this job is done – so if you can come to the FHJC at 1pm for about an hour and are physically fit for lifting and carrying, please consider volunteering for truck delivery duties.

**WHAT IF I CAN'T MAKE MY PLANNED VOLUNTEER SLOT?** As soon as possible, please send an email to the group that you need to swap volunteer shifts. For last minute emergencies, contact co-chair Felicia Seidel. But please – make every effort to keep to your schedule or to find a replacement.

**WHAT IF I CAN'T VOLUNTEER ON TUESDAYS?** If Tuesday volunteering is not an option – you may volunteer to write articles for the newsletter. Topics can include personal memories, cooking techniques, ingredients, sustainable practices, festivals, history, interviews, etc.

There are also some pick-ups on Thursdays in September, due to holiday scheduling. We also need volunteers from time to time to help with special events, such as "Meet the Farmer" where the audience can hear about the state of our farm and ask questions.

**WHAT IS THE CSA CORE GROUP?** These are volunteers – no paid staff here – who take charge of communications with members and suppliers; and the FHJC which allows us to use their facilities for pick-up, printing, storage, etc.

- **Judy Trupin** and **Felicia Seidel** are our co-chairs, and take responsibility for administrative details, including behind-the-scenes tasks to keep Tuv Ha’Aretz running smoothly. Also, Judy handles finances and Felicia coordinates volunteers.
- **Alexa Weitzman** is in charge of cooking demonstrations and special shares. She is the coordinator for volunteers unloading when the truck arrives from the farm; expect an email from her if you signed up for this task.
- **Judith Mermelstein** and **Maki Hoashi** edit and assemble the Tuv weekly newsletters. **Judy Trupin** contacts those who signed up to write articles to discuss deadlines, etc.
- **Adrian Hayes** looks after the composting bins at the FHJC. The debris of pick-ups, paper and trimmings members bring, etc. make for efficient compost to use in gardens.
- **Israel Wertentheil** coordinates the food bank drivers; expect an email from him if you sign up for this task.
- **Farah Diaz-Tello** sends out the weekly “What’s in the Box?” email via Wiggió.
- **Tova Abrahmov** invoices members at the start of the season.

**IS TUV ON SOCIAL MEDIA? Yes!** We are on Facebook and Twitter, and we welcome you to join and to post photos, ideas, recipes, etc. relevant to the CSA on our wall. Get more out of your share through communication with your fellow members – we hope you join the conversation!



**ABOUT THE FARMERS**

The Golden Earthworm Organic Farm is a *Certified Organic* CSA farm located on the beautiful East End of Long Island. We serve over 2,000 member families within the local communities of Long Island and Queens with our beautiful quality produce.

The farm was started in 1996 by Matthew Kurek, a chef-turned-farmer with a passion for vegetables and for sustainable agriculture. After leaving a career as a natural foods chef in Manhattan in 1993, he began farming a small half-acre plot in Southold, near his childhood home. He soon expanded and started farming the land in Jamesport (*where the farm is now based*) in early 1996. Matthew’s wife, architect/designer Maggie Wood, joined him in 2002 and helped develop the vision of the farm’s CSA model, which is now one of the largest and most successful of its kind in the country. Matthew and Maggie live on the farm with their two sons, Galen and Zinn. Together with a skilled and dedicated farm team, they grow over one hundred varieties of vegetables for their Community Supported Agriculture Program (CSA) and farmers’ markets.

**A/B SCHEDULE**

5/26	A
6/2	B
6/9	A
6/16	B
6/23	A
6/30	B
7/7	A
7/14	B
7/21	A
7/28	B
8/4	A
8/11	B
8/18	A
8/25	B
9/1	A
9/8	B
9/17	THU A
9/24	THU B
10/1	A
10/8	B
10/13	A
10/20	B
10/27	A
11/3	B
11/10	A
11/17	B

**WHAT’S IN THE BOX??**

**Check out this box every week to see what’s in the share.**

**Examples: kale, lettuce, onions, cilantro, strawberries, tomatoes, garlic scapes, potatoes, kohlrabi, spinach, arugula ...**

**Daikon Radish and Potato Latkes | Makes 8**

*Sandy Gluck | HuffPost Taste*

- 8 oz russet potato, shredded on the large holes of a box grater, drained, squeezed dry
- 8 oz daikon radish, shredded on large holes of a box grater
- 3 scallions, thinly sliced
- 3/4 tsp Dijon mustard
- 3/4 tsp salt
- 3 tbsp all-purpose flour
- 1 large egg
- 1/4 cup vegetable oil

Heat the oven to 250F. Place a wire rack on a rimmed baking sheet; set aside.

With your hands, squeeze the potato until dry and transfer to a large bowl. Discard the potato liquid. Add the grated daikon, scallions, mustard, and 1/2 teaspoon of the salt; toss to combine. Add the flour and egg and mix well.

Heat 2 tbsp oil in a big heavy skillet over medium-low flame. Using a 1/4 cup measure, place 3 - 4 mounds of daikon mixture in the pan, flattening lightly with a metal spatula to a 1/2-inch thickness. Cook until golden brown, about 4 minutes per side, lowering the heat if over-browning.

Transfer latkes to a rack and place in the oven to keep warm while you cook the remainder. Repeat with remaining mixture, adding additional oil as needed.

For the wasabi cream: In a small bowl, stir together yogurt, mayonnaise, wasabi powder, lemon juice, and remaining 1/4 teaspoon salt. Serve latkes with wasabi cream.

**TIPS:**

- In Japan, daikon is boiled in ‘Rice Water’ because it is said that this water takes the edge off of the daikon and makes it sweeter. When you wash rice, save the cloudy water for boiling daikon, beets and other astringent vegetables.
- Take off the greens and use separately. They have more nutrients than the actual root, so prepare them like any other cooking green.



**ARE YOU RECEIVING TUV HA’ARETZ CSA EMAILS? You’ll get advance notice of vegetables to expect in the share, recipes, tips about storage and cooking, changes to schedules and pick-up locations, etc. We’ve signed all of you up to our Wiggió list serv - if you you aren’t getting it, please email us at: [tuv@fhjc.org](mailto:tuv@fhjc.org)**