

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

Use The Whole Vegetable: Waste Less, Discover Recipes You Never Knew Existed

Alison Spiegel, huffingtonpost.com

Food waste is a huge problem, and that's an understatement. According to World Bank estimates, up to one-third of the food produced worldwide is thrown away. The proportions get worse in the United States, where Americans throw away almost half of their food. All this is going on while about 49 million Americans and about 805 million people worldwide are food insecure.

There are a lot of methods to combat food waste. You can show up to the supermarket or farmer's market with a plan so that you don't buy too much food and end up throwing it away. You can freeze a lot more food than you might expect. (Did you know you could freeze guacamole, for example?) You can use neat little tricks to help your food last longer in the fridge, like wrapping washed greens in paper towels and separating your onions and potatoes. You can also compost — and we swear it's neither scary nor difficult. You can also learn to use the whole vegetable.

It's time to stop throwing away your turnip greens and carrot tops. Hang on to your broccoli stalks and kale stems too. You can use all these pieces to make stock, of course, but you can also sauté them, shave them into salads and even mix them into veggie burgers. From world renowned chefs to home cooks, everyone has been celebrating vegetables recently, no longer relegating them to humble side dishes and instead putting them on center stage. To these chefs and cooks, using the whole vegetable isn't viewed as an inconvenient responsibility, but an awesome challenge, a way to showcase creativity and a way to honor vegetables.

In her forthcoming book *A Girl And Her Greens: Hearty Meals For The Garden*, renowned chef April Bloomfield shows off the beauty of using whole vegetables, with recipes like Roasted Carrots With Carrot-Top Pesto And Burrata and Grilled Whole Tokyo Turnips. Let Bloomfield (author of *A Girl And Her Pig*, and a chef famous for meat-centric restaurants like The Breslin and The Spotted Pig, where the most famous

WINTER SHARE
Starts 12/13 – CHECK
YOUR EMAIL FOR
SIGN UP INFO!

11/1/2016 TUESDAY
[Week #22 – B]

5-8pm Pick-up

**Manisha Shah-
Balangon**

**Rachael Janowitz
Fred Resnick**

12:45 pm Truck Unloading

**Brian Gardner Hoashi
Fiana Tulchinskaya**

8pm Unclaimed Shares
Adrian Hayes

**MANY THANKS TO
OUR VOLUNTEERS**

11/8/2016
[Week #23 – A]

4:45-8pm Pick-up

**Janet Schultz
Emilee Wyner**

12:45 pm Truck Unloading

**Brian Gardner Hoashi
Fiana Tulchinskaya**

8pm Unclaimed Shares
Sofia Sainz

**ALL NOVEMBER
PICK-UPS are on
TUESDAYS!**
Starting this week!

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:**
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- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

11/1 [B] : WHAT'S IN THE BOX??*(Subject to Changes)*

Radicchio, Escarole, Sweet Potatoes, Cauliflower, Leeks, Bok Choi, Hakurei Turnips, Red Kale

FRUIT: Empire Apples, Golden Delicious Apples, Bosc Pears

"Whole Vegetable," cont'd

item on the menu is the burger) inspire you to love vegetables — and the whole vegetable at that.

When you're ready to dig a little deeper, check out Tara Duggan's *Root-to-Stalk Cooking: The Art of Using the Whole Vegetable*. Once you start using broccoli stalks and carrot tops, you'll never go back to tossing them in the trash again.

Alison Spiegel is a food writer and editor, a traveler at heart and a lover of croissants.

Get Crispier Roasted Vegetables

Ali Siegel, food52.com

Here's a tip from Serious Eats's J. Kenji López-Alt that was so simple yet so helpful, we didn't want you to miss it: The trick to browner roasted vegetables that are anything but limp isn't a secret ingredient or special tool—it's time.

It starts with the fact that high heat + dryer ingredients = better chance of caramelly, browned bits. And it's employed on a cooking technique where caramel-crisp is what we're going for. Kenji recommends you leave cut vegetables uncovered in the refrigerator overnight; by drying them out, you're ensuring that they'll brown nicely when you roast them the next day.

Leaving cut vegetables uncovered in the fridge overnight is an extra step that involves a little additional planning, but it will give you exactly what you were going for when you decided to slip some vegetables into the hot oven.

**Bok Choi w/ Crispy Garlic Orange Sesame**

Sauce | Serves 4 | *Velentina, cookingontheweekends.com*

Grapeseed oil

4 large garlic cloves, very thinly sliced (¼ cup)

½ cup finely sliced shallots

12 oz baby Bok Choy

1 large navel orange, cut into supremes (see:

bonappetit.com/test-kitchen/how-to/article/how-to-supreme-citrus)

2 tablespoons fresh squeezed orange juice

1 tbspn sesame oil

2 tsp toasted sesame seeds

Togarashi, to taste (see: mccormick.com/recipes/other/japanese-7-spice-blend-shichimi-togarashi)

Coat bottom of medium-sized skillet with oil and place over medium-high heat. Add garlic slices, sauté until just turning golden brown, 2 minutes. Add shallots and bok choy, and cook just to wilt it, 2 minutes. Mix in oranges, orange juice, sesame oil and sesame seeds. Sprinkle with Togarashi.

Escarole and Radicchio Salad

Gourmet Magazine, epicurious.com | Serves 8

8 cups bite-size pieces of escarole, rinsed, spun dry

2 cups bite-size pieces of radicchio, rinsed, spun dry

1 1/2 tablespoons white-wine vinegar

1/4 teaspoon aniseed

1/4 cup olive oil (preferably extra-virgin)

In a large bowl toss together escarole and radicchio. In a blender, blend together vinegar, aniseed, and salt and pepper to taste. With motor running add oil in a stream, and blend dressing until emulsified. Drizzle dressing over greens and toss salad well.

WINTER SHARE: vegetables, fruit, grains, beans, flour, coffee, tea, chocolate.

Roasted Turnips w/ Buttered Greens

Hugh Acheson, saveur.com | Serves 4 - 6

4 tbspn. unsalted butter

1 lb. small white turnips with green tops, such as

Hakurei, turnips halved, greens roughly chopped

Kosher salt, to taste

1/2 tsp. caraway seeds

Heat oven to 400°. Melt 2 tbspn butter in a 12" ovenproof skillet over medium-high. Working in batches, cook turnips, cut side down, until browned, 4–6 minutes. Return all turnips to pan and season with salt. Transfer to oven; bake until tender, 12–15 minutes. Transfer to a serving platter; keep warm.

Wipe skillet clean and toast caraway seeds over medium-high until they pop, 1–2 minutes; transfer to a bowl. Melt remaining butter to skillet. Cook turnip greens until wilted, 3–4 minutes. Stir in reserved caraway seeds and salt; cook 1 minute. Transfer to platter with roasted turnips.