



TUV HASHAVUA

BEST OF THE WEEK

#wasteless – 7 Food Waste Tips I Learned From the “City Harvest Cookbook”

Tommy Werner, *epicurious.com*

MANY THANKS TO OUR VOLUNTEERS !

11/10 [Wk #25 – A]

5-8pm Pick-up

Israel Wertentheil

Isabel Bank

Janet Schultz

3:45pm Truck Unloading

Brian Gardner

Hoashi

Marci Birnbaum

8pm Unclaimed Shares

Israel Wertentheil

11/17 [Wk #26 – B]

5-8pm Pick-up

Mary Beth Bentaha

Sofia Sainz

Min Kuo

Edda Elias

1:00pm Truck Unloading

Valeria Vavassori-Chen

Brian Gardner

Hoashi

8pm Unclaimed Shares

David Snyder

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- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

City Harvest, a New York City-based non-profit that works to combat food insecurity in the city, received 30 gallons of cooked potatoes as their first donation in 1982. Since then, the organization has prevented 500 million pounds of food — all of it donations from restaurants — from going to a landfill.

Recently, City Harvest and food writer Florence Fabricant released a cookbook collecting recipes from some of NYC's best restaurants, all of which donate a portion of their product to City Harvest. And in keeping with the organization's mission, the book is full of tips on how to combat food waste at home. To a group of cooks and writers obsessed with cooking #wasteless, that was music to the ears. Here are some of our favorites.

KEEP YOUR MUSHROOMS FRESHER, LONGER.

A recipe for a warm mushroom salad from luxurious TriBeCa restaurant Bouley calls for lots of mushrooms. What do you do with leftovers? Put the uncooked mushrooms in "a paper bag left open at the top in the refrigerator. Not sealed in a plastic bag — which causes them to soften and rot."

SOUP UP YOUR FRENCH TOAST.

NYC stalwart Union Square Café gives a recipe for creamy corn soup, and there's an almost endless possibility for repurposing it. "A corn puree— before you thin it with cream to make the soup — can be used in many ways. Use it as a pasta sauce with black pepper and pecorino, as an addition to pancake batter, or for coating French toast."

TURN SOUP INTO SAUCE. Chef Daniel Boulud provides a recipe for a seasonal (and warmly spiced) butternut and delicata squash soup from DBGB, his beer hall-cum-rock club. Pooled on plates, the sauce nicely complements roast pork or game.

FRY THAT COLD MAC AND CHEESE. Murray's, the West Village cheese shop, reveals their mean mac-and-cheese recipe online. If you actually have any left the next day, they recommend you slice the cold mac and cheese and sauté the slabs.

BREAKFAST ON RISOTTO PANCAKES. Bâtard's Austrian-inspired cuisine earned it the 2015 James Beard Award for Best New Restaurant, and their pea-and-watercress risotto will tell you why. Should you have any leftover in the morning, the restaurant suggests you chill the leftovers, and then shape them into little cakes for frying. Serve them with eggs.

TOP EVERYTHING WITH TAPENADE. Is there anything a tapenade can't go on? Food Network chef Anne Burrell doesn't think so. "Pour a film of olive oil to seal the top, then refrigerate any extra tapenade to use in other recipes. Try it as a garnish for soup, or over roasted or steamed cauliflower. Toss with pasta, add to vinaigrette, or simply spread it on toast."

THAT'S SO COLD. My favorite leftover "trick" was included in Brooklyn-based Franny's recipe for fusilli with sausage, cannellini beans, and chilis. "Don't you love cold pasta straight from the fridge as a late-night snack?" *Oh, Franny's!*

The holidays are coming up which will generate a raft of leftovers. I very rarely waste food, although I did have to throw out a bag of dried fava beans today because they got weevily. I repurpose leftovers all the time; dinner rice shows up the next morning as hot cereal with butter, cinnamon, soymilk & raisins. Leftover pasta & beans get thrown into everything. Veggies & wilted salads show up again in stir-fries and frittatas. Of course, I'm blessed with a husband who eats anything, and a garbage disposal (other than my husband)!

Judith Mermelstein
Member Tuv Ha'Aretz CSA

U.S. Challenged to Reduce Food Waste in Landfills 50% by 2030

Karen Matthews, huffingtonpost.com

Agriculture Secretary Tom Vilsack announced a goal to cut the amount of food that Americans waste in half by 2030. "The United States enjoys the most productive and abundant food supply on Earth, and much of this food goes to waste," Vilsack said in NYC, where food-industry representatives and officials from the Environmental Protection Agency joined him.

Vilsack likened the effort to reduce food waste to the anti-littering campaigns of the 1960s and '70s that shamed Americans for tossing trash out car windows. "This is the logical extension," he said. "This is the next litter campaign."

The U.S. Department of Agriculture estimates that Americans waste 133 billion pounds of food every year, or 31 percent of their overall food supply. Vilsack said other nations waste similar amounts and the U.S. must lead a global effort to use food efficiently, "This is an opportunity for us to make a statement and provide leadership."

EPA officials said the massive waste is a problem not just because the food could feed the hungry but also because it ends up in landfills and affects the environment. "21% of all the waste in landfills is food," EPA Deputy Administrator Stan Meiburg said. "Once it's there, it produces greenhouse gases."

Leslie Sarasin, president and CEO of the Food Marketing Institute, a food retailers' trade association, said the industry supports cutting food waste because it operates on a "razor-thin" margin of 1 or 2%. "Reducing food waste at all levels in the food chain – farm, factory, store and home – is certainly one of those issues with economic and emotional appeal," she said.

The officials spoke at a facility in Long Island City, Queens, operated by the nonprofit City Harvest, which started in 1982 as an effort to salvage excess food from restaurants. City Harvest now takes donations from businesses and farmers and delivers it to 500 food banks and soup kitchens.

Vilsack said the campaign to cut food waste includes educating consumers about how long to keep food before it must be thrown out. He said he recently used the USDA's new mobile FoodKeeper app to determine whether chicken salad in his refrigerator was still good. It was, and he ate it. 🥗

Karen Matthews is an Associated Press reporter in New York and mother of a 17-year-old girl.

WHAT'S IN THE BOX??

Red Kale, Baby Toscano Kale, Carrots, Rutabaga, Potatoes, Savoy Cabbage, Cauliflower

KALE CAESAR WITH RYE CROUTONS & FARRO

Kay Chun, foodandwine.com | Serves 6

Kosher salt	6 oz silken tofu, drained
1/3 cup farro	1/2 tsp finely grated garlic
2 tbsp extra-virgin olive oil	1 tsp Dijon mustard
One thick slice of rye bread, cut into 1-inch cubes	5 oil-packed anchovy fillets, drained OR 2 tbsp Worcestershire sauce
20 oz kale, stems thinly sliced*, leaves torn or shredded	2 tbsp vegetable oil
Salt and pepper, to taste	1/4 cup grated Parmigiano-Reggiano cheese

Bring a small saucepan of salted water to a boil. Add the farro and cook until tender, 20 to 25 minutes. Drain, then transfer the farro to a bowl of ice water to cool. Drain again.

In a large skillet, heat the olive oil. Add the rye bread and cook over moderate heat until crisp and golden, 7 to 9 minutes. Season with salt and transfer to a plate to cool.

In a food processor or blender, puree the tofu, anchovies, garlic and mustard. With the machine on, drizzle in the oil and 2 tbsp of water. Add 2 tbsp cheese, and puree. Season with salt and pepper. In a large bowl, toss the dressing with the kale; season with salt and pepper. Transfer to a platter or plates. Top with the farro, croutons and the remaining cheese, and serve.

* Kale stems are great separated from the leaves and thinly sliced. Leave them in your salad for crunch and #wasteless!

WINTER SHARE! DEADLINE 11/15 VEGETABLES - APPLES - FLOUR, BEANS, GRAINS - COFFEE, TEA, CHOCOLATE

Please see your email for details!

RUTABAGA CAULIFLOWER CARROT SOUP

Celia, chicagojogger.com | Serves 4

1-1/4 heads cauliflower, chopped	1 yellow onion, chopped
1 rutabaga, peeled, chopped	1 shallot, chopped
4 cloves garlic, diced	2 carrots, chopped
2 tbsp extra virgin olive oil, divided	4 celery stalks, chopped
1/4 tsp black pepper	4 cups vegetable broth
Salt, to taste	3/4 cup smoked cheddar cheese
	2 tsp thyme
	1 tbsp rosemary

Preheat your oven to 375°. Mix the chopped cauliflower, rutabaga, and garlic together on a foil or parchment lined baking sheet. Toss with 1 tbsp olive oil and season with black pepper and salt. Roast for 25 minutes, stirring every 10 minutes.

While the vegetables are roasting, heat 1 tbsp olive oil in a large soup pot over medium heat. Sauté the onion, shallot, celery and carrots until soft, about 10 minutes. Pour the broth over the vegetables in your soup pot. Add the roasted vegetables to the pot and bring to a boil. Cover and simmer on low for 25 minutes or till all the vegetables are soft.

Use an immersion (or stand-) blender and puree the soup. Stir in grated cheese till melted. Adjust seasonings and serve hot.