



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

November 13, 2012 | 28 Cheshvan, 5773

# TUV HASHAVUA — BEST OF THE WEEK

See this newsletter online: [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) – in "Files > 2012 Season"

### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK [A: 11/13]

Meisi Lau  
Nina Lincoln  
Janet Schultz  
Jessica Sinoway

FOOD BANK DELIVERY:  
David Snyder

#### NEXT WEEK [B: 11/20]

Jane Cinsov  
Sharon Leung  
Rhonda Klein

FOOD BANK DELIVERY:  
Judy Trupin

*FRUIT SHARE ENDED prior to "Sandy." Our apologies for the late notice. There will be no make-up fruit share.*

### Facebook

**"Like" us and post a pic of what you've made with this week's share. Prizes awarded! [www.facebook.com/tuvFHJC](http://www.facebook.com/tuvFHJC)**



## Food Safety in the Event of Power Outages by Judy Walker

*Thousands were without power after Superstorm Sandy passed through the northeast. Storm preparedness at home can help to manage the eventualities that affect day-to-day living, such as how to feed yourself and your family. Here are some ideas from a survivor of Tropical Storm Isaac that hit New Orleans this past August, for the next time such an event threatens our area.*

First of all, your freezer and refrigerator – an unopened full freezer will keep food safe to eat for about 48 hours without power; a half-full one for 24 hours. If the contents still have icy crystals inside them, they can be refrozen safely, although texture may be affected.

Several variables can affect how long food will stay cool or frozen. Chest freezers may keep contents safe longer than upright ones. One big factor is the ambient temperature – the hotter the area where the appliance sits, the sooner the food inside will warm, too.

In an unopened refrigerator, highly perishable food will last four to six hours. The American Red Cross suggests keeping an instant-read thermometer to check the temperatures of foods. The temperature you want is 40 degrees Fahrenheit (refrigerator temperature) or below.

Or test by feeling the package of food – If food feels refrigerator-cold or if it has been above that temperature for less than two hours, it probably is safe to use. In general, perishable food held above 40 degrees for more than two hours (at a picnic, on a buffet table or in a refrigerator without power) may be unsafe to eat, because bacteria can multiply rapidly between 40 and 140 degrees.

Ice or dry ice can be put inside a refrigerator or freezer to keep contents cool when the power is off. Thirty pounds of dry ice should keep the temperature inside a full, normal-size freezer below freezing for at least a couple of days, according to the LSU AgCenter's *Food Safety After Power Outage* publication. (Dry ice should never be touched with bare hands!)

Fill all available space in your freezer with containers of water, to make it more efficient and to serve as a backup water supply. Blocks of ice last longer than cubes. Water can be frozen in all sizes and kinds of containers; remember that liquids expand as they freeze, so don't fill containers full. Once frozen, water bottles of ice can go into coolers.

Ice can also signal what happened to your power: if you have to evacuate, put a bag of ice cubes in the freezer. If the cubes are intact and solid when you return, you didn't lose power, or at least you didn't lose power long enough for them to melt. If they are solid but not the same shape, then you've lost and regained power and your food may no longer be safe to consume.

Another freezer trick: Put all food in the freezer inside garbage bags, and then put it back in the freezer. If the power is off several days and you have to throw it all away, you will have much less mess to clean, and the overwhelming smells of spoilage will be somewhat contained.

If the power is off and food inside the freezer feels cool enough to be "refrigerator temperature," cook the most perishable food – seafood, sausages, and ground meats – first, as soon as possible.

As a storm approaches, turn the temperature gauges on your refrigerator and freezer to maximum to get things as cold as possible, in case the power goes out. (And remember to turn them back up to normal temperature once the threat is over.)

In an emergency, you can heat or cook food using: a grill (with a portable fuel source), camping cookstove, candle- or Sterno-fired fondue pot, chafing dishes, candle warmers. Food also could be heated in an indoor fireplace – be sure to open the flue. Under NO circumstances should you attempt to grill indoors on a charcoal or gas grill, which will produce potentially lethal carbon monoxide, in addition to heat, smoke, soot, and open flame. Be sure your fire extinguisher is nearby and working.

If your area's gas lines are undamaged, you could light a gas stove or oven with a match, in the absence of power for the electric ignition, or if the gas-fed pilot light was turned off as a precaution.

Boy Scouts make foil packs of food: Wrap seasoned slices of raw fruits, veggies or meats in heavy-duty foil, seal the edges well, and put them on the grill, for a gourmet-worthy "en papillote" treatment. Some foods – such as bulgur, canned items, or instant puddings – need no heat to be safely edible.

Many foods and condiments can be kept without refrigeration for several days, e.g. bread, ketchup, oils, butter, etc. Some, like grated cheese in the green can, don't need to be refrigerated! Ever!

*Excerpted and adapted from "How to Cook in the Event of Power Outages," on NOLA.com, by Judy Walker of the Times-Picayune of New Orleans, where they know quite a bit about preparing for and surviving a hurricane.*

## THIS WEEK'S BOX:

Leeks  
Watermelon Radish  
Green Kale  
Russet Potatoes  
Cabbage  
Broccoli  
Baby Carrots

## PLASTIC BAGS

Recycle them by bringing them for others to use at the pick-up.

## Sauteed Radishes with Mint

Serves 4  
Lia Huber, food52.com



1 tbsp olive oil  
1 tbsp butter  
1 lb radishes, trimmed and cut into ½-inch wide wedges  
½ tsp sea salt  
¼ tsp black pepper  
2 tbsp mint, roughly chopped

Heat oil and butter in a large saute pan over medium heat. Let butter melt and then cook a bit longer, until it's a deep golden and beginning to take on a nutty smell, about 2 minutes total.

Add radishes to pan and toss to coat. Sprinkle with salt and pepper. Cook for 8-10 minutes, tossing frequently, until radishes are tender and tinged with browned caramelization in places. Let cool slightly and sprinkle with mint and additional salt to taste.

## FEATURED RECIPES:

### Vegetarian Colcannon *Christabel Rossiter, foodnetwork.com / Serves 6*

3 lb potatoes, scrubbed  
2 sticks butter  
1 1/4 cups hot milk  
Salt, to taste  
Freshly ground black pepper, to taste  
1 head cabbage, cored and finely shredded  
OR large bunch of kale, de-stemmed and finely shredded  
4 scallions, finely chopped  
Chopped parsley leaves, for garnish



Steam or boil the potatoes in their skins till tender – this takes about 30 minutes. Peel them while hot using a knife and fork. (*Note:*

*if you like the taste and texture of potato skins, no need to peel. Simply leave them on and go on to the next step.*) Chop with a knife before mashing. Mash thoroughly to remove all the lumps. Add 1 stick of butter in pieces. Gradually add hot milk, stirring all the time. Season with a few grinds of black pepper.

Boil the cabbage in unsalted water until it turns a darker color. Add 2 tablespoons butter to tenderize it. Cover with lid for 2 minutes. Drain thoroughly before returning it to the pan. Chop into small pieces.

Add cabbage and scallions to mashed potatoes, stirring them in gently. Season to taste with salt and additional pepper.

Serve in individual soup plates. Make an indentation on the top by swirling a wooden spoon. Put 1 tablespoon of butter into each indentation. Sprinkle with parsley.

## WINTER SHARE Registration – deadline 12/9, or when shares are filled

Please note - we do not offer half shares for winter. If you'd like to split your share, please organize it on your own (only one member of a split share has to volunteer). We will be offering the following shares:

- organic vegetable share from Golden Earthworm Organic Farm, may include any/all of the following: Sweet Potatoes, Carrots, Beets, Potatoes, Watermelon Radish, Kale, Spinach & Arugula [\$155]
- apple share from Briermere Farms (low-spray) [\$25]
- bean, grain, and flour shares from Cayuga Pure Organics [\$14, \$13 and \$15]

The vegetables and apples will be delivered on 5 Tuesdays: December 18th, January 8th, January 29th, February 19th, March 12th. The bean, grain, and flour shares are scheduled for delivery on Jan 8th and February 19th. The details on the various shares and their prices can be found on our online application. In order to complete your registration, you must:

1. Fill out the application (see email for link)
2. Sign up for the mandatory volunteer requirement (see email for link)
3. Send us a check, or drop it off at the FHJC office or bring to the pickup - must be received within 1 week of filling out the application. You will receive details about where to send the check in the email confirmation received within a few days of signing up.
4. If you were not a winter member last year, please join our winter e-mail listserv: [health.groups.yahoo.com/group/TuvWinterFHJC](mailto:health.groups.yahoo.com/group/TuvWinterFHJC)  
Your winter season registration is not considered complete until you have done all four things.

## TUV HA'ARETZ at the Forest Hills Jewish Center

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