

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

Make Thanksgiving Delicious, Fun ... and Vegan! *Joanna Prisco, Yahoo Food, yahoo.com/style*

For Chloe Coscarelli, of NYC vegan restaurant *by CHLOE*, Thanksgiving is what ultimately made her family “lean into” not eating meat. “When I went vegan, the rest of the family wasn’t, so my mom had to make me a separate plate for Thanksgiving,” recalls the chef. “Everyone was so intrigued by my little meal, and it was so delicious, it really made my family want to eat vegan.” Now that she is a chef, Coscarelli looks forward to the holiday as a time to experiment.

“I have a captive audience and I don’t like to stay too traditional,” she says. “I like to do a meatloaf made out of different types of grains, herbs, and spices. Sometimes I will use lentils and tempeh. And at my restaurant I’m serving a Thanksgiving burger. It’s served on a potato bun with sauteed kale, rosemary gravy, sage and mushroom stuffing, a lemon-caper seitan, and, of course, a homemade fresh cranberry sauce. Very simple, juicy, with lots of familiar flavors going on but fun and different.”

Erin McKenna, whose eponymous vegan bakery *Babycakes* has locations in New York City, Los Angeles, and Orlando, never really liked traditional Thanksgiving dishes growing up and admits to eating a bowl of cereal or peanut butter sandwich instead on more than one occasion.

Now that she is older, however, she has incorporated a few vegan-ified classics into her own. “My favorite things to prepare are this really decadent and crisp stuffing, Sweet Potato Sage Rolls, and Vegetable Pot Pie!” says McKenna. “Thanksgiving is all about the side dishes, to me at least, and I think they are the most interesting part of the meal.”

But don’t expect to dig into pumpkin pie for dessert at the McKenna household. Instead? “Van Leeuwen’s Vegan Mint Chip Ice Cream,” says the baker. “Totally not traditional, but after a big meal I think nothing goes down as nicely as ice cream.”

Michelle Davis and Matt Holloway of the popular blog *Thug Kitchen* like to keep their Thanksgiving celebrations as chill as possible, which sometimes means not advertising to carnivore guests that their dishes are meat- and dairy-free. “At a dinner a few years ago, we didn’t tell anyone that everything was vegan,” says Holloway. “As long it tastes good, people don’t care.”

Davis concurs. “I like to do individual pot pies and no one is mad about a buttery-tasting crust,” she says. “We also like to do a thing called PJ-Thanksgiving. You’re going to be eating a lot, so you might as well show up wearing your pajamas. It’s what we all want to be doing anyway.”

“Where I’m from in the South, meat eaters eat veggie plates,” says Kathy Hester, author of *The Easy Vegan Cookbook*. “I grew up loving a plate of veggies for a meal. For Thanksgiving, that might mean double baked sweet potatoes with cinnamon and vegan marshmallows, mashed

DOUBLE SHARE [A] NEXT WEEK 11/22

11/15/2016 TUESDAY
[Week #24 – B]

5-8pm Pick-up
Shoshanna Malett
Tanessa Cabe Harte
Daisy Alter

12:45 pm Truck Unloading
Brian Gardner Hoashi
Fiana Tulchinskaya

8pm Unclaimed Shares
Tabia Heywot

MANY THANKS TO OUR VOLUNTEERS

11/22/2016
[Week #25+26 – A]
FINAL SHARE!

4:45-8pm Pick-up
Jackie Topol
Danny Groner
**Raymond Kimmelman-
DeVries**

12:45 pm Truck Unloading
Brian Gardner Hoashi
Fiana Tulchinskaya

8pm Unclaimed Shares
Tabia Heywot

11/20 DEADLINE WINTER SHARE Registration info: see your Wiggio email from Tuv Ha'aretz

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

11/15 [B] : WHAT'S IN THE BOX??**Carrots, Radicchio, Bunched Red Kale, Watermelon Radish, Rutabaga*****FRUIT: Granny Smith Apples, Golden Delicious Apples******THIS IS THE FINAL FRUIT SHARE !!!****"Vegan," cont'd from page 1 ...*

potatoes and mushroom gravy, or green beans with almonds, and cauliflower with a vegan cheesy sauce!"

The dishes are the complete opposite of bland. "Being vegan doesn't mean you feel deprived," Hester continues. "Mashed potatoes – add olive oil and blend cashews and water in your blender to make a plant-based cr me; your potatoes will be just as deliciously rich."

Cara Brotman goes all out on Thanksgiving with a multi-course meal spotlighting her favorite vegetables. "At my house, Thanksgiving begins with butternut squash soup," says the author of *Love on a Plate*. "Then an un-'Chicken' Kiev which is made from a stuffing of corn and sunflower seeds and spices, rolled up in marinated coconut meat, then dehydrated for a few hours. I also will have 'dark' meat – oyster mushrooms marinated in garlic and oil then dehydrated a couple hours. When it's finished I pile six or so pieces on top of each other and when your fork hits it, it's like the tenderest most un-meat-like thing you've ever had."

Meanwhile, *Moon Juice Cafe and Apothecary* owner Amanda Chantal Bacon's holiday has a real West Coast vibe to it. "California has such an abundance of fruits and veggies. Highlights include persimmon and pomegranate arugula salad, roasted kabocha squash, braised leeks, and a raw cranberry sauce sweetened with honey."

Favorite sides are also the easiest to make. "I love garbanzos stewed with olive oil and warming spices like cinnamon, fennel, cumin, Arbol chile, and ginger," she adds. "And roasted sweet potatoes whipped with garlic, pink salt, and coconut oil is divine." 

Joanna Prisco has covered food, travel and lifestyle stories for ABC News, Fathom, Food Republic, Flaunt, Gather Journal, The New York Post and Yahoo Food, among others.

How to Prepare Watermelon Radishes*OrganicAuthority.com*

The true flavor of a radish is best showcased when eaten raw – adding a crunch, a beautiful aesthetic and peppery touch as a garnish or ingredient in all sorts of dishes – think lentil or pasta salad accouterment.

Scrub radishes under cold water and trim root ends just before using. For added crispness, soak radishes in ice water for a couple of hours. Watermelon Radishes cut into really thin slices make for a delicate, gorgeous touch.

This radish can also be braised or roasted like a turnip or mashed like a rutabaga, but cooking them results in a loss of their awesome color. We say: Serve them raw! Or pickle them. And their greens can be added to salads raw or cooked as you would any other greens.

Swedes or Neeps & Tatties*Abi Fawcett, JamieOliver.com | Serves 6*

1 lb turnips or swedes (rutabagas), peeled, quartered
1 lb potatoes, peeled and quartered
1 stick unsalted butter
8 scallions, roughly chopped (optional)
2 - 4 tbsp heavy cream
Salt and Pepper to taste

Cook turnips or swedes and potatoes in separate saucepans of boiling salted water for 20–25 minutes, or until tender. Drain veg separately. Return vegetables to their separate respective pans, add half butter to each (add scallions to potatoes, if desired. Mash, keeping texture chunky. Season to taste.

Cover to keep warm till serving. Combine gently or serve up the mashes separately.

Kale & Radicchio Salad w/ Broken Caesar*Dressing Ethan Stowell, Staple & Fancy Mercantile, myrecipes.com | Serves 8*

8 - 10 large olives, pitted and minced
1 garlic clove, minced
Juice of 1 lemon
1/2 cup extra-virgin olive oil
1/2 tsp kosher salt
1/4 tsp pepper
3/4 cup grated Parmesan cheese + garnish
3/4 lb kale, de-stemmed, cut crosswise into 1" ribbons
1/2 lb radicchio, cut crosswise into 1" ribbons

Whisk olives, garlic, lemon juice, oil, 2 tbsp water, salt, and pepper in a very large bowl. Don't worry that the dressing doesn't emulsify; it will come together more when you add the cheese.

Add Parmesan and greens to dressing, mix with your hands. Set salad on plates, garnish with Parmesan.

WHAT'S IN WINTER SHARE:
vegetables, fruit, grains, beans, flour,
coffee, tea, chocolate. **STARTS 12/13**