



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

November 20, 2012 | 6 Kislev, 5773

TUV HASHAVUA — BEST OF THE WEEK

See this newsletter online: groups.yahoo.com/group/TuvForAllFHJC – in "Files > 2012 Season"

THANK YOU TO OUR VOLUNTEERS!

THIS WEEK [B: 11/20]

Jane Cinsov
Sharon Leung
Rhonda Klein

FOOD BANK DELIVERY:
Judy Trupin

NEXT WEEK [A: 11/27]

Claudia Aquino
Liz and Bill Bergman
Arlene O'Malley

FOOD BANK DELIVERY:
Judy Trupin

Facebook

"Like" us and post a pic of what you've made with this week's share. Prizes awarded! www.facebook.com/tuvFHJC



**FOR SALE @ \$5
CAYUGA GRAINS**
• BEANS
• GRAINS
• FLOUR
ASK AT THE PICK-UP

Local Eating in the Age of Global Warming by Bonnie Harper

One of the things that struck me as Hurricane Sandy approached was the panic of many New Yorkers. Quite a few noticed that their homes had no food. Now I am not referring to the weekly replacements of milk and eggs and the like, but literally, no food. Some noted that their kitchens were small and they were bad cooks; they preferred going out to eat and storing sweaters in the oven.

That is not me. Thanks to adopting a locavore lifestyle five years ago, I have plenty of fresh, frozen, dried, canned and jarred foods. I've belonged to CSAs, shopped at our farmers' markets, even grown my own. To best enjoy foods grown within 100-250 miles, a little forethought is needed for the long haul and lots of restaurants couldn't meet my needs anyway.

It turns out that this was a good move on my part. It seemed that after the storm, not only was there all sorts of horrific damage, but daily life for those barely affected had also changed markedly. All of a sudden, supermarket shelves were empty and weren't being restocked due to a gas shortage. Facebook lit up with sightings of milk or gas. The subways were flooded. Getting around had all of a sudden become really hard.

However, I had a stock of food. Also, thanks to a little experimenting this year, I had bean and flour shares through our CSA and could really up my game. I even have a stock of wines grown right here in New York State both from Long Island as well as the Finger Lakes. We ate well and didn't need to shop at all for some time. When we finally did, our farmers' markets came through with lots of the basics and, from lots of practice, I knew where many vendors were. What a relief.

But, there is a big picture here. The reality is our world is changing. Recently I read that during this next century, many foods will no longer grow in their current climes and may become extinct. One example is Arabica coffee. Coffee is one of my few exemptions (meaning it isn't locally grown). I wouldn't be pretty without a daily cup. The food on most Americans' plates travels, on average, 1500 miles. That is a huge carbon footprint. And that is only the travel portion. Commercially grown food uses tons of fertilizer and chemicals, hormones and antibiotics. It is shockingly hard on our environment and our bodies.

Fortunately, we still have time to make the kinds of changes to reverse some of the effects. We can take steps to shrink our carbon footprint by traveling a bit more on foot, using mass transit, bike or carpool, eat organically grown foods and of course, eat local. Locally grown food also preserves genetic variety and simply tastes better. Obviously there needs to be some change on the macro level, but why not start local? After all, there is no greater beneficiary than you.

Bonnie Harper is a lawyer and locavore, living, eating, and running through and around Glendale and Forest Park, where she also takes advantage of wild berries. She lives with her soulmate, Eric Carlson, and her kids, Cameron and Claudia Thuleweit. If you would like to discuss more about eating local, feel free to contact her: runningal33@yahoo.com

THIS WEEK'S BOX:

Potatoes: White and Russet
Broccoli
Carrots
Sweet Potatoes
Rutabaga
Radicchio or a Savoy Cabbage
Romanesco Broccoli or Cauliflower or a surprise item!

WINTER SHARE

If you have registered, you may bring your payment check to the pick-up.

Carrot & Sweet Potato Soup *Serves 4* *Martha Rose Shulman*

1 tbsp canola oil or butter
2 shallots, chopped
1 1/2 lb carrots, peeled and diced
1 lb sweet potatoes, peeled and diced
6 cups vegetable stock
2 sprigs tarragon
1-inch piece of orange zest
Salt, to taste
1 tbsp minced fresh mint or tarragon

Heat the oil in a heavy soup pot over medium heat. Add the shallots. Cook, stirring, until tender, 3-5 minutes. Add carrots. Cook, stirring often, until they begin to soften, 5 minutes. Add the sweet potatoes, stock, tarragon sprigs and orange zest, and bring to a simmer. Add salt to taste, reduce the heat, cover and simmer 45 minutes or until all of the ingredients are tender. Remove the orange zest, and discard.

Purée the soup in batches in a blender, or use a stick blender in the pot. Return to the pot, heat through, and adjust salt and pepper to taste. Stir in the mint or tarragon, and serve.

FEATURED RECIPES:

Brown Butter Brassicas with Maple-Molasses Pecans and Dried Cranberries

Adapted from Tom Douglas, marthastewart.com / Serves 8

Coarse salt
Freshly ground black pepper
Brassica: 1 large or 2 medium heads cauliflower, or romanesco, or broccoli – cut into florets, stems peeled and cut to bite-sized pieces
1/4 cup (1/2 stick) unsalted butter
1/4 cup dried cranberries
1/4 lemon
Maple-Molasses Pecans

Bring a large pot of water to a boil over high heat; add a generous amount of salt. Add brassica and cook until tender, about 5 to 10 minutes. Drain well.

Melt butter in a very large skillet (or two skillets) over medium high heat. Cook until butter is bubbling, golden brown, and has a toasted fragrance. Add cooked brassica and cranberries to skillet and stir until well coated and warmed through. Squeeze lemon over, and season with salt and pepper. Transfer to a serving platter; garnish with pecans and serve.

Can also use 2-3 lbs of kale, cleaned and stemmed, in place of the brassica. After boiling, rinse the leaves in cold water and squeeze dry.

MAPLE MOLASSES PECANS

Nonstick cooking spray, for baking sheet (optional)
2 tbsp honey
2 tbsp pure maple syrup
1 tsp molasses
1 tsp pure vanilla extract
Pinch of salt
8 oz pecan halves
1 tbsp unsalted butter, melted

Preheat oven to 375 degrees. Line a baking sheet with parchment paper and spray with cooking spray, or line with a nonstick baking mat; set aside.

In a large bowl, mix together honey, syrup, molasses, vanilla, and salt. Add pecans and toss to combine. Spread pecans in a single, even layer on prepared baking sheet. Transfer to oven and bake for 15 minutes, stirring halfway through cooking.

Remove pecans from oven and transfer to a large bowl; stir in melted butter. Spread pecans on a baking sheet lined with parchment paper; let cool completely.

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

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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| **Golden Earthworm:** www.goldenearthworm.com | **Twitter:** twitter.com/#!/tuvfhjc