



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

November 27, 2012 | 13 Kislev, 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: 11/27]

Claudia Aquino

Liz Bergman

David Jacobi

#### 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](http://www.facebook.com/tuvFHJC)

## אדמה ADAMAH

### PICKLES, JAMS, CHEESE

#### Winter Delivery: 1/29

##### A: 5 Salty: \$40

Full Sour Dills, Spicy Lemon, Dilly Beans, Sauerkraut, Kim Chi

##### B: 2 Salty, 1 Sweet, 1

##### Chevre: \$40

Full Sour Dills, Dill Beans, Apple Jam, Chevre

##### C: 3 Dairy, 1 Jam: \$50

Chevre, Feta, Goatgurt, Bomb Jelly

#### Additions available: sign up by 1/1

See Tuv Ha'Aretz email for details!



### Locavorism: Be Mindful, Be Local, Be Creative by Maki Hoashi

Locavores are generally defined as those who – as much as possible – commit to eating foods grown and/or produced within a limited distance. The reasons for adopting this personal food policy can include protecting your family's health, helping the environment (less transportation reduces carbon footprints), and supporting small farmers in one's locale. But there is also the need to consider quality of life -- how many could give up what we consider basics, such as coffee, tea, bananas, sugar, salt, nuts, olive oil, chocolate ...?

It's important to be mindful of food's origins and processing and to be conscious of how it got to you. Some draw a 100- or 250-mile radius from their homes as a guideline, but many will admit that this is not an "all or nothing" proposition and some adjustments are made. In the US, most of us do not live near olive oil or coffee producers; still, it's not a bad thing to hold a purveyor responsible for knowing where the ingredients come from, and how they were made, packaged, and delivered. Disclosure and transparency are demandable and are becoming standard information.

Disclosure can become complicated by twists in marketing. One example: there was a UK policy that required producers to put a number on the packaging indicating how many miles away from its market a food was produced. A trail mix was labeled "16" even though it contained chocolate, pistachios, and banana chips. It turns out that this number was used to indicate where the product was assembled, or the closest location of any one of the ingredients in the mix, which is not quite within most people's definition of "locavore!"

Ever pragmatic, many locavores are not "purists" and will make a few adjustments for produce not grown regionally. Some, like Tuv Ha'Aretz CSA member Bonnie Harper, have downgraded their purchases of things like mangoes or avocados, eating them only once or twice a year to favor local, seasonal produce, but she still drinks coffee. Cooking may require experimentation due to substitution of one kind of ingredient for another. For instance, Bonnie could use locally produced honey to replace sugar, but replacing sugar in recipes is not a straightforward thing, due to density differences and moisture content. One could decide to forego certain spices because they aren't local (or even from the US), instead adding something completely new. And even though some things like nuts could grow locally, Bonnie hasn't yet had luck finding a purveyor of locally grown nuts.

Eating out can require a little homework for the locavore. Living in New York, Bonnie notes she can choose proteins like duck or fish, which can be from near-by waters and farms, while vegetable dishes can be made from local produce. Check out the restaurant and its menu in advance, to make sure they offer some local fare for main and side dishes that day. Dietary restrictions – religious or health-based – can present even more interesting challenges. Research and diligence is key, as is communication: speak with the staff and leave helpful comments – both positive and negative – on public eatery blogs and directories.

Cost is a factor, too – often, things grown closer to you are not always cheaper, but they may prove to be worth their price tag. Judith Mermelstein, also a member of our CSA, described a meal she made one night with CSA vegetables – oven-baked kohlrabi fries seasoned with curry powder, baby bok choy sautéed with a chopped garlic scape, alongside spice-rubbed chicken breasts. "I just realized that except for the spices and olive oil, the whole meal was organic and local. Even the chicken – it was kosher, free-range, organic and ridiculously expensive – \$17 for 1 ½ lbs, although that's probably what a responsibly raised and slaughtered animal should cost, plus the premium for rabbinical supervision. If everyone had to pay that for meat, there'd be a lot more vegetarians!"

But cost doesn't have to be a limiting factor for the locavore; it can be a good route toward cooking and eating creatively, as well as to thinking differently about food and its preparation. Greenmarket chef Robin Puskas encourages people, "to splurge a little – pea shoots that cost \$3 for ¼ pound can be combined with a pinch of pea shoots with blossoms (\$6 for ¼ lb). This way, you can buy 4 oz. of pea shoots, enough for salads for four, for \$4 – similar to the price you'd pay for a clamshell of greens at the store. Your dinner guests will yell, 'Are those flowers in my salad? Can I eat them?' Yes, and yes."

*Maki attended culinary school with Robin Puskas, co-edits this newsletter with Judith Mermelstein, and chatted with Bonnie Harper about the Tuv Ha'Aretz listserv. She grew up in Forest Hills and returned to the old 'hood with her husband to live closer to her parents. She is a first-time CSA'er, long time admirer!*

## THIS WEEK'S BOX:

Yellow Potatoes  
Beets  
Carrots  
Baby Sweet Potatoes  
Green Cabbage

## WINTER SHARE

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

### Indian-style Carrot & Cabbage with Coconut & Chilies

Serves 4 | *saveur.com*

3 tbsp vegetable oil  
1 1/2 tsp chana dal (split black chickpeas)  
1 1/2 tsp urad dal (white lentils)  
1 tsp brown mustard seeds  
20 fresh curry leaves (optional)  
2-4 fresh hot green chiles, slivered, to taste  
1/2 lb green cabbage, shredded  
2 medium carrots, finely julienned  
3/4 tsp salt  
1/4 cup grated fresh coconut (or 1 oz. unsweetened dried coconut, reconstituted in warm water for 1 hour, and then thoroughly drained)

Heat vegetable oil in pan over medium heat. Add chana and urad dals, and mustard seeds. Stir until seeds pop and dals begin to redden.

Stir in curry leaves (if using), chilies, cabbage, and carrots. Add salt and stir. Cover, reduce heat, and cook till the cabbage is tender. Add coconut and stir, heating for 1 minute more.

## FEATURED RECIPES:

### Carrot and/or Beet Soup with Miso and Sesame, and Easy Flatbreads

Joanne Bruno, *marcussamuelsson.com* / Serves 4

2 tbsp olive oil  
2 lb carrots and/or beets, peeled and thinly sliced  
1 large onion, finely chopped  
6 cloves garlic, peeled and smashed  
1 tbsp ginger, finely chopped  
4 cups vegetable broth  
1/4 cup white miso paste  
drizzle of toasted sesame oil  
2 scallions, very thinly sliced

Heat the olive oil in a large heavy pot over medium heat. Add carrots/beets, onion and garlic. Saute until the onion is translucent, about 10 minutes. Add broth and ginger. Cover and simmer until carrots/beets are fork-tender, stirring occasionally, about 30 minutes.

Puree the soup either in a blender or using an immersion blender. In a small bowl, whisk together the miso and 1/2 cup of the soup. Stir the mixture back into the pot of soup. Taste and season with salt, pepper, and additional miso. Ladle soup into bowls and garnish with scallions and a drizzle of sesame oil.

### FLATBREADS (makes 8)

1 tsp active dry yeast  
3 1/2 cups flour  
1 tbsp sugar  
2 tsp kosher salt  
2 tsp smoked paprika  
1 tsp ground cumin  
1/2 tsp chipotle chili powder  
2 tbsp olive oil, plus more for breads

Stir together the yeast and 1/2 cup warm water (about 115 degrees) in a small bowl with a pinch of sugar. Set aside until foaming.

Meanwhile, whisk flour, sugar, salt, paprika, cumin and chili powder together in the bowl of a stand mixer. Add the yeast, remaining water, and oil. Using the bread hook, mix until the dough comes together and then let it knead the dough, on medium-high for 5 minutes. Place dough in lightly oiled bowl and cover with a damp towel. Let rise in a warm place until doubled in size, about 2 hours.

Gently punch the dough down and divide it into 8 pieces. Knead each piece into a ball. Place balls on a floured surface and cover with saran wrap. Let rise for 30 minutes.

Heat a 12-inch nonstick skillet over medium heat. Working with 1 ball of dough at a time, transfer to a flat, lightly floured surface and roll into a 6 inch circle. Brush with olive oil and add to skillet, oiled side down. Brush the top with oil. Cook, flipping once, until browned and cooked through, ~2 minutes.

### 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: 12/18, 1/8, 1/29, 2/19, 3/12. The bean, grain, and flour shares are scheduled for delivery on 1/8 and 2/19. 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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WEBSITES: **FHJC:** [www.fhjc.org](http://www.fhjc.org) | **Hazon:** [www.hazon.org](http://www.hazon.org) | **Facebook:**

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