



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

November 6, 2012 | 21 Cheshvan, 5773

# TUV HASHAVUA — BEST OF THE WEEK

Online: [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) – in “Files > 2012 Season”



### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK [B: 11/6]

Nathalie Camus  
Michele Trester  
Nancy Nisselbaum  
Jeffrey Bank

FOOD BANK DELIVERY:  
Lindsay Smilow

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

Meisi Lau  
Nina Lincoln  
Janet Schultz  
Jessica Sinoway

FOOD BANK DELIVERY:  
David Snyder

### Emergency Appeal: 500+ relocated SENIORS need YOUR Help

[www.masbia.org](http://www.masbia.org)

Superstorm Sandy has caused untold damage to our local communities. We will make a mid-season donation of the *tzedakah* (charity) money collected this season to Masbia – they are working around the clock to provide hot kosher meals to people displaced by the storm.

Please donate whatever you can. The CSA will donate an additional \$180 in support of Masbia.

Opportunities to volunteer:

- [astoria.recovers.org](http://astoria.recovers.org)
- [rockawayrecovery.tumblr.com](http://rockawayrecovery.tumblr.com)
- [interoccupy.net/occupysandy/rockaways/](http://interoccupy.net/occupysandy/rockaways/)

## Vegetable Soup for a Hurricane by Martha Rose Shulman

Monday, Oct. 29, 2012. I woke up this morning with minestrone on my mind. “Must make hearty soup before the electricity goes out.”

Since my Connecticut childhood, I’ve always been at least a half a continent away from East Coast hurricane activity. But this year the timing of my October New York trip is unlucky. (And when has there ever been a hurricane like this at the end of October?)

The subways shut down yesterday at 7 p.m., 24 hours before Hurricane Sandy’s anticipated storm surge. Supermarkets and corner bodegas were packed all weekend, the sidewalks clogged with people carting home cases of water. My mother’s nurse went to buy supplies at the Fairway on the Upper West Side on Sunday morning and she said the shelves were already stripped of bottled water and canned goods.

I’m safe on high ground in Chelsea, in my sister’s fourth floor walk-up. Yesterday she felt pretty confident about the amount of food she had on hand, but by last night, anticipating a few days of both of us being housebound, possibly with no electricity, she reconsidered. That’s why I woke up with soup on my mind.

I was at Gristedes before 9 a.m., and it was not packed. The crowds had already come and gone, and just about every basket in the produce section was bare. I grabbed a couple of leeks and a cabbage. Phew! I always feel confident when I have a cabbage in my kitchen because there’s so much you can do with this humble vegetable.

But where were the onions? “No onions?” I asked the produce guy.

“No, just that little red one, and that’s only there because I went downstairs to look for onions for another customer,” he said.

I grabbed it and the two remaining carrots in the bin, some garlic and some canned tomatoes. I didn’t bother with the droopy parsley because what I didn’t use would only rot in my sis’ half-size fridge.

I snatched up a bag of lentils — dried beans were much more plentiful than canned — some rice, a hunk of Parmesan with a nice rind for my bouquet garni, and headed home to cook.

### SOUP-R-STORM SANDY:

#### LENTILS AND CABBAGE MINISTRONE

- 2 *tblsp* extra virgin olive oil
- 1 yellow or red onion, chopped
- 1 or 2 carrots, diced
- Salt, to taste
- 2 leeks, white and light green parts, sliced thin
- 3 to 4 large garlic cloves, minced
- ½ medium cabbage, cored and shredded
- 1 (28-oz) can chopped tomatoes, with juice
- ½ *tsp* dried thyme (1 *tsp* fresh leaves, or more)
- ½ *lb* lentils (about 1½ cups), rinsed
- 2 quarts water
- 1 Parmesan rind
- A few sprigs each parsley and thyme
- 1 bay leaf
- 2 cups cooked rice (white or brown)
- Freshly ground pepper to taste
- 2 *tblsp* chopped flat-leaf parsley (optional)
- Freshly grated Parmesan, for serving
- Cooked rice, for serving (optional)

Heat the oil over medium heat in a heavy soup pot or Dutch oven, and add the onion and carrot. Cook, stirring, until the vegetables are just about tender, about 5 minutes, and add the leeks. Cook, stirring, until the leeks are slightly wilted, about 3 minutes, and stir in the garlic and cabbage, along with another generous pinch of salt. Cook, stirring, just until the garlic smells fragrant and the cabbage has begun to wilt, about 3 minutes, and stir in the tomatoes with their juice, the thyme, and salt to taste. Bring to a simmer and cook, stirring often, for about 10 minutes, until the tomatoes have cooked down somewhat and smell fragrant. Stir in the lentils and water and bring to a boil.

Tie the Parmesan rind, parsley and thyme sprigs and the bay leaf together with kitchen twine, or tie in a piece of cheesecloth. Add to the soup. Reduce the heat to low, season to taste with salt, about 2 teaspoons to begin with (you will probably add more), cover and simmer 1 hour, until the lentils are tender and the broth fragrant. Remove the bouquet garni. Adjust seasonings. Stir in the parsley. Serve with cooked rice, and topping each bowlful with a generous sprinkle of grated Parmesan cheese.

Excerpted from *zesterdaily.com*. Ms. Shulman writes a column for the *NY Times* and has authored 25 books.

## THIS WEEK'S BOX:

Sweet Potatoes  
Rutabaga  
Radicchio  
Salad Turnips  
Cauliflower  
Bok Choy  
Broccoli  
Beets OR Carrots

### Amazing British-style Roast Veg

*JamieOliver.com, Serves 6*

2 lb potatoes, peeled  
1 ½ lb carrots, peeled  
1 lb beets, scrubbed  
½ bunch fresh rosemary, leaves picked  
½ bulb of garlic, broken into cloves, unpeeled  
Salt  
Black pepper  
Extra-virgin olive oil  
1 tbsp honey  
Balsamic vinegar

Bring a pot of salted water to the boil. Cut any large potatoes in half and leave any small ones whole. Place the potatoes in the boiling water and parboil for 5 to 10 minutes, or until half cooked. Remove the potatoes and drain; it's okay if the edges are knocked around – those rough edges will be crisper. Add the carrots to the same water and repeat without roughing them up. Finally, boil the beets to par-cook, then drain them and leave to dry out a bit. Heat the oven to 425°F. In a foil- or parchment-lined oven tray, scatter the potatoes with the rosemary, half the garlic cloves, and a drizzle of oil. Season with salt and freshly ground pepper. In a bowl, toss the carrots with honey, a tablespoon or so of oil, and season well with salt and pepper. Add them to the tray, juices and all. In the same bowl as the carrots, toss the beets ...

... *Continued* →

## FEATURED RECIPES:

### Broccoli Hot Pot *Bert Greene, "Greene on Greens" / Serves 4 to 6*

1 lb broccoli, florets and stems  
2 leeks or onions, cleaned and chopped (if using leeks, use the white and light green parts)  
1 tbsp butter or olive oil  
1 clove garlic, minced  
pinch of red pepper flakes, to taste  
3 potatoes, diced  
2 quarts stock or broth  
¼ tsp freshly grated nutmeg  
Salt, to taste  
Black pepper, freshly ground, to taste

Cut the broccoli tops into bite-sized pieces and set aside. Trim and peel the stems, and cut them into thin strips, about 1-2 inches long, and set aside.

In a heavy-bottomed large pot, heat the butter or oil (or a combination of both). Add the leeks or onions and cook, stirring for 5 minutes. Add the garlic and red pepper flakes, and cook for another 3 minutes. Add the broccoli – florets and stems – and the potatoes. Toss lightly with the other vegetables.

Add the broth or stock and heat to boiling, and then reduce to a simmer. Cook, uncovered, till the potatoes are tender, about 30 minutes. Season with nutmeg, salt, and pepper, to taste.

### Sauteed Baby Bok Choy *Sam Sifton, NY Times Magazine / Serves 4*

*This is the "green vegetable" preparation referred to in many Chinese restaurant menus. Cook any manner of greens this way: Chinese broccoli (guy lon), mustard greens, watercress, cabbage, Brussels sprouts, etc.*

2 tbsp canola oil  
2 cloves garlic, minced  
1 ½ inch piece of ginger, peeled and minced  
¼ tsp red pepper flakes, or to taste  
4 bunches baby bok choy (approximately 1 ½ lb), cleaned and trimmed  
1 tbsp soy sauce  
1 tbsp stock or water  
Toasted sesame oil, for drizzling

In a large sauté pan with lid, heat oil over medium-high heat until it starts to shimmer. Add garlic, ginger, and red pepper flakes. Cook, stirring constantly until fragrant, about 45 seconds.

Add bok choy and stir carefully to coat with oil, then cook for 2 minutes. Add soy sauce, stock or water, then cover the pan and cook until steam starts to escape from beneath the lid, about 2 minutes. Uncover and cook till the liquid is nearly evaporated and the stalks are soft to the touch, approximately 3 minutes more. Remove to a warmed platter and drizzle with sesame oil.

### → British-style Amazing Roast Veg

... with a tablespoon or so each of balsamic and oil, and season well with salt and pepper. Add them and their juices to the tray, too. Scatter the remaining garlic cloves on top, and roast all the veg in the oven for about 20 to 30 minutes, giving them a jiggle every so often, or until everything is crisp, golden and delicious. Keep an eye on them and rotate the tray for even cooking. Drizzle with additional balsamic vinegar and olive oil to serve.

### Hazon Food Conference: REGISTER NOW with code "CSQ" for \$50 off registration fee.

[www.hazon.org/programs/food-conference/](http://www.hazon.org/programs/food-conference/)

The Hazon Food Conference explores the intersections of Jewish tradition and contemporary food issues, with the goal of supporting leaders to create healthier and more sustainable communities in the Jewish world and beyond. Our annual event brings together passionate people who are working for sustainable food systems on multiple levels — nationally and internationally, in their communities, and in their own lives.

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

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