

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

Healthy Food for All

Laura and Rene Nuss-Candeda, Members, Tuv Ha'aretz CSA

The current “battle” between organic and non-organic foods has never been so hotly discussed. While most of the population eats conventionally produced, mainstream fruits and vegetables generated on gigantic factory farms (agribusiness), a few pockets of the general population have the privilege to access organic venues. This translates into food whose cultivation, at least in theory, has been kept from the harmful effects of pesticides and herbicides and is free of genetically modified organisms (GMO), which many of us choose to avoid. We are very fortunate indeed.

The harmful effects of conventionally grown fruits and vegetables are well documented. In an article called *Five Essential Facts about Pesticides on Fruits and Vegetables*, Megan Boyle writes, “A healthy diet begins with lots of fruits and vegetables, but some of your family’s favorites may contain startling amounts of harmful pesticides. Non-organic farmers spray synthetic pesticides on crops to kill weeds and insects – and the toxicity doesn’t stop there. As they grow, plants absorb pesticides and residues linger on fruit and vegetable skins all the way to your kitchen, even after you wash them.” Alarmingly, the article goes on to remind us, “Eating food with traces of pesticides is bad for your health – especially for kids. Although the full scope of the threat is not yet known, research confirms that pesticide exposure can harm us in serious ways. Conventional growers use synthetic pesticides that can damage our brain and nervous system, disrupt our hormones and contribute to cancer.” Even those of us who are members of a CSA most likely consume some conventionally grown produce. But for many, the benefits of organically grown food are totally out of reach. It is food injustice and it is wrong that people who believe they are eating well because they are eating fruit and vegetables are slowly poisoning themselves with dangerous pesticides.

Community supported agriculture is one answer to the question of food injustice. We enjoy the benefits of local, organically grown vegetables. Offering a sliding-scale cost for qualified individuals and families, as our CSA does, increases the number of people who have access to healthy food. Still, a more inclusive model of healthy food access is needed. Resources and outreach are needed. Perhaps some change may come through our elected representatives. But it is more likely that groups of people will come together to address these issues. One group of people has formed an organization

THREE MORE SHARES TO GO THIS SEASON: 11/15, 11/22, + ONE MAKE-UP

11/8/2016

[Week #23 – A]

4:45-8pm Pick-up

Janet Schultz

Emilee Wyner

12:45 pm Truck Unloading

Brian Gardner Hoashi

Fiana Tulchinskaya

8pm Unclaimed Shares

Sofia Sainz

MANY THANKS TO OUR VOLUNTEERS

11/15/2016

TUESDAY

[Week #24 – B]

5-8pm Pick-up

Shoshanna Malett

Tanessa Cabe Harte

12:45 pm Truck Unloading

Brian Gardner Hoashi

Fiana Tulchinskaya

8pm Unclaimed Shares

Tabia Heywot

VOLUNTEERS STILL NEEDED

FOR 11/22!

To help, please

Contact Felicia:

scriptyone@aol.com

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:**
foresthillstuvcsa.com
- **Facebook:**
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- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

11/8 [A] : WHAT'S IN THE BOX??*(Subject to Changes)***Carrots, Radicchio,
Green Kale, Cauliflower, Baby
Red Salad Kale, Red Radishes****FRUIT: Cameo Apples, Granny
Smith Apples****WINTER SHARE STARTS****12/13: vegetables, fruit, grains,
beans, flour, coffee, tea, chocolate.***"Healthy Food," cont'd from page 1*

called Just Food. According to its website, "Just Food empowers and supports community leaders to advocate for and increase access to healthy, locally-grown food, especially in underserved NYC neighborhoods." Another organization recently founded to combat food injustice and to support communities lacking access to healthy food options is called Farm School NYC. Its mission "is to train NYC residents in urban agriculture, in order to build self-reliant communities and inspire positive local action around food access and social, economic, and racial justice issues." These organizations offer the promise of increasing access to healthy foods in communities that are often lacking in such options.

We are grateful that our family is able to participate in a CSA. We are happy that we are helping to support local farmers while at the same time providing healthy food for our family. Additionally, it is wonderful that committed activists and urban farmers are taking on the issue of food justice by working to increase access to good food in typically underserved neighborhoods!



Laura Nuss-Caneda is a mother to two children, and lives in Kew Gardens. She is a teacher in a NYC public K-8 school.

Rene Nuss-Caneda was born in Mexico City. He is the father of two children and spends his free time enjoying his family and learning about keeping everyone's food healthy. He's a dedicated translator and interpreter. He works at the NYC Commission on Human Rights.

Roasted Carrot and Cauliflower Quinoa**Kale Salad** | Serves 2 | *Carina Wolff, kalememybe.com*

1 cup cooked quinoa
2 cups chopped kale
3 large carrots, sliced
1/2 medium head cauliflower, broken into florets
1 tablespoon extra-virgin olive oil
1/2 avocado, diced
1/4 parsley, chopped
2 stalks green onion, chopped

Lemon Tahini Dressing

1 tablespoon tahini
1 tablespoon extra-virgin olive oil
2 tablespoons lemon juice

Heat oven to 425F. Add quinoa, kale to large bowl.

Spread carrots and cauliflower on foil-lined baking sheet, and drizzle with olive oil. Bake for 20-25 minutes until carrots are soft and cauliflower is golden.

Make dressing: whisk tahini, olive oil, and lemon together until smooth. If too thick, add lemon juice.

Add roasted vegetables to the bowl along with avocado, parsley, and green onion. Toss with lemon tahini dressing and serve immediately.

**Granny Smith, Radish, and Radicchio
Salad with Orange-Walnut Vinaigrette***Liza Schoenfein, cookinglight.com* | Serves 8

3 tablespoons fresh orange juice
3 tablespoons walnut oil
1 tablespoon red wine vinegar
2 teaspoons Dijon mustard
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
4 cups thinly sliced radicchio (1 [12-ounce] head)
1 cup thinly sliced radishes (about 6)
2 Granny Smith apples, quartered and cut into julienne strips (about 1 pound)
1/4 cup coarsely chopped walnuts, toasted

Combine first 6 ingredients in a large bowl, stirring with a whisk. Add radicchio, radishes, and apples to bowl; toss gently to coat. Place about 3/4 cup salad on each of 8 plates; sprinkle each serving with 1 1/2 teaspoons nuts.

Easy Garlic Kale*WhirledPeas, allrecipes.com* | Serves 4

1 bunch kale, washed, stemmed, roughly chopped
1 tbsp olive oil
1 tsp minced garlic

Heat olive oil in large skillet over medium heat; cook garlic until sizzling, about 1 minute. Add kale to the skillet and place a cover over the top. Cook, stirring occasionally with tongs, until kale is bright green and slightly tender, 5 to 7 minutes.