



## TUV HASHAVUA

## BEST OF THE WEEK

**MANY THANKS  
TO OUR  
VOLUNTEERS !**

**THURSDAY  
10/1 [Week #19- A]**

5-8pm Pick-up

**Shoshana Seid  
Ilona Michalowska  
Robin Diamond**

3:45pm Truck Unloading

**Judy Trupin  
Ilona Michalowska  
Alexa Weitzman**

8pm Unclaimed Shares  
**David Snyder**

**THURSDAY  
10/8 [Week #20 - B]**

5-8pm Pick-up

**Stacey Samuels  
Richa Dhekne  
Dina Katz**

3:45pm Truck Unloading

**Judy Trupin  
Ilona Michalowska**

8pm Unclaimed Shares  
**Takashi Yoneta**

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:**  
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**  
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

## In the Beginning ...

*Dorrie Berkowitz, Member Tuv Ha'Aretz CSA*

Hot stuff. Cutting edge. Trend-setters. Yep, that's what I thought we were when the husband and I signed up for the new Tuv Ha'Aretz CSA, about seven years ago. Well, boys and girls, we arguably might have been cutting edge in Forest Hills, but we were so behind the curve in New York State. SO behind the curve.

History tells us that long ago (actually, 1987), the first CSA was started in New York State. Janet Britt and a group of folks involved in the Honest Weight food cooperative in Albany were the guiding force behind this pioneering group. Just five years later, there were 27 CSA groups of varying sizes throughout New York State, from Buffalo to Long Island. That's major growth!

CSAs continued to grow in the 1990s, with varying success. While participants on both sides of the hoe are fully enthusiastic at the outset, farmers and consumers sometimes find participation difficult to sustain. This likely explains why there are many different models for CSA operations.

Our own Tuv Ha'Aretz CSA works with a core group of members (the administrative staff, so to speak); the farmers (natch!); and the general members, each of whom takes on a specific volunteer role (your genial weekly greeters, truck unloaders, and more). This is a fairly common model. Other CSA models have members who receive a reduction in cost in return for actually working on the farm. And some farmers choose to handle everything themselves (gluttons for punishment?).

Regardless, the continued existence of CSAs has helped to maintain small, privately run farms throughout New York State. And small is a relative term: Our Tuv Ha'Aretz partner in produce — Golden Earthworm Organic Farm — has over 80 acres of land in production and serves over 2,000 CSA families. It's one of the largest such farms in the country.

Why a CSA and not a farmers' market? Think about it: While a farmers' market offers farm-fresh produce to a wider range and larger number of customers, a CSA provides the farmers with the up-front funds needed to plant, cultivate, and harvest that produce. Literally, this is the seed money for the crops that the CSA's members will enjoy.

Indeed, for the past 28 years, CSAs have benefited local small farms and consumers across New York State by providing the freshest produce around. Are there other benefits that CSAs offer? You bet! The weekly pick-up point is a place to meet neighbors, share recipes, and trade in the vegetables you don't like, either in the Swap Box or directly with another CSA-er. How many times

I always love seeing Janet's name in print. I was a member of that CSA in the early 90's. She was such a lovely person to work with. It wasn't a very large farm - much smaller than golden earthworm. We had non working and working membership which meant we went up to the farm twice of summer and did work - usually weeding. Then there was a potluck afterwards. I was a member of the CSA until she retired from running the CSA sometime in the late 90's.

*- Judy Trupin  
Co-chair Tuv Ha'Aretz CSA*

have I been fortunate enough to hand over my beets in exchange for something more palatable? And there's the benefit that we don't see: Our unclaimed boxes are delivered to a Queens food pantry – Kehillat Sephardim in Kew Garden Hills – to nourish others in our community.

I'm okay with the fact that I'm not cutting edge (never was, never will be.) It's still a great feeling to know that we're eating fresh, healthful produce that, in a way, we've helped to grow.

And, because you can't have a CSA article without a CSA recipe, here's one that uses some of our autumn bounty:

**SQUASH 'N ONIONS** *Dorrie Berkowitz*

- 1 acorn squash, seeded, cut into 2-inch chunks
- 4 cipollini onions, trimmed and quartered
- 4 small red onions, trimmed and quartered
- Olive oil
- Salt and pepper
- ¼ cup balsamic or apple cider vinegar
- 3 generous tbsp honey

Preheat oven to 375°. Place the vegetables on a sheet pan or shallow baking pan. Toss with the olive oil and season with salt and pepper. Roast in the oven for 30 minutes.

Meanwhile, combine the vinegar and honey in a small bowl. Microwave for 8-10 seconds and blend thoroughly.

Remove the vegetables from the oven, pour the vinegar-honey mixture over the vegetables and stir to coat. Return the vegetables to the oven and roast another 10-15 minutes. Serve warm or at room temperature.

*Dorrie Berkowitz is a writer and editor who loves cooking for family and friends. She lives in Whitestone with her husband and a big ol' cat.*

**Volunteer and do your work-out:**

**TRUCK UNLOADING !**

We need volunteers for October and beyond. This is wonderful shift for those who want a mid-day task, from 1-2pm on Tuesdays (or 3:45-4:45pm when pick-up is on Thursdays)

*Even if you've already fulfilled your mandatory volunteer commitment, please consider taking on an extra task – thank you for your help!*

**Questions? Please contact Alexa alexaweitzman@gmail.com**

**WHAT'S IN THE BOX??**

*Please note: Share info is accurate as of early in the week. Later deliveries may change. Thanks for your understanding!*

**Napa Cabbage, Baby Arugula, Toscano Kale, Nicola Potatoes, Butternut Squash, Sweet Dumpling Squash**

**FRUIT: Peaches, Bosc Pears**

**ASIAN-STYLE CHOPPED SALAD**

*Sylvie, gourmandeinthekitchen.com | Serves 4*

- |   |                            |
|---|----------------------------|
| 1 small bunch tuscan kale   | <b>DRESSING:</b>           |
| 1 small head (or half of a larger head) of Napa cabbage, shredded | 1 tbsp olive oil           |
| 1 baby bok choy, thinly sliced                                    | 1 tbsp sesame oil          |
| 4 carrots, shaved into long strips                                | 2 tbsp apple cider vinegar |
| 2 tbsp hemp seeds (or toasted sesame seeds)                       | 1 tbsp maple syrup         |
| Freshly ground pepper, to taste                                   | 1 tbsp soy sauce           |
|   | 1 clove garlic, minced     |

In a small bowl, whisk together 1 tbsp olive oil, sesame oil, apple cider vinegar, maple syrup, soy sauce and minced garlic. Set aside.

Strip the stems from the kale leaves and roll the leaves in a bundle and slice crosswise into very thin strips. In a large bowl combine the kale and remaining olive oil. Lightly massage the kale leaves with your hands until the leaves soften and begin to wilt (about 1 min).

Place in large serving bowl and add the shredded cabbage, bok choy, carrots and dressing tossing well to coat. Let the salad stand for 10 minutes to marinate. Top with hemp or sesame seeds and season with freshly ground pepper if desired and serve.

**PICK UP NEXT WEEK IS ON THURSDAY 10/8**

**SQUASH GNOCCHI w/ SAGE BROWN BUTTER**

*Alton Brown, foodnetwork.com | Serves 4*

- |   |  |
|---|--|
| 1 1/2 small butternut or dumpling squash, halved and seeded | 1 1/2 cups all-purpose flour, plus additional, for dusting |
| 4 medium baking (russet) potatoes, pierced                  | Oil  |
| 1 egg   | <b>TO SERVE:</b>   |
| 1 1/2 tablespoons kosher salt                               | sage leaves, chiffonade                                    |
| 1 pinch nutmeg  | unsalted butter, softened                                  |
|   | grated Parmesan  |

Preheat oven to 375 F. On a sheet pan, place the squash flesh side down and roast until very tender (about 45 minutes). At the same time, bake potatoes directly on the rack of oven for 1 hour. Split the hot potatoes and cool until you can handle them, and don't cool completely. Scoop the flesh into a bowl and mash with a hand masher – do not use a mixer, it will overwork the dough. Mix in the egg, salt and nutmeg; add the flour and mix until a soft dough forms. Add more flour by spoonful if dough is too moist.

Turn out onto a floured board and divide into 8 pieces. Roll out into ropes and cut into 1/2-inch pieces. Line the pieces up on a floured sheet pan as you work (you can freeze these at this point).

In a large pot of boiling, salted water gently drop in the dumplings. Don't overcrowd. As they begin to float, remove them with a slotted spoon and toss them into an ice bath. Drain off the water and toss in a little oil. Store loosely in containers until ready to use.

In a sauté pan over high heat add 1 tbsp soft butter. Cook until the butter begins to foam and turn brown. Add 2 tsp sage leaves and 1 cup of dumplings. Cook for an additional minute until the dumplings are heated through. Repeat until you have desired amount of servings. Plate and top with freshly grated Parmesan.