



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

October 11, 2012 | 25 Tishrei, 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 10/11]:

Dorrie Berkowitz
Rae Kerzner
Gary Kerzner
Tatjana Mrkic

FOOD BANK DELIVERY:
Lindsay Smilow

NEXT WEEK [A 10/16]:

Stacey Samuels
Margaret Richards
Mazher Akhtar

FOOD BANK DELIVERY:
Judy Trupin



NEXT WEEK:
Pick-up on
TUESDAY
After today,
pick-ups are
back to the
normal schedule:
Tuesdays 5-8 PM

CSA: Roll Up For The Magical Mystery Box by Maki Hoashi

As the weather grows chillier, I find myself saddened that the summer bounty is yielding to autumn squashes, roots, and coarser greens. I love these crops, but I grow morose because it means that soon there will be no more weekly boxes and bags laden with mysterious gifts. Discussing my anticipated melancholy, a friend told me that she could never do a CSA because she prefers to wait till the last minute to decide what she's having for dinner, and not be dictated by the contents of her fridge.

I realized that the very thing that my friend considered a disadvantage was the aspect I have enjoyed the most. For me, receiving my weekly share is an invitation to play *Iron Chef* against myself. I get a big box of mix-and-match raw ingredients, and the challenge is to create meals with what's in the box, and to not let any of it go to waste. Like the Beatles' *Magical Mystery Tour*, you roll up to the pick-up, and enjoy (or lament) the discoveries in the weekly Magical Mystery Box. Looking back, I see I've learned a lot about vegetables and how to deal with the random, sometimes-confusing, and often-copious bounty contained in the weekly deliveries. I really enjoyed playing with my food!

If I can't use it all up before the next pick-up, I have to somehow preserve the ingredients – so that I can cook with them later – and take the time to freeze, can, or dry the food and store it properly. I also get a fruit share and an herb share, and I have to think about those, too. I learned to process it all quickly, because cooked and preserved vegetables and fruit keep better, take up less fridge space, and are easier to use in recipes later in a busy week or for when less is available with which to cook.

It's been a combination of what I already know and what I'm learning along the way. An example: the peaches were so good and copious this year that I am hoarding them rather than baking seasonal fruit pies with the bounty. I coarsely chop or grate the ripe fruit to freeze – I plan to use the peaches for summery Thanksgiving pies! Usually, when the fruit is very ripe, I'll make a simple summery galette, or perhaps I'll bake an empty pie shell, then put in a single layer of cut fruit or whole berries and roast with a drizzle of honey. I serve it straight out of the hot oven when the fruit is just starting to soften. I learned to use herbs in pies – especially lemon verbena, rosemary, thyme – for a tasty, fragrant twist.

The herbs not used immediately are dried and the leaves stripped from their stalks – the leaves are my herb mix for roasting everything from viands to tomatoes and stone fruit. The naked stems go into a freezer bag, sealed along with trimmings from all manner of vegetables. When there are enough, these become an enormous pot of broth, which I use for making stews, soups, sauces, and gravies.

The main "vegetable share" can contain fruit and herbs, too – and I savor the moment of discovery as I open the waxed cardboard box! Some weeks, the box reveals "expected" things – tender lettuces in spring, or luscious tomatoes in August. But it's the frequently unexpected mix of things together in the box that is most intriguing and surprising, and can prompt creativity from many quarters. I was perplexed one week, and Brian (the husband) suggested a Moroccan-inspired pile of roasted vegetables tossed with *za'atar*, a mix of sumac and other spices, served over the couscous he made, which was steeped with some of the fresh herbs in that week's herb share. Another time, copious greens, fennel, and herbs were chopped and braised together for storage; a picky vegetarian friend declared it wonderful on its own – so, Brian made fettuccine by hand, and tossed the toothsome vegetable mass through it with some olive oil for what turned out to be a winning summer pasta dish.

When the box disgorges a collection of almost unrecognizable surprises – in both quantity and type – I mindlessly and happily roast much of it before storing in the fridge or freezer. Roasting is not just for root vegetables: tomatoes can be roasted till not-wet (as opposed to "chewy dry") and are sweet and delicious, as are string beans, zucchini, kale, beet tops, leeks, Brussels sprouts, cauliflower, etc. Stone fruit is delectable roasted – I sometimes use it straight out of the freezer to flavor sorbet or ice cream, or to use in place of ice cubes in drinks, or to give a pie or cake an almost-ineffable essence.

When the magic stops coming in November, I guess I'll be feeling out of the box, so to speak – though I'm looking to see if there is a winter share somewhere for which I might sign up, and then I'll get to roll up and enjoy more and different magical and mysterious seasonal treasures!

Maki loves the CSA because it delivers produce that she has no ability to grow herself (though her mother is a farmer's child and can grow anything, and her husband, Brian, is from a land where everyone is a gardener). She enjoys sharing her table with enthusiastic eaters, whether they can help cook or not! maki@hoashi.com

THIS WEEK'S BOX:

Butternut Squash
Green Cabbage
Cilantro
Baby Arugula
Green Batavian
Lettuce OR
Red Kale OR
Green Kale
Red Russian Kale

FRUIT SHARE:

Red and Gold
Delicious Apples



Sukey's Kermit Elixir

*The Well Daily Sexy Kale
Cookbook, Serves 1*

1 lemon, juiced
¼-inch piece of ginger
1 Fuji apple
5 kale leaves, destemmed
1 kiwifruit
1 tsp local bee pollen
1 bunch parsley
1 stalk celery
¼ - ½ cup pineapple
½ banana
coconut water (as
needed)

Place all ingredients in a blender, adding coconut water to get a smooth, thick consistency. Your blender may need a little help – if so, add a bit more coconut water, as needed.

Sukey Novograte says, "It gives me a nice kick in the pants and a fresh jolt of good feeling – just like chocolate or caffeine!"

FEATURED RECIPES:

Raw Kale Salad *Dani Shapiro | Serves 4*

1 large bunch kale
½ cup chopped hazelnuts
1 clove garlic
½ teaspoon salt
½ cup grated pecorino or Parmesan cheese
6 tbsp extra virgin olive oil
1 lemon, juiced
¼ tsp red pepper flakes
Black pepper, freshly ground, to taste

Trim the bottom few inches off the kale stems and discard. Slice the kale into ¾-inch ribbons, crosswise. You should have 6 cups or more. Place the kale in a large bowl. Toast the hazelnuts.

Using a mortar and pestle or a food processor, pound the garlic and salt into a paste. Whisk in the cheese, oil, lemon juice, pepper flakes, and black pepper. Season to taste with additional salt and pepper. Pour the thick dressing over the kale and toss very well. Allow the salad to sit for 5 minutes, then, sprinkle on the hazelnuts. If desired, serve with additional cheese or a drizzle of more oil.

Squash Risotto *Marian Burros, nytimes.com | Serves 2*

4 to 5 cups vegetable stock or broth
1 tsp olive oil
1 large onion, finely chopped
1 large clove garlic, minced
1 cup arborio rice
1/2 cup dry white wine
1/8 tsp nutmeg
1 cup squash puree – butternut, acorn, delicata, sweet
dumpling, kabocha, pumpkin, etc.
6 tbsp coarsely grated Parmigiano Reggiano
1/8 tsp salt
Freshly ground black pepper to taste

Heat the stock to a simmer, and continue simmering it while preparing the recipe. Heat the nonstick pot until it is very hot. Reduce heat to medium high, and add oil. Saute onion and garlic until onion begins to soften. Stir in rice to coat well; add wine, and cook until wine has evaporated.

Add 1 cup of the stock with the nutmeg to the rice; reduce heat so that mixture simmers. Stir often, cooking until the rice has absorbed most of the liquid. Repeat with another cup of stock, and continue stirring, adding stock until the rice is almost tender but still has some bite to it. Stir in the pureed squash, cheese, salt and pepper, and stir until mixture is hot.

Per serving: 690 calories, 1g fat, 35mg cholesterol, 585mg sodium, 30g protein, 105g carbohydrate

Roasted Butternut Squash *Robin Miller, foodnetwork.com | Serves 2*

1 medium butternut squash, halved lengthwise and seeded
2 teaspoons butter
2 teaspoons brown sugar
Salt and pepper, to taste

Preheat oven to 400 degrees F. Place butternut squash halves on a large baking sheet flesh side up. Place 1 tsp butter in the hole of each squash. Sprinkle brown sugar over each squash. Season with salt and black pepper. Roast 25 minutes, until flesh is fork-tender. Serve as is, or remove flesh with a spoon and mash or puree for use in other recipes.

CARE TO SHARE:

Tuesday 10/16 and Tuesday 10/23

Care to Share encourages volunteers to symbolically fulfill the Jewish custom of gleanings. We invite CSA members to give a portion of their fresh produce shares for distribution to a local food pantry. Please alert family and friends in Forest Hills that they can stop by during those two pickups to donate fresh produce. Last year we collected and donated 60 pounds of fresh produce from our site alone, and Care to Share collected and donated over a ton (total: 2,100 pounds!) of produce!



TUV HA'ARETZ at the Forest Hills Jewish Center

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WEBSITES: **FHJC:** www.fhjc.org | **Hazon:** www.hazon.org | **Facebook:**

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