

TUV  
HA'ARETZ  
CSA 2016



# TUV HASHAVUA

## BEST OF THE WEEK

### The Festival of Sukkot

*Tracey R. Rich, Judaism 101, jewfaq.org*

The Festival of Sukkot begins on the fifth day after Yom Kippur. It is quite a drastic transition, from one of the most solemn holidays in our year to one of the most joyous. Sukkot is so unreservedly joyful that it is commonly referred to in Jewish prayer and literature as the Season of our Rejoicing.

Sukkot is the last of the Shalosh R'galim (three pilgrimage festivals). Like Passover and Shavu'ot, Sukkot has a dual significance: historical and agricultural. Historically, Sukkot commemorates the 40-year period during which the children of Israel were wandering in the desert, living in temporary shelters. Agriculturally, Sukkot is a harvest festival and is sometimes referred to as Chag Ha-Asif, the Festival of Ingathering.

The word "Sukkot" means "booths," and refers to the temporary dwellings that we are commanded to live in during this holiday in memory of the period of wandering; the singular form is "sukkah." The Hebrew pronunciation of Sukkot is "Sue COAT," but is often pronounced as in Yiddish, to rhyme with "BOOK us." Sukkot lasts for 7 days with the two days following the festival, Shemini Atzeret and Simchat Torah, being separate holidays related to Sukkot and are commonly thought of as part of the holiday.

Building the sukkah each year satisfies the common childhood fantasy of building a fort, and dwelling in the sukkah satisfies a child's desire to camp out in the backyard. The commandment to "dwell" in a sukkah can be fulfilled by simply eating all of one's meals there; however, if the weather, climate, and one's health permit, one should spend as much time in the sukkah as possible, including sleeping in it.

The sukkah must have at least two and a half walls covered with a material that will not blow away in the wind. The "walls" of the sukkah do not have to be solid; canvas covering tied or nailed down is acceptable and quite common in the United States. A sukkah may be any size, so long as it is large enough for you to fulfill the commandment of dwelling within it. The roof of the sukkah must be made of material referred to as sekhakh (literally, covering), and to fulfill the commandment, this must be something that grew from the ground and was cut off, such as tree branches, corn stalks, bamboo reeds, sticks, or two-by-fours. Sekhakh must be arranged to provide ample shade and must be placed sparsely enough that rain can get in and so that the stars can be seen. This roof must be placed last and not be tied down to anything.

**ALL OCTOBER  
PICK-UPS are on  
THURSDAYS!**

**Final Pick-up for this  
season: 11/22 TUESDAY**

**10/13/2016  
[Week #20 – A]**

4:45-8pm Pick-up  
**Barbara Silverbush  
Amy Finkelstein  
Andrew Finkelstein**

12:45 pm Truck Unloading  
**Jessica Keane  
Judy Trupin**

**Brian Gardner Hoashi**

8pm Unclaimed Shares  
**Barbara Horton**

**MANY THANKS TO  
OUR VOLUNTEERS**

**10/20/2016  
[Week #21 – B]**

5-8pm Pick-up  
**Kimberly Sandberg  
Elizabeth Gatcombe  
Kristen Brown**

12:45 pm Truck Unloading  
**Jessica Keane  
Judy Trupin**

8pm Unclaimed Shares  
**Judy Hurwitz**

**WINTER SHARES**  
Please respond ASAP!  
[tinyurl.com/tuvsoll](http://tinyurl.com/tuvsoll)

**Golden  
Earthworm CSA  
Harvest Festival  
Sunday  
October 16th  
from 11am-3pm**

## 10/13 [A] : WHAT'S IN THE BOX??

**Arugula, Fennel,  
Parsley, Onions,  
Butternut Squash,  
Sweet Potatoes, Green  
Kale, Red Boston /  
Batavian Lettuce**

**FRUIT: Bosc Pears,  
Empire Apples, Red  
Delicious Apples**

*"Sukkot," cont'd from page 1*

It is common practice and highly commendable to decorate the sukkah – a fun family project for all ages. In the northeastern United States, Jews commonly hang seasonal dried squash and corn in the sukkah to decorate it. Many families also hang artwork and crafts made by their children on the walls.

Upon seeing a decorated sukkah for the first time, many Americans remark on how much the holiday reminds them of Thanksgiving. This may not be entirely coincidental: I was taught that our American pilgrims, who originated the Thanksgiving holiday, borrowed the idea from Sukkot. The pilgrims were deeply religious people, living their lives in accordance with the Bible. When they were trying to find a way to express their thanks for their survival and for the harvest, they looked to the Bible for an appropriate way of celebrating and found the fall harvest festival of Sukkot.



*Tracey R. Rich is the database administrator for a Jewish charitable organization and the co-author of several legal reference texts. She writes and maintains jewfaq.org herself.*

### Squash & Fennel Lasagna *rivercottage.net* | Serves 6

2 lb squash (or sweet potato), peeled, seeded, cut to 1" cubes  
6 tbsp olive oil, plus extra to trickle  
1 fat garlic clove, finely chopped  
A few sprigs of thyme, leaves only, finely chopped  
1-2 lb fennel chopped into 2" slices  
¼ lb blue cheese or goat cheese or feta, crumbled  
1 lb box lasagna sheets (fresh is best, but dried is fine), cooked al dente  
2 oz Parmesan, Cheddar or other hard melting cheese, grated  
Sea salt and freshly ground black pepper

Heat oven to 375F. Toss squash with 4 tbsp oil in a roasting dish, season well with salt and pepper and roast for 30 minutes until tender. Remove from oven, toss immediately with garlic and thyme, and set aside. Heat another 2 tbsp oil in large frying pan over medium-low heat. Add fennel and sauté 10–15 minutes, or until tender. Set aside.

#### BECHAMEL

1 quart whole milk  
1 bay leaf  
1 onion, roughly chopped  
1 celery stalk, roughly chopped  
A few black peppercorns  
4 tbsp unsalted butter  
4 tbsp all-purpose flour  
2 tsp Dijon mustard

Heat milk with bay leaf, onion, celery and peppercorns until just below simmering. Remove from heat and set aside to infuse. Gently reheat infused milk, then strain. Heat butter in a large saucepan over medium heat. Stir in flour to form a smooth roux and cook gently for 1-2 minutes. Remove from heat. Add quarter of the hot milk and beat well until smooth. Repeat with the remaining milk, adding it in 2 or 3 lots, until you have a smooth sauce. Return to the heat and cook, stirring often and allow it to bubble gently until thickened. Stir in mustard and season with salt and pepper.

#### ASSEMBLY

Spread a third of béchamel sauce over bottom of 11" x 13" lasagna dish. Layer half the lasagna sheets in dish, and then scatter roasted squash evenly over. Drizzle over another third of the sauce. Add another layer of lasagna, then fennel. Scatter crumbled cheese over fennel, then spoon on remaining béchamel. Sprinkle with grated cheese and add a trickle of oil. Bake for about 30 minutes until golden. Serve immediately with green salad.

### Great Green Salad with Vinaigrette

*Jesspoo, allrecipes.com* | Serves 4

4 tbsp olive oil  
2 tbsp white wine vinegar  
1 tbsp Dijon mustard  
1/2 tsp salt  
1/2 tsp ground black pepper  
1 pinch white sugar  
1 tsp chopped fresh parsley  
1 tsp fresh lemon juice  
2 cloves garlic, chopped  
1 avocado, cubed  
4 cups mixed salad greens  
1/2 cup sliced almonds  
2 oz feta cheese, crumbled

In a large bowl, whisk together olive oil, vinegar, mustard, salt, pepper, sugar, parsley, lemon juice, garlic. Add avocado and toss to coat with dressing.

Just before serving, add salad greens and toss to coat with dressing. Sprinkle almonds and feta over the top. Serve immediately.