

TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ CSA
AT THE
FOREST HILLS
JEWISH CENTER

Visiting Macedonia

Rona Bigam

Tuv Ha'Aretz CSA Member

After visiting my daughter-in-law in Orhid, Macedonia I came home with a greater appreciation of fresh fruits and vegetables. Lake Orhid is 5-10 million years old and the city of Orhid dates back to 700 AD. It is a UNESCO Heritage Site sitting between mountains, on a fresh water lake opposite Albania.

Mondays are a big market day, when everyone brings their wares to the open market. There are rows of stalls with partial roof coverings. They are loaded with varieties of fruit, vegetables, dried herbs for medicinal teas, farm fresh eggs, and homemade sheep and cow cheese. So besides the home-grown tomatoes, peppers, grapes and honey, we bought eggs, and cheese, plums, and melon. While visiting other towns, we stopped and picked wild plums. They were red or yellow, small in size and very big in flavor.

Backyard awnings in the area are made from an overhang of grape vines and kiwis. A hazelnut tree, pear and cherry tree were also in back yards. Since the fall is picking time, we ate last year's jarred foods as well.

My favorite salad, Shopska, is simply made with fresh cucumbers, tomatoes and grated feta cheese on top. Purple onion and green peppers can also be added. But mostly the abundant peppers were grilled and eaten with fresh bread.

Homemade from the jar was a pepper spread called Ivar. When harvested, red peppers are grilled, peeled and seeded, then mashed and cooked. Some variations include tomatoes, carrots and eggplant. Sometimes hot peppers are included. Ivar is cooked for hours, then jarred, cooled, and stored for the winter.

"Macedonia" ont'd on page 2 ...

Kale Cubes

Kelly Sheridan Mui

Tuv Ha'Aretz CSA Member

As much as I love the abundance of greens we receive on pick-up day, my husband and I can never eat them fast enough. When the Tuesday pick-up list is emailed I enthusiastically research our haul to determine the best storage solutions to ensure some longevity for all the various greens. Then I spend the night washing, de-stemming, sealing, paper-towel wrapping or carefully doing nothing at all, in an effort to prolong the lifespan of those gorgeous greens. Even with all that effort, most weeks we fail to munch our way through all the greens before they begin to spoil. In our little family, the kale is always the last man standing.

Full of vitamins, iron and antioxidants, it breaks my heart that we usually avoid and ignore it until all the other greens are gone. My favorite use for kale is in a green smoothie, and I recently stumbled on a great way to freeze and store kale for smoothie use, thereby ensuring that, at some point, we ingest this wonderful green.

To clean the kale, soak in 4 parts water to 1 part white vinegar, then thoroughly de-grit and rinse. (No need to dry!) Cut out most of the rib and pack the leaves into a blender. Once the blender is chock full add a cup of water and blend at the highest setting. Add a little more water if needed to get a fine kale puree that is not lumpy. Now pour the kale puree into ice cube trays and freeze overnight.

I store my kale cubes in Tupperware in my freezer. In the morning, I add two or three kale

"Kale Cubes" cont'd on page 2 ...

"B" WEEK #20 10/14/2014 Thanks to Our Volunteers:

10/14 Pick-up: 5:00 to 8:00PM

Natalie Camus

Sandra Garcia

Jennie Badler

Unclaimed Shares Delivery:

Daniel Korb

10/21 Pick-up: 5:00 to 8:00PM

Alyssa Lee, Betty Joseph,

Sarah Katz ,

Christine Domino

Unclaimed Shares Delivery:

Adrian Hayes

WINTER SHARE INFO !

tinyurl.com/WinterShares

We are happy to announce that we are partnering with a new farm for our winter share, which will consist of a vegetable share only – no fruit shares this winter. The share is Certified Organic, locally grown vegetables from Mountain View Farm. Each monthly pick-up will consist of a 40-50 lb box of vegetables ...

(Cont'd on page 2)

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center
106-06 Queens Blvd.
Forest Hills, NY 11375
718-264-7000, ext 250 | tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**
www.foresthillstuvcsa.com
- **Facebook:**
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Mountain View Farm:**
www.mountainviewfarmcsa.com
- **Golden Earthworm:**
www.goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

"Macedonia," from page 1

Back at home, we are lucky to have many varieties of the freshest fruits and vegetables delivered to our CSA. We hope everyone enjoys our bounty as much as others do around the world.

Shopska – *the traditional Macedonian salad.*

Peppers, cut into bite-sized cubed
Tomatoes, cut into bite-sized cubed
Cucumbers, cut into bite-sized cubed
Onions, sliced into thin wheels
Parsley, chopped
Apple Cider Vinegar (optional)
Low-fat Cheese, shredded or grated

Place the peppers, tomatoes, cucumbers, and onions into a bowl. Stir nicely, and over the mixture add chopped parsley and apple cider vinegar. For the lovers of hot tastes, you can also add chopped hot pepper. Shred the low-fat cheese over the salad and decorate with more parsley.

Ivar – *a pepper and eggplant spread, to be served on crusty white bread topped with crumbled feta cheese. Ivar is made once a year when these vegetables are plentiful.*

10 long red or a mixture of red and green
1 large eggplant
1/4 cup olive oil ... and patience.

Roast the whole peppers and eggplant until the skins are black and the flesh is tender, on a barbecue grill, over an open flame, or in a 500°F oven. We roasted all the peppers outdoors on a grill. Cooking time is about 20-40 minutes, with turning every 10 minutes. Seal the veggies in a large covered pot and allow them to cool. Patiently peel off all skin from the vegetables and remove all seeds from the peppers.

Collect the cooked peeled veggies in the bowl of a food processor along with any liquid that is released. Process in pulses to a thick puree, but not so much that you don't see pieces of chopped pepper.

Heat the oil in a heavy iron skillet or pot. Add the puree and cook for up to 2 hours constantly stirring over a medium heat until the oil is completely absorbed into the puree.

While hot, the mixture is placed in jars. As they cool, the jars seal. The ivar can be stored throughout the winter.


Since retiring from the NYC Department of Education, Rona Bigam and her husband have enjoyed traveling. They particularly enjoy trying fresh-made local foods wherever we have visited; Machu Picchu and Galapagos, Prague and Budapest, Shanghai and Beijing, and the Serengeti and Masai Mara.

"Kale Cubes," from page

cubes, half a frozen banana, a handful of frozen berries, and a couple of chunks of frozen papaya to my blender, along with about a cup of vanilla almond milk. All that frosty fruit makes for a thick cold smoothie that is perfect in summer months ... and the kale blends in seamlessly!

A couple of additional tips: If you blanch the kale before blending, it will last longer in the freezer and be less bitter. Without blanching, plan on using the kale cubes within a month.

Although I have not tried it, smoothie enthusiasts recommend adding other greens like spinach or parsley to the blender with the kale, for another variety of "green cube." 

Kelly Sheridan Mui splits her CSA share with her husband Jay, her daughter Annabelle and their friend Paul. One of her favorite things about being a CSA member is experimenting with new vegetables that would not usually find their way into her grocery cart at the market! 

www.goldenearthworm.com for more information about the CSA Harvest Festival this weekend!

10/14 What's in the Box:

Baby Red Kale, Red Beets, Yellow Peppers, Swiss Chard, Butternut Squash, Nicola Potatoes, Cabbage

FRUIT: Bosc Pears, Red Delicious Apples

HERBS: Savory, Marjoram

(Cont'd from page 1)


WINTER SHARE INFO!

... which can include carrots, beets, sweet potatoes, cabbage, purple top turnips, black radishes, kale, watermelon radishes, daikon, onions, celeriac, leeks, bok choy, potatoes, hakurei turnips and more. The share will be different each month and most produce will be washed and bagged for your convenience.

The cost of a Winter Share for the 2014-2015 season is \$250 – which comes out to about \$1.25/lb for fresh organic produce.

Act fast -- **we have an early bird discount! Sign up by October 15th and pay only \$235.** (Payment must be received within a week to qualify for the discount.)

We are not offering half shares, though you may independently organize your own share with a friend. Pickup will be on **FOUR THURSDAYS** from 5:00-8:00pm. **Delivery dates: 11/20, 12/18, 1/15, 2/12.**

Please feel free to share this information with friends! 

VEGETABLE-STUFFED CABBAGE OR PEPPERS

Sharon Stein | Adapted from cyber-kitchen.com | Serves 12

1 tbsp extra-virgin olive oil
1 large onion, peeled and chopped fine
1 large shallot, peeled and chopped fine
1 lb fresh mushrooms, sliced
2 carrots, peeled and grated
1 small rutabaga or beet or butternut squash, peeled and grated (about 1 cup)
2 (10 oz) pkg frozen chopped spinach, thawed, squeezed dry, or equivalent cooked kale, swiss chard, cabbage, etc.
2 zucchini, trimmed and diced
1 1/2 cups cooked grains: brown rice, barley, kasha or a combo
2 tsp salt or vegetable seasoning
Freshly ground pepper
1/2 cup chopped Italian flat-leaf parsley
12 large savoy cabbage or collard leaves (I steam them to soften) or 12 small peppers, cored and kept whole

Saute onion and shallot in oil 3-5 minutes. Add mushrooms, carrots and rutabaga/beets and saute for 3 minutes. Stir in cooked chopped greens and zucchini; add grains, seasonings and parsley. Adjust seasonings.

Place about 1/3 cup mixture on each of the cabbage leaves at the stem-end. Roll up, tucking in the sides. Place snugly (but not tightly) in a baking tray snugly and cover over with the sauce, and bake covered at 325°F for 2 hours or so. Or simmer these in a large saucepan with a cover, for 45 minutes.

SWEET & SOUR SAUCE: 1 (12 oz) bottle chili sauce, 1 (12 oz) bottle ketchup, 6 cups water (I used less), Juice of 2 lemons, 1/4 cup brown sugar. Mix all ingredients together.