



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

October 16, 2012 | 30 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 [A: 10/16]

Stacey Samuels

David Perry

Mazher Akhtar

ADAMAH

Jeffrey Piekarsky

CARE TO SHARE

Sydney Shilo

UNCLAIMED SHARES

Judy Trupin

CARE TO SHARE DELIVERY

Lindsay Smilow

NEXT WEEK [B: 10/23]

Jillian Coulton

Beth Goldstein

Hilary Gordon

CARE TO SHARE

Sharon Matzner

UNCLAIMED SHARES

Laurie Rubel

CARE TO SHARE DELIVERY

Risa Matzner



Love Through Giving and Receiving Food by Kenneth Lin

I come from an immigrant family that has opened restaurants throughout the world, and my childhood bedtime stories were of my grandparents hurrying from one country to the next, political tumult clipping at their heels while they tried to feed as many hungry people as they could along the way. China, Burma, Hong Kong, Taiwan, Argentina, New York – I remember the grownups talking at the dinner table, whilst I was absorbed in munching on one thing or another, and one of them would suddenly turn to me and say, "If that didn't happen, you would never have been born!" *Gulp*, and then, everyone burst out in laughter. This happened to me with great regularity.

Some of my earliest childhood memories are of going to produce stands with my grandmother to pick out fruit and vegetables for our table at home or for the restaurant. Decades spent searching for a home can result in a kind of disconnectedness from wherever you end up – my grandparents never did learn to speak English – but, the one constant that remained throughout their travels was the muscle memory that could determine an orange's juiciness, the touch to feel an eggplant's firmness without bruising the skin. I cultivated this kind of feel throughout my childhood, and came to see that bringing home the best apple from the pile was perhaps one of the most direct, potent, and fragrant means of expressing love.

You can imagine my dismay when I married a woman not from a restaurant family, who thought nothing of bringing home the mealiest runts from any produce bin. Once, after she brought home yet another pre-packaged bag of bruised, deformed, worm-holed and senselessly tortured apples, I had to ask her to stop buying produce altogether and explained that she was committing, what were in my mind, human rights violations.

So, in light of this, it seems that the natural question would be: "Why would you join a CSA and let other people pick your produce for you?"

There are a myriad of answers to this question. Certainly, knowing that thoughtful farmers grow the food locally sets one's mind at ease about the general quality of produce one is receiving, but, in thinking about it, I've come to see that there's more to it than food quality. If the act of giving someone the best food is an act of love, then certainly, the act of receiving it is rooted in love and trust as well, isn't it? There's something to be said for enjoying one's community and, rather than silently seining off the best to take it home, opening one's arms (and mouth) when the local farmer says, "Take this. It is the best I have to offer this week." After all, at some point, you don't keep sorting and shopping within your own pantry. Eventually, one must simply eat.

Incidentally, though I'm usually impressed and happy, I wasn't too thrilled with the apples that we received two weeks ago. I had given them up for the compost heap, but one day, I returned home to find the house feeling oven-warm, and our four-month-old son sleeping soundly, enveloped in the smell of cooking. My wife had taken those apples and used them to make the most delicious and unexpected apple crisp!

Kenneth Lin is a playwright and screenwriter who lives in Kew Gardens with his wife and son. www.endofscene.com

THIS WEEK'S BOX:

Poblano Peppers
Butternut Squash
Green Kale
Escarole
Radicchio
Broccoli
Fennel
Dill or Cilantro
Spinach
Garlic

FRUIT SHARE:

Mixed bag of
Apples: Empire
and Mutsu

Late Season Winter Greens Salad with Honey Miso Garlic Dressing

Serves 6

GREENS, total 8-10 cups:

Escarole
Radicchio
Kale
Spinach
Toasted seeds: pumpkin, sunflower, sesame, etc.

DRESSING:

4 tbsp honey
4 tbsp red wine vinegar
1 tsp Dijon mustard
4 tbsp olive oil
1 small clove garlic, crushed
2 tbsp miso paste
Salt, to taste
Black pepper, to taste

Wash any combination of dark greens and spin or pat dry. Stack the leaves and roll them up into a "cigar" and slice thinly across the roll to shred (*chiffonade*). Place in a large bowl and fluff up.

Make the dressing by placing oil, miso, vinegar, mustard, honey, garlic in a jar with a tight-fitting lid, and shake. Dress just before serving, tossing thoroughly. Garnish with toasted seeds over each serving.

FEATURED RECIPES:

Make-At-Home Indian-style Dosa with Squash, Poblano, Potato

based on jamieoliver.com / Serves 6 - 8

2 baking potatoes, scrubbed
1 butternut squash, split and seeded
1 tbsp olive oil
1 tsp red pepper flakes (optional)
1 poblano chili, finely sliced (use a bell pepper if you prefer less heat, or other chili if you prefer more heat)
½-inch piece fresh ginger, peeled, finely sliced
½ tsp mustard seeds
1 tsp turmeric
sea salt and freshly ground black pepper
1 lime, cut into wedges
4 scallions, finely sliced
a few cilantro sprigs, roughly chopped
minted yoghurt, Indian chutney and lime wedges, to serve

Heat oven to 400F. Prick the potatoes all over with a knife and place on a baking sheet, along with the squash halves, cut side down. Bake for around 1 hour, or until soft. Cut open the potatoes and scoop out the flesh into a bowl.

Scoop out the butternut squash and put it into the same bowl. Roughly mash them together, and then set aside while you cook your spice mixture.

Heat olive oil in a pan over medium heat. Add the chilies, ginger, mustard seeds, and turmeric. Add salt and pepper to taste, and cook the mixture, shaking the pan frequently, until it smells fantastic and the seeds start to pop. Pour the mixture over your potatoes then gently mix together. Taste and season with additional salt and pepper if needed, then add the lime juice, scallions, and cilantro. Mix everything together, and set aside.

DOSA BATTER

1 cup gram (chickpea) flour
1 cup flour
½ tsp baking soda
2½ tsp mustard seeds
salt, to taste
olive oil

For the dosa batter, add the flours to a bowl with the baking soda, mustard seeds and a pinch of salt. Gradually whisk in enough water, about 1 ¼ to 1 ½ cups, to make a loose batter.



To make the dosa: Add a tablespoon of olive oil to a skillet over medium-high heat and carefully wipe it around with a paper towel. Add a tablespoonful of batter to the pan and immediately twist so the batter coats the base and slips up the edges – like a crepe. As soon as the moisture on top starts to cook away and there are lots of bubbles, add a few heaped teaspoons of filling and gently spread across the dosa. Once the base is crispy, loosely roll up the dosa in the pan and put on a plate. Serve with minted yoghurt, chutneys and wedges of lime.

CARE TO SHARE: Tuesday 10/16 and Tuesday 10/23

Care to Share encourages volunteers to symbolically fulfill the Jewish custom of gleaning. 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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