



TUV HASHAVUA

BEST OF THE WEEK

Eat a Lot More Vegetables, the Greek 'n Easy Way

Elena Paravantes, olivetomato.com

**MANY THANKS
TO OUR
VOLUNTEERS !**

**TUESDAY 10/20
[Week #22 – B]**

5-8pm Pick-up

Alissa Harris

Tabia Heywot

Laura Marks

Jeremy Buchman

1:00pm Truck Unloading

Joanna Gallai

Valeria Vavassori-
Chen

8pm Unclaimed Shares

Takashi Yoneta

**TUESDAY 10/27
[Week #23 – A]**

5-8pm Pick-up

Mandy Chan

Janelle Gleich

Raymond
Kimmelman-
DeVries

3:45pm Truck Unloading

Brian Gardner
Hoashi

8pm Unclaimed Shares

Tabia Heywot

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

A recent study published in the British Medical Journal showed that individuals who consumed 7 or more servings of vegetables a day had a reduced risk of dying from cancer and heart disease.

We know that traditional Greek cuisine was vegetarian mostly due to the religious fasts, but today Greeks have moved away from their traditional diet to eating a more westernized diet. However, economics can dictate a vegetarian diet, and Greeks still consume plenty of vegetables. In fact, according to a 2010 OECD report, Greece has the highest consumption of vegetables per capita in Europe based on supply and production. Some suggestions on how the Greeks do it:

Greeks eat cooked vegetables as a main course. This is probably the most important thing you can do to increase your intake of vegetables drastically without really noticing. I always found it ineffective the way western diets try to increase vegetable intake by either trying to persuade us to eat boiled or steamed vegetables with some butter or loaded with melted cheese. That is not the way to go, for the simple reason that you need tons of butter and cheese to make these boring vegetables tasty, which defeats the purpose. Instead you can try cooking vegetables such as green beans, peas, eggplant, zucchini, okra, cauliflower with olive oil, onion, tomatoes and herbs in a pot or in the oven. These dishes are often called *lathera* from the Greek word for oil "*lathi*" and we eat a plate of this vegetable casserole along with some feta cheese and a slice of bread. When we make vegetables this way, an average adult serving usually corresponds to half a pound of vegetables – about 4 servings of vegetables in one sitting.

Greeks eat seasonal salads with every meal. It's not enough that we eat vegetables as a main course, a raw salad is always in the middle of the table regardless of what the main course is. However, it is important to note that the salads are made from seasonal vegetables. So in the summer months you'll see the famous Greek salad or more often what we call *aggourodinata* (which means "cucumber-tomato" all in one word) along with some olive oil and oregano. In the winter and spring months the salads at the table are cabbage and carrot with a bit of olive oil and vinegar or lemon or a "*prasini*" – a green salad made with romaine lettuce and spring onion. While in restaurants you will find Greek salads with tomato in the winter, they are generally tasteless but consumers often ask for them perhaps not understanding that tomatoes are not in season in the winter and don't taste all that great.

Greeks eat weeds and other wild greens. Yes, these weeds are also known as *horta*. You have probably heard stories or witnessed this if you are a Greek-something: grandmothers picking dandelion weeds from the backyard. This was common in our household too; my mom did this and of course our neighbors found this strange. But this dietary habit is the secret to the famous Greek-Mediterranean Diet. While in the U.S. we recently discovered the wonder of leafy greens, in Greece these greens have been the basis of the diet because it was accessible to all and free. They have very few calories, are rich in antioxidants and are filling. We lightly boil them and eat them with olive oil, lemon and cheese. In Crete they have over 150 varieties of greens and edible plants. You can eat several types of greens this way, just lightly boil, add some good olive oil, a bit of lemon and some cheese.

Greeks add tomatoes to everything.

Tomato is a vegetable, and tomato sauce or canned chopped tomatoes also count as a vegetable, and in Greek recipes tomato is added everywhere, even in meat dishes. In the vegetable casserole mentioned above, tomato is added to make the sauce so you are getting another serving of vegetables there. This is the case with meat as well. We make our chicken, beef, lamb and many other meals with plenty of tomatoes. Tomato is rich in lycopene – an antioxidant that may protect from certain types of cancer.

Greeks eat a lot of vegetable pies.

Spanakopita is a famous Greek vegetable pie, we call them *pites*, which means something wrapped in phyllo. Phyllo can be thin like the one you often find frozen in super markets, but can also thick, homemade phyllo made with olive oil. Basically, *pites* would be made with a variety of vegetables and greens such as spinach, leeks, greens, zucchini, peppers, mushrooms, artichokes – anything in season. These pies could be vegan especially during the fasting periods and made with vegetables, herbs and olive oil. Or during non-fasting days, cheese and egg may be added. This is the original Greek fast food, because these were easy to carry with you and did not require refrigeration. Today you find *pites* everywhere in Greece. They can easily make a filling lunch plus it is another easy way to eat vegetables.

Elena Paravantes is a Greek-American Nutritionist, Dietitian and Writer. Her focus is about the Greek-Mediterranean diet, Greek food, recipes and the latest research on one of the healthiest "diets" around.

Only FOUR weeks left of our share!!! We need two additional TRUCK UNLOADING volunteers, one for each date: 10/27 and 11/10, between 1-2PM. It's a straight forward task, and involves doing some physical work (stacking boxes, pushing a hand-truck). You'll do your workout and can take your share home early – a plus! If you have the time, please just show up at the FHJC on the day.

WHAT'S IN THE BOX?? Sweet Potatoes, Watermelon Radishes, Broccoli, Cilantro (and a surprise item!) FRUIT: Pears, Jonagolds, Macouns

ROASTED SWEET POTATO BITES w/ CHICKPEAS & CILANTRO | *Elissa Goodman, elissagoodman.com* | Serves 2 - 4

- 2 sweet potatoes
- 1 ½ cup cilantro, chopped
- 1 tbsp organic coconut oil or olive oil
- 1 tbsp fresh lemon, juiced
- 1 cup chickpeas, rinsed and drained
- Sea salt & pepper to taste
- ¼ cup feta cheese, crumbled (use nut cheese, if desired)

Preheat oven to 400°. Line a baking sheet with parchment paper.

Clean sweet potatoes, and cut in half lengthwise. Brush the skin of the potatoes with oil. Place sweet potatoes face down on the baking sheet. Place in oven and roast for 40-45 minutes, or until potatoes are cooked through.

Flip potatoes over and use a fork to make indentions into the flesh, on the cut side. Season with sea salt and pepper.

Evenly distribute the chickpeas and feta cheese over the top of the potato halves, and place back in oven for 5-10 minutes, just enough time for the cheese to melt.

Remove from oven, drizzle with lemon juice, olive oil, and garnish with the cilantro. Enjoy warm!

<p>WINTER SHARE! DEADLINE 11/15 Vegetable Share - \$95 Also available for Winter Share members:</p> <ul style="list-style-type: none"> • Apple Share - \$15 • Purcell Mountain: <ul style="list-style-type: none"> ○ Beans (3 x 1lb - \$13) ○ Grains (3 x 1lb - \$18 or 1 x 3lb - \$10.50) ○ Flours (4lbs total - \$13) <p>Please see your email for details!</p>	<p>Coffee, Tea, Chocolate also available to Winter and Summer members!</p>
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RADISH PICKLES w/ JALAPENOS

LASGarcia, food52.com | Serves 6

- 1 bunch Organic radishes
- 1 Jalapeño pepper
- 5-6 Key Limes
- 1 tsp Sea Salt

Trim greens from radishes, wash them and very thinly slice them. You can use a mandolin to make this easier. Squeeze lime juice over sliced radishes. Very thinly slice jalapeno, add in as much as you like for heat (I usually only add in 6 or 7 thin rings). Sprinkle sea salt over everything, stir and place in refrigerator for at least 1 hour. Taste and adjust salt if you like. Squeeze over some more lime juice before placing out to serve. The radishes "bleed" and turn a very pretty pink color, so serve in a blue or bright green bowl.

BROCCOLI w/ CILANTRO & GARLIC | *cdkitchen.com* | Serves 6

- 1 lb broccoli florets
- 1 1/2 tbsp white wine vinegar
- 1/3 cup cilantro or parsley, chopped
- 1 clove garlic, minced
- 2 tbsp virgin olive oil

Place broccoli in a steamer basket over a pot of boiling water. Cover and steam 6 to 8 minutes, or until tender. Transfer broccoli to a serving bowl. Combine remaining ingredients in a small nonstick skillet over medium heat. Stir until hot. Pour sauce over broccoli and season with salt and pepper to taste.