



## THIS WEEK'S BOX:

Escarole  
Mesclun Lettuce Mix  
Baby Bok Choi  
Japanese Salad Turnips  
Green Boston Lettuce  
Baby Yukon Gold Potatoes  
Toscana Kale  
Kohlrabi  
Baby Arugula

### FRUIT SHARE:

Empire Apples

### HERB SHARE:

Parsley  
Thyme

### Sauteed Kale with Kohlrabi and Nuts

*Ian Knauer, epicurious.com*  
Serves 8

1-1/4 lb kohlrabi, bulbs peeled  
1/2 tsp grated lime zest  
2 tbsp fresh lime juice  
1/4 cup extra-virgin olive oil, divided  
2 lb kale (2 bunches), stems and center ribs discarded  
5 garlic cloves, finely chopped  
1/3 cup salted roasted pistachios, chopped

Very thinly slice kohlrabi with slicer.

Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.

Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with ...

... *Continued* →

## FEATURED RECIPES:

**NOTE: This is the final week of the herb share! Parsley and Thyme**

### Flatbread Salad Pizza with Winter Greens *Aida Mollenkamp, foodnetwork.com / Serves 4*

1 tbsp sherry vinegar  
3 medium roasted garlic cloves  
1 tsp honey  
1/2 tsp table salt  
1/4 tsp freshly ground black pepper  
3 tbsp olive oil  
10 oz mixed winter greens (arugula, radicchio, endive, escarole, mesclun mix, frisee, green or red lettuce, etc.), rinsed and torn into bite-sized pieces  
4 oz flatbread crackers (or lavash)  
2 oz aged pecorino, shaved into paper thin pieces



Combine the vinegar, garlic, honey, salt, and pepper in a small bowl and whisk until salt is dissolved. Whisking constantly, slowly pour in the oil until completely incorporated. Taste and adjust the seasoning as desired with salt, pepper, or honey. Pour the dressing on the greens and toss to coat. Put the salad on the flatbread, scatter cheese on top, and serve.

*Nutritional information per serving: 260 calories; Total Fat: 17g; Protein: 9g; Total Carbohydrates: 19g; Fiber: 2.5g; Cholesterol: 14mg; Sodium: 730mg*

### → Sautéed Kale with Kohlrabi and Pistachios

... tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios.

### ZA'ATAR: a spice/herb blend, *gourmet.com*

2 tbsp minced fresh thyme  
2 tbsp sesame seeds, toasted  
2 tsp ground sumac  
1/2 tsp coarse salt

Stir together ingredients. Use as a dry rub when baking or grilling, or as a spice for yogurt to make a dip. Or serve on its own with flatbread and olive oil. Keep refrigerated for up to 1 week, sealed.

## GOLDEN EARTHWORM HARVEST FESTIVAL

**Sunday 10/14, 11:00 – 3:00 PM** [www.goldenearthworm.com/events/](http://www.goldenearthworm.com/events/)

This is a private event open to all current CSA members only. The festival will feature children's activities, a farm tour, hayrides, and a cooking demo by our CSA co-chair Alexa Weitzman.

### CARE TO SHARE

**Tuesday 10/16 and Tuesday 10/23 (on pick-up days)**

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

106-06 Queens Blvd. Forest Hills, NY 11375 | 718-264-7000, ext 250 | [tuv@fhjc.org](mailto:tuv@fhjc.org)

WEBSITES: **FHJC:** [www.fhjc.org](http://www.fhjc.org) | **Hazon:** [www.hazon.org](http://www.hazon.org) | **Facebook:**

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