



**MANY THANKS
TO OUR
VOLUNTEERS !**

**THURSDAY
10/8 [Week #20 – B]**

5-8pm Pick-up

Stacey Samuels

Richa Dhekne

Dina Katz

3:45pm Truck Unloading

Judy Trupin

Ilona Michalowska

8pm Unclaimed Shares

Takashi Yoneta

**TUESDAY
10/13 [Week #21 – A]**

5-8pm Pick-up

Doria Kalt

Melanie Topol

Melissa Katz

1pm Truck Unloading

Joanna Gallai

Brian Gardner Hoashi

8pm Unclaimed Shares

Farah Diaz-Tello

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

TUV HASHAVUA

BEST OF THE WEEK

Guide To Summer Vegetable Seed Saving:

Everything you need to know to get a repeat performance of your favorite edibles next year

Staff of Rodale's Organic Life, rodaleorganilife.com

If left to their own devices, fleshy fruits naturally fall to the earth, where some of their seeds sprout when spring arrives again. Saving seeds from these plants mimics nature's way—and it's not at all difficult to do. But remember that only seeds from open-pollinated (not hybrid) plants will produce the same crop next year. (The packet that the original seeds arrived in will tell you whether the variety is one or the other.) And, except for tomatoes, the plants shouldn't be cross-pollinated by insects (this happens if several varieties grow in the same area).

Dry all wet seeds on a glass or ceramic plate. Spread the seeds evenly over the surface of the plate and stir twice daily to ensure even drying and to keep them from clumping together. Don't dry seeds on paper plates or paper towels — they'll stick like glue. A food dehydrator set at 85° can work well, but don't dry the seeds in a warm oven or any place the temperature exceeds 95°.

PEPPERS are the easiest. The seeds are mature after the peppers have changed color, indicating final ripeness. Cut the peppers open, scrape out the seeds onto a plate and let the seeds dry in a non-humid, shaded place, testing them occasionally until they break rather than bend. What could be simpler?

Saving **TOMATO** seeds takes a little more time, but it's just as easy. Harvest ripe tomatoes from several different vines of the same variety, cut each across the middle, and gently squeeze the juice and seeds into a bowl. You'll see that each tomato seed is encased in a gelatinous coating. (This prevents the seed from sprouting inside the tomato). Remove this coating by fermenting it. This mimics the natural rotting of the fruit and has the added bonus of killing any seed-borne tomato diseases that might affect next year's crop.

To ferment the seeds, add about half as much water as there are tomato seeds and juice in the bowl and stir the mixture twice a day for about three days. Keep a close eye on the mixture — especially if it's a warm area, as fermentation happens more quickly at high temperatures. As the mixture ferments, its surface will become covered with white or gray mold. Don't keep the bowl in the kitchen, anywhere it can be tipped over by animals or children, or where you'd be able to smell it — it will get pretty rank.

When bubbles begin to rise to the top of the mass, or when a thick coat of mold has formed, stop the fermentation by adding enough water to double the mixture, and stir vigorously. The clean, good seeds will settle to the bottom of the bowl. Gently pour off mold, debris and any seeds that float (they're hollow). Add more water and repeat the process until only clean seeds remain.

Capture the seeds to be saved by pouring the liquid through a strainer, wipe the strainer bottom with a towel to remove as much moisture as possible, and then dump the seeds onto a glass or ceramic plate to dry. Stir twice a day to ensure even drying and to prevent the seeds from clumping together. Warning: Tomato seeds will germinate unless you dry them quickly. To speed drying, you can use a fan, but don't put the seeds in sunlight or an oven.

How about **MELONS** like muskmelons and watermelons? Super easy. Cut muskmelons open, scoop the seeds into a strainer, rinse, and set out to dry. Watermelons are almost as easy. Put the seeds in a strainer and add a dash of dishwashing liquid to remove any sugar left on the seeds. Rinse and dry.

WINTER SQUASH needs to be carefully cut to expose the seed cavity. Don't

cut straight through the center of the squash — you'll cut through some seeds, too. Stick the knife in as far as necessary to cut through the flesh and move it around the circumference. (Be careful — some squashes will fight back!) Pull the seeds from the fibers, rinse, and dry. And no need to cut a squash before you're ready to eat it — seeds can be saved from most winter squashes many months after harvest (a few of the long-storage varieties may even sprout seeds inside after six months or so).

To save the seeds of your **EGGPLANTS**, you'll need to wait until the fruits are far past the stage when you'd pick them for eating. Any seeds saved from table-ready eggplants will be immature and won't be viable. If left on the plant, purple eggplant varieties will ripen to a dull brownish color, green varieties to a yellowish green, and white varieties to golden. Eggplants ready for seed saving will be dull, off-colored, hard, and sometimes shriveled.

Cut the ripe eggplants in half and pull the flesh away from the seeded areas. If you want to save more than a few seeds, use a food processor or blender to mash the flesh and expose the seeds. Process (without peeling), and put the pulp in a bowl. Add water, let the good seeds settle, and then pour off the water and debris. Repeat until only clean seeds remain. Add a bit more water and pour the mix through a strainer with a mesh fine enough to catch the tiny seeds. Dry the bottom of the strainer with a towel to absorb excess moisture and dump the seeds out onto a plate to dry.

After **CUCUMBERS** ripen, they change color and become soft. (Remember, if you stop picking cucumbers, their vines will stop producing new fruit, so pick your fruit for seed saving toward the end of the season.)

Cut the ripe cucumber in half and scrape the seeds into a bowl. To remove the seed coating, rub them gently around the inside of a sieve while washing them or soak them in water for two days. Rinse and dry. (Note: Ensure the cucumbers you use for seed are disease-free; some diseases can be carried on seed and could affect future crops.)

You'll need to let **SUMMER SQUASHES** ripen past the tender stage. When you can't dent the squash with a fingernail, the fruit is at the right stage for seed saving. Cut it open, scrape the seeds into a bowl, wash, drain, and dry.

Rodale's Organic Life is an online and print handbook for living naturally in the modern world, a chronicle of friendly, authoritative information about global cooking, gardening, design, wellness, and travel.

WHAT'S IN THE BOX??

Please note: Share info is accurate as of early in the week. Later deliveries may change. Thanks for your understanding!

Napa Cabbage, Beets, Sweet Potatoes, Green Beans, Green Cabbage
FRUIT: Empire Apples, Bosc Pears

VEGETARIAN OKONOMIYAKI (JAPANESE CABBAGE PANCAKES) *Stacie, onehungrymama.com | Makes 12*

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|---------------------------|---------------------------------|
| 5 large eggs | 2 cups shredded cabbage |
| 2 teaspoons soy sauce | 1 bunch scallions, chopped |
| 1 teaspoon sesame oil | Canola oil for frying |
| 1 teaspoon sea salt | Sriracha hot sauce, for garnish |
| 1/3 cup all purpose flour | (optional) |

In a large bowl, whisk together eggs, soy sauce, oil and salt. Slowly add flour, whisking all the while to avoid clumps. Add cabbage and scallion; gently fold both into the batter.

Generously oil the bottom of a large frying pan set over medium-high heat. (I use about 2 tablespoons of oil for a 9" pan. You do not want to deep fry these pancakes, but you also don't want them to stick to the bottom of a barely oiled pan.) Once the oil is hot and glistening, ladle the batter into the pan as you would regular pancakes. Cook for about 3 minutes, until golden brown on one side, flip and repeat. Serve warm with Sriracha, if desired.

GREEN BEANS, BEETS, GREENS, FETA CHEESE

Nava Atlas, The Vegetarian Family Cookbook | Serves 6

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|--|--|
| 1 ½ cups green beans, cut into 1-inch lengths and cooked | ½ cup crumbled feta or goat cheese |
| 6 oz mixed baby greens (mesclun) | 2 tbsp toasted sunflower seeds |
| 3 medium beets, cooked, peeled, diced | extra virgin olive oil and lemon juice, to taste |

Combine all ingredients in a serving bowl and toss together. Serve at once. (A great way to use leftover cooked vegetables.)

STIR-FRIED NAPA CABBAGE WITH GINGER

Johnna Albi & Catherine Waltehrs, Greens Glorious Greens! | Serves 3-4

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| 1 small head napa cabbage (about 6 cups, chopped) | 1 tbsp ginger, minced |
| 1 carrot or small sweet potato, julienned | Sea salt, to taste |
| 2 scallions, sliced | 1 bunch cilantro leaves, roughly chopped |
| 1 tsp oil for frying | ½ tsp dark sesame oil |
| | 2 tbsp toasted sesame seeds |

Heat wok over high heat, coat with oil. Add ginger and stir-fry 30 sec. Add carrot or sweet potato and stir-fry 1 min. Add cabbage and salt, stir-fry for 2-3 min, until cabbage is wilted but still crisp. Turn off heat and toss in scallions and cilantro. Sprinkle with sesame oil and seeds. Serve immediately.

Volunteers needed: TRUCK UNLOADING

This is wonderful shift for those who want a mid-day task, from 1-2pm on Tuesdays. *Even if you've already fulfilled your mandatory volunteer commitment, please consider taking on an extra task – thank you for your help! Questions? Please contact Alexa alexaweitzman@gmail.com*