



## The Tuv Ha'aretz CSA at the Forest Hills Jewish Center

September 11, 2012 | 24 Elul, 5772

# TUV HASHAVUA — BEST OF THE WEEK

See this newsletter online: [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) – in “Files > 2012 Season”

### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK:

David Greenbaum  
Jennifer Jacobson  
Darryl Ferguson

#### FOOD BANK DELIVERY:

Laurie Rubel

#### NEXT WEEK:

Jacqueline Wenger  
Onudeah Nicolarakis  
Tanessa Cabe Harte

#### FOOD BANK DELIVERY:

Than Hansen



### NEXT TUESDAY: PICKUP MOVED

Due to the holidays,  
for the next four  
weeks regular  
Tuesday pick-ups  
are moved to other  
days in their weeks:

9/20 Thursday

9/24 Monday

10/4 Thursday

10/11 Thursday

PLEASE MARK YOUR  
CALENDARS !

## Vegetable Anxiety: Raw Panic by Julia Moskin

What should be a beautiful and inspiring sight — your kitchen, overflowing with seasonal produce — is sometimes an intimidating tableau of anxiety. “People often feel overwhelmed in the kitchen, and when all this produce suddenly arrives, they panic,” said Ronna Welsh, a chef in Brooklyn who offers workshops on produce management. Vegetable anxiety can strike anyone at this time of year: C.S.A. subscribers, compulsive farm-stand stoppers and even vegetarians.

This helps explain why, in a 2009 survey of hundreds of thousands of Americans, the US Centers for Disease Control and Prevention found that Americans ate no more vegetables than they did in 2000, despite all the public education about the benefits of a plant-based diet, and the availability of a far greater variety of vegetables. Americans eat an average of a cup-and-a-bit of vegetables a day and a little more than a half-cup of fruit, or a quarter of government recommended amounts.

To help students truly embrace vegetables, Ms. Welsh addresses kitchen psychology along with cooking skills: less-experienced cooks have a persistent sense of responsibility toward the expensive, carefully raised produce that they buy and the corresponding feeling of guilt when that produce isn't used to its full potential. “There are all these expectations to perform complicated tasks that they have no training in,” she said. “They are set up for crushing failure.”

Students are counseled to cook vegetables the day they come into the kitchen, peeling and roasting them separately in plain olive oil and salt. Already-cooked vegetables are the key to a refrigerator filled with usable, tamed ingredients that can immediately be turned into other dishes: pasta sauces, pizza toppings and composed salads, to name just a few. Raw, they are just slouching toward rot; cooked, they are tools you can use.

If cooking everything in advance is not feasible, keep these points in mind before stuffing the refrigerator: remove any ties or rubber bands on vegetable bunches; the closer they are packed, the faster they will rot. Trim off the leafy tops of vegetables like carrots and beets, but leave an inch of stem on to prevent them from drying out. And don't store any vegetables in airtight plastic bags: poke holes in the bags if necessary to keep air circulating.

Before storing, wash greens by filling the sink, swishing the greens and letting the dirt sink to the bottom). Soft herbs like basil and soft produce like berries and mushrooms shouldn't be washed until they are used; water speeds deterioration.

Vegetables and fruit should be stored separately; the ethylene emitted by ripening fruit can damage vegetables. Some produce will continue to ripen if left out on the counter: stone fruit (not cherries), melons, mangoes, apples, pears, avocados and tomatoes. But some will not: bell peppers, grapes, citrus fruit and berries only deteriorate. Bananas not only will ripen quickly, but their presence will speed the ripening of nearby fruits.

Jenny Rosenstrach, author of the blog and cookbook *Dinner: A Love Story*, says that when in doubt, put it on top of a pizza cooked in the oven in a shallow sheet pan or, “bread it and fry it, put tomato sauce and mozzarella on it, and everyone will eat it.”

Deb Perelman, author of the popular *Smitten Kitchen* blog, uses a light batter to turn cooked vegetables into fluffy, crisp fritters. Topped with fried eggs or garlic-spiked sour cream, paired with salad, they make a painless vegetarian dinner.

Boiling and steaming are generally the least flavorful ways to cook vegetables, says Michael Natkin, author of the book *Herbivorous*. Instead, he sears sliced, salted shiitake mushroom caps over high heat in a cast-iron skillet instead of using them raw in salad or soup. “They are like these crispy umami bombs,” he said. He also does lots of “ribbon salads” at this time of year: shaved zucchini, yellow squash, beets, peaches and melon, with additions like nuts and cheeses, make substantial dinner salads. “A cheap mandoline is a great substitute for knife skills,” he said.

*Julia Moskin was named after Julia Child. She grew up knowing that food was interesting and entertaining, and not just fuel. This article was condensed from “Raw Panic,” in the nytimes.com.*

## THIS WEEK'S BOX:

Spaghetti Squash  
Green Beans  
Leeks  
Broccoli OR  
Zucchini  
Red Beets  
Sweet Dumpling  
Squash  
Red Tomatoes

### FRUIT SHARE:

Bosc Pears  
Gala Apples  
*Pears will ripen outside the bag and will not be soft – just a little more golden. Store apples in the fridge.*

### HERB SHARE:

Parsley  
Marjoram

## Simple Herbed Spaghetti Squash

*Emeril Lagasse, foodnetwork.com*

1 spaghetti squash, about 2 ¼ lbs  
2 ½ tbsp butter  
1 ½ tbsp finely chopped mixed soft herbs, such as basil, chives, parsley, sage, marjoram, etc.  
½ tsp salt  
1/8 tsp ground pepper  
Parmesan cheese, grated (optional)

Heat oven to 475 F. Cut the squash in half lengthwise and place cut-side-down in a baking dish. Add water to come ½ inch up the sides of the dish, and cover with lid or foil. Bake 45 minutes, until the squash is easily pierce. Turn squash over, cover with foil again, and cook for another 15 minutes until very tender. Remove from oven and uncover, allow to cool so you can handle it. Using a ...

... *Continued* →

## FEATURED RECIPES:

### Wheat Berries with Winter Squash and Chickpeas

*Martha Rose Shulman, nytimes.com / Serves 6*

3 tbsp olive oil  
1 large onion, chopped  
2 large garlic cloves, minced  
1 tsp ground allspice  
¼ to ½ tsp cayenne, to taste  
1 cup wheat berries or spelt  
2 tbsp tomato paste, diluted in 1 cup warm water  
4 cups water  
Salt, to taste  
½ cup fresh parsley, chopped  
¼ cup fresh dill or mint, chopped  
1 lb winter squash (such as sweet dumpling, acorn, or butternut squash), peeled, seeded, cut in large dice  
1 can chickpeas, drained

Heat the oil in a large heavy soup pot or Dutch oven over medium heat. Add the onion. Cook, stirring, until tender, about five minutes. Stir in the garlic, ground allspice and cayenne. Stir together for about one minute, then add the wheat berries, tomato paste and 4 cups of water. Bring to a boil, and add salt to taste. Reduce the heat, cover and simmer 30 minutes. Add 2 tbsp each of the parsley and dill or mint, and stir in the winter squash and chickpeas. Bring back to a boil, reduce the heat and simmer for another 45 minutes to an hour until the beans and wheat berries are tender and the squash is beginning to fall apart.

Uncover the pot, and turn the heat to high so that the liquid returns to a boil. Boil until the liquid is reduced to a syrupy consistency. Remove from the heat, and stir in the remaining herbs. Taste and adjust salt. Serve hot or warm in wide soup bowls.

*Advance preparation: You can make this a few days ahead. Reheat and reduce liquid (which will already be thicker if you've made it ahead) on the day you are serving.*

*Nutritional information per serving: 264 calories; 3g total fat; 5 g fiber; 211mg sodium; 9g protein*

### → Simple Herbed Spaghetti Squash

... spoon, remove the seeds and discard. With a fork, gently pull the strands of squash away from the skin. Put squash in a bowl.

Heat skillet. Add the butter, squash, herbs, salt, and pepper, and toss gently and thoroughly to heat and combine. Serve immediately, or cover and keep warm until ready to serve. Pass cheese at the table. Yields 4 servings.



### COOKING FROM YOUR AUTUMN CSA BASKET At the JCC in Manhattan with Jackie Topol, RD

WED 9/19, 7:00-9:30PM

<http://www.jccmanhattan.org/all-classes?page=cat-content&progid=26137>

Enjoy autumn's bounty to the fullest by learning about seasonal produce featured in your CSA box. Learn tips for storing and preserving, and new cooking techniques and recipes, such as:

- Sesame rice bowls with roasted broccoli
- Coconut collards with sweet potato
- Homemade pizza with roasted butternut squash, parsnips, fennel, garlic, caramelized onions, fresh mozzarella, balsamic drizzle
- Salmon panzanella with green beans
- Citrus, avocado, beef, and mango salad
- Slow-baked honey wine pears

### TUV HA'ARETZ at the Forest Hills Jewish Center

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