

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

Why Do I Juice?

Tabia Heywot, Member, Tuv Ha'aretz CSA

Juicing is one way that I can get the nutritional value of eating my veggies and fruit in a way that is fun and tastes good. I like to consume liquids (as opposed to chewing), especially in the summer. It's very refreshing have a glass of something that is healthy and helps to build a strong body, and juices are full of antioxidants that fight off disease.

Wake-up Juice
(instead of caffeine). I use an early morning mood lifter juice:

1 cup of watercress
½ cup spinach
2 small carrots

Super Protector

2 cups chopped whole broccoli
2 large oranges
1 large apple, cored

For nutritious juicing:

5 stalks of kale
(remove the stems or you'll be buying another juice machine)
2 stalks of Swiss chard
1 lime
1 pear
½ head of lettuce
1 knob of ginger (add amount to taste)
1 cucumber

The better the quality of the fruits and vegetables you use, the better the quality of the juice you'll be taking in. It's also a way that I use some of the odds and ends of the food share, after I've made a meal. Sometimes I have one carrot, a few stalks of celery, a handful of spinach left – not enough to make a meal, but I can combine them all to make a glass of juice.

When some think about juicing, they think about doing it for internal body cleaning or detoxing. However, it can also be done to aid in weight loss and general nutrition, reducing water retention, balancing the blood sugar, and as a sleep aid.

Robin Asbell writes in her book *Juice It!*, that juicing can create rich and tasty drinks to replace dessert, can be a pick-me-up like coffee, can relieve headache pain and eliminate toxins provide a taste-filled substitute for soda.

I was first introduced to juicing by a co-worker. She recommended buying a low-cost juicer or juice extractor to start with, and to find out if I wanted to commit to occasional juicing, start with the easiest things to break down, and then move on to the heavier, more dense vegetables, such as kale or beets.

Juicing can make use of your coop and CSA share items and can be a way to get those vegetables down to enhance any lifestyle.

If you don't like eating vegetables every day, it's a delicious way to get a vegetable's nutrients. Vegetables like celery or chard can be a little salty; beets or watercress can be strong-tasting, but I find adding apples or carrots to the recipe makes the juices more palatable.

Some vegetables will need a heavy-duty juicer (for fibrous vegetables like kale) or need a juicer specific to that vegetable (like wheatgrass). Wheatgrass is an excellent source of antioxidants; if you don't want to buy a specialized or heavy-duty juicer, you can buy by the "shot" from a health food store and add to the juice you make at home.

9/13/2016
[Week #16 – A]

4:45-8pm Pick-up
Ron Goldsman
Valentina Clementi
12:45 pm Truck Unloading
Brian Gardner Hoashi
8pm Unclaimed Shares
Israel Wertentheil

MANY THANKS TO OUR VOLUNTEERS

9/20/2016
[Week #17 – B]

5-8pm Pick-up
Mara Steinberg Lowe
12:45 pm Truck Unloading
Brian Gardner Hoashi
8pm Unclaimed Shares
Adrian Hayes

Golden Earthworm Farm
CSA Harvest Festival,
Sunday 10/16
11am-3pm

**Please note that
pickup time starts
at 5:00PM, and
NO EARLIER.**
**Thanks for your
understanding!**

TUV HA'ARETZ CSA at the
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- **Tuv Ha'aretz CSA:**
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- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

9/13 [A] : WHAT'S IN THE BOX??

Red or Golden Beets and Tops, New Potatoes, Saladette / Cocktail / Cherry Tomatoes, Acorn Squash, Long Peppers, Batavian Romaine Lettuce, Zucchini / Summer Squash
FRUIT: Damson Plums (Cooking Only)

Anyone with health concerns – e.g. hypertension, diabetes, etc. – should check with a doctor first to see

which vegetables should be avoided, or what dietary changes must be made. Some juices may have counteractive effects with certain medications or medical conditions.

For saltiness, you can add celery (which has a lot of natural salt), or apples, agave sugar, or stevia for sweetness. Some like to add green tea (antioxidants), spinach (nutrients), or avocado (thickness).

If you're feeling like a cold is coming on, Asbell suggests a "super protector" juice rich in vitamin C and antioxidants.

When you start to juice, it's suggested that you use a single fruit or vegetable, like carrots or apples (perfect for our CSA shares). Use a blender (if you like purees or thicker juices) or a juice extractor (that separates the liquid from the pulp or fiber) if you like a thinner liquid. The leftover pulp can be used for pie filling, for thickening soups, making cupcakes, vegetable patties, and for composting.

If you are using organic produce, don't remove the skins, as they contain lots of nutrients – another benefit of using CSA vegetables!



My favorite kale recipe :

5 stalks kale
1 lemon
1 knob ginger
1 head romaine lettuce
1 celery heart

For a quick diuretic mix, add some beets (usually one is enough to start the digestion moving).

For a sleep aid:

1 head romaine lettuce
2 tablespoon fresh chopped dill
1 large cucumber

Asbell's recipe for nutritious energy tastes sweet-tangy and contains beets, which are high in nitrates and can improve athletic performance by expanding veins:

1 large beet
3 red Swiss chard leaves
1 small red chili, seeded
2 large plum tomatoes, peeled

Zucchini-Potato or Beet-Potato

Latkes *Leila, strawberrypepper.com* | Serves 8

1 1/2 cups zucchini, shredded * OR beets, shredded
 1 1/2 cups new potatoes, shredded
 1/2 cup carrots, shredded
 1/2 small sweet onion, diced
 1/2 cup all-purpose flour
 4 tbsp cornstarch
 1/2 tsp salt
 black pepper, freshly ground
 0-4 tbsp water
 Cooking spray or canola oil

Mix together potatoes, carrots, zucchini or beets, and onions in a large bowl. Stir in flour, cornstarch, salt, and pepper, until well combined. If dry, add water by the tablespoon until the flour is all moistened. (If using juicy older zucchini, it may not be necessary to add any water. For beet pancakes, I used about 2 tbsp water.)

Heat a large, heavy frying pan over medium heat. Spray bottom of pan with cooking oil, or add 1 tbsp of canola oil.

Take a small handful of the vegetable mixture into your hand. Clump it into a ball, and then press it between your palms into a thick patty. Don't worry if your latkes seem fragile at this point, they cook up sturdily as they fry.

Put latke on the frying pan, and then press it thinner using the back of a metal spatula. Cook latkes in batches to avoid crowding the pan. Fry for a 4-6 minutes on each side, until golden. Press them with a spatula again after flipping. Serve piping hot, topped with aioli, hummus, or other flavorful bean spread.

*Zucchini version: shred the zucchini first, and place it in a strainer set over a bowl. Add a pinch of salt, and toss the zucchini shreds to combine. Set aside for 15 min, then squeeze zucchini shreds in your hands, over the strainer, to remove any excess water, and blot with a towel.

Splitting an Acorn Squash *thekitchn.com*

Cut squash in half from stem to tip: Start on one side of the stem and cut straight through until the knife stops hitting resistance and you've cut through to the hollow middle. Continue cutting around the acorn, through the tip, ending up on the other side of the stem. **Do not try to cut through the stem.**

Break the squash in half: Put down your knife and hold the squash in both hands. Pull the two halves away from each other, cracking the shell at the stem. The stem will stay with one half and leave the other half clean; you can trim away the stem if you want.

Tabia Heywot has been juicing for about 5 years and seeks more ways to incorporate juicing into her life, including using wheatgrass and garlic shots (from the garlic festival). She is very interested in juicing non-traditional (wild) plants (weeds!)