



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

September 20, 2012 | 4 Tishrei, 5773

TUV HASHAVUA — BEST OF THE WEEK

See this newsletter online: groups.yahoo.com/group/TuvForAllFHJC – in "Files > 2012 Season"

THANK YOU TO OUR VOLUNTEERS!

THIS WEEK (Thursday):

Jacqueline Wenger
Onudeah Nicolarakis
Tanessa Cabe Harte

FOOD BANK DELIVERY:

Than Hansen

NEXT WEEK (Monday):

Alan Lowe
Anny Sun
Anya Spector

FOOD BANK DELIVERY:

Lindsay Smilow



NEXT PICKUP ON MONDAY (NOT TUESDAY!)

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

9/24 Monday [B]
10/4 Thursday [A]
10/11 Thursday [B]

PLEASE MARK YOUR CALENDARS !

Converting Family Traditions: Greens & Beans by Erika Davis

The power of food never ceases to amaze me. It has the power to not only provide nourishment for our bodies, but it can build bridges in the most seemingly unusual and unexpected ways.

This Rosh Hashanah marks my second as a Jewish woman. I converted in August 2011, though I'd considered myself Jewish for some time before I made it official in the *mikvah*. Despite my convictions to adherence to Jewish practice, I worried that I'd lose important parts of my black American identity. Like many, I converted under Ashkenazi auspices and as much as I enjoy my partner's bubbe's matzah ball soup, I longed for the comfort foods and traditions of my family.

Merging the southern family traditions passed down to me from my mother, who learned them from her mother, with my new Jewish traditions is an important part of how I identify as a Jew. During Rosh Hashanah 2011, I discovered a welcome tradition buried within the Sephardic traditions – black-eyed peas and greens.

Growing up, it was our family tradition to eat black-eyed peas and collard greens for the New Year. Early on January 1st, the savory sour smell of the greens cooking in a broth of vinegar and ham hocks lured me out of sleep. In a separate pot, black-eyed peas slowly cooked with bay leaves and more ham. My mouth watered knowing that by dinnertime a slice of thick corn bread would grace my plate to help sop up the rich juices from the greens and beans. Eating black-eyed peas and greens on January 1st insured a prosperous New Year. The black-eyed peas, my mother told me, would bring luck, the greens would bring money and the corn bread brought gold. The tradition of eating these foods on the New Year is familiar to many black Americans and southerners alike with the peas symbolizing everything from luck to health and the greens always symbolizing the color of American currency.

It came as a shock to find this same tradition in the Talmud and continued today in the Sephardic tradition. It was Poopa Dweck's Syrian Jewish cookbook and blog *Aromas of Aleppo* that uncovered this culinary tradition that I keep on Rosh Hashanah. According to Dweck's website, the Jews of Syria traditionally bring in Rosh Hashanah in the same way my family does, with black eyed peas and Swiss chard replacing the collard greens I'm more familiar with. According to her website, "the Hebrew word for these beans is *rubiah*, which is similar to the word for "to increase"—rab. The black-eyed peas, therefore, symbolize increasing one's merits. And the Arabic word *silleq*, or chard, is similar to the Hebrew word *salek*, which means, "to remove" or "throw out." Aleppian Jews eat Swiss chard in the hope that G-d will remove the community's enemies from its midst.

Erika Davis is the Chief of Staff at Hazon. She also works as a freelance writer for The Sisterhood, Jewcy, Kveller and others while maintaining her personal blog Black, Gay and Jewish. Erika likes Syrian Jewish cooking and is convinced she makes the best hummus in Brooklyn. She is a volunteer with Jewish Multi-Racial Network, Be'chol Lashon and Jews for Racial and Economic Justice. This article was originally published in the Jew and the Carrot, "Trading Ham for Turkey This Rosh Hashanah."

THIS WEEK'S BOX:

Butternut Squash
Green Beans
Sungold Cherry
Tomatoes
Leeks
Red Tomatoes
Yukon Gold
Potatoes
Lettuce: Green
Batavian OR Red
Boston

FRUIT SHARE:

Bosc Pears
Mixed bag of
Apples
*Antique apple varieties
make excellent pies!*

HERB SHARE:

Rosemary
Oregano

Middle Eastern Bread Salad

David Tanis, nytimes.com
Serves 4

3 or 4 stale pita rounds
(6-inch diameter, whole
wheat or white)
1 lb tomatoes, diced
1 c cucumber, diced
1 c bell pepper, diced
½ c red onion, diced
6 scallions or leeks,
sliced thin
Salt and pepper
2 tbsp lemon juice
1 tbsp white wine
vinegar
¼ c extra virgin olive oil
2 small garlic cloves,
smashed to a paste
½ tsp cumin seed,
toasted and ground
¼ c parsley, chopped
¼ c mint, chopped
¼ c cilantro, chopped
2 tsp powdered sumac,
optional

Toast pita until crisp and
dry. When cool, break
into bite-sized pieces
and set aside. Put
tomato, cucumber, ...

... Continued →

FEATURED RECIPES:

Julia Child's Ratatouille

Mastering the Art of French Cooking / Serves 6 - 8

1 lb eggplant
1 lb zucchini
1 tsp salt
Olive oil
½ lb (1-1/2 cups) onions or leeks, sliced thin
2 (1 cup) green bell peppers, sliced
2 cloves garlic, mashed
Salt, to taste
Pepper, to taste
1 lb (1-1/2 cups) red tomatoes, peeled
3 tbsp parsley, minced

Peel the eggplant and cut into lengthwise
slices 3/8 inch thick, about 3 inches long, 1
inch wide. Scrub the zucchini, slice off the
ends, cut into same size pieces as the
eggplant. In a bowl, toss vegetables with
salt and let stand 30 minutes. Drain, and pat
dry each slice with a towel.

Heat a skillet very hot. Add olive oil and cook vegetables about a minute per side to brown lightly. Set vegetables aside as done.

In the same skillet, cook the onions and peppers over medium low heat for 10 minutes, or until tender but not browned. Stir in the garlic and season to taste with salt, pepper.

Slice the tomatoes, then cut into strips 3/8 inch wide. Lay them over the onions and peppers and season; cover and cook over low heat for 5 minutes, or until the tomatoes have begun to render their juice. Uncover, baste with the accumulated juices, raise the heat and boil for several minutes, until juice has almost entirely evaporated.

In a 2-1/2 quart stovetop-safe casserole or pan with a lid, place a third of the tomato mixture in the bottom, and sprinkle with a third of the parsley, then half the eggplant and zucchini. Repeat the layering, finishing with the tomato mixture and the parsley.

Cover the casserole and simmer over low heat for 10 minutes. Uncover, tip casserole and baste with the rendered juices. Correct seasoning, if necessary. Raise the heat slightly and cook uncovered for about 15 minutes, basting several times, until juices have evaporated, leaving a spoonful or two of flavored olive oil. Be careful of your heat; do not let the vegetables scorch on the bottom of the casserole. Set aside uncovered. Serve cold, or reheat slowly at serving time.

→ Middle Eastern Bread Salad

... pepper, onion and scallions in a bowl. Season with salt and pepper. In a separate bowl, whisk together lemon juice, vinegar, olive oil, garlic and cumin. Pour dressing over vegetables and mix to coat. Let marinate for 10 minutes at room temperature or refrigerate for up to an hour, if desired. Just before serving, add parsley, mint, cilantro and toasted pita. Toss gently. Sprinkle with sumac, if using.



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

WEBSITES: FHJC: www.fhjc.org | Hazon: www.hazon.org | Facebook:

www.facebook.com/tuvFHJC | Yahoo Listserv: groups.yahoo.com/group/TuvForAllFHJC
| Golden Earthworm: www.goldenearthworm.com | Twitter: twitter.com/#!/tuvfhjc

CARE TO SHARE

Tuesday 10/16 and Tuesday 10/23

In the spirit of the fall harvest season and Sukkot, 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.

GOLDEN EARTHWORM HARVEST FESTIVAL

Sunday 10/14, 11:00 – 3:00 PM

<http://www.goldenearthworm.com/events/>

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