

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

Juicers 101

Judy Trupin, Co-Chair, Tuv Ha'aretz CSA

If Tabia Heywot's article last week inspired you to start juicing, the next step is to decide what kind of juicer to buy. What you choose depends on a number of factors – what you'll be juicing (fruit? vegetables? both?), your budget and your goal in juicing.

The two most common types of juicers are centrifugal juicers and masticating (or cold-press) juicers. Centrifugal juicers produce the juice by first chopping the produce and then spinning it at a high speed. On the plus side, they are easy to set up, easy to clean, less costly than other types and produce the juice rather quickly. On the other hand, the high speed also heats the juice, which destroys some of the heat-sensitive nutrients. An article in the Huffington Post recommends a centrifugal juicer if you plan to use the juices in cooking, where the juice will be heated in any event.

Another issue with centrifugal juicers is that they don't extract all the juice from the produce. Furthermore, these juicers don't juice leafy greens very well. Their noise level is another complaint. According to www.juicerfanatics.com, the cheaper ones tend to be the noisiest.

Masticating juicers work by pulverizing the produce. They work slowly and don't create much heat, thus retaining many of the nutrients. They also do a better job of crushing plant cell walls to release the enzymes, which some who juice for health reasons consider a significant reason to choose this type of juicer.

A masticating juicer is an excellent juicer for getting every last drop of juice out of your produce. They're usually pretty versatile and will often make other products such as pates, fruit sorbets and ice cream. They can even process nuts to produce nut milks. I've used one in the past to make a wonderful banana ice cream by simply freezing some peeled, overripe bananas, processing them, and adding a dash of cinnamon.

That being said, the downside of these juicers is they are more difficult to set up and more of a challenge to clean. Also, they are pricier than the centrifugal juicers, costing about \$200 to \$300 for a decent one, with the highest-priced ones running as much as \$500. There's also a manual crank juicer – which is very economical (Amazon lists one for \$59), but be prepared to get a bit of an arm workout!

Of course, if you want the most deluxe – and priciest – of juicers, there is also a third type, known as the twin-gear or triturating juicer. This one works by crushing the produce to a very fine powder, getting an even higher yield from your produce than the masticating type. But – we are talking expensive. One popular model, the Super Angel

9/20/2016
[Week #17 – B]

5-8pm Pick-up
Mara Steinberg Lowe
Sharon Matzner

12:45 pm Truck Unloading
Brian Gardner Hoashi

8pm Unclaimed Shares
Adrian Hayes

**MANY THANKS TO
OUR VOLUNTEERS**

9/27/2016
[Week #18 – A]

4:45-8pm Pick-up
Laura Marks
Barry Bank
Alfred Rosenblatt

12:45 pm Truck Unloading
Jessica Keane
Judy Trupin

Brian Gardner Hoashi

8pm Unclaimed Shares
Adrian Hayes

Golden Earthworm Farm
CSA Harvest Festival,
SUN 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
Forest Hills Jewish Center

106-06 Queens Blvd.
Forest Hills, NY 11375
tuv@fhjc.org

- **Tuv Ha'aretz CSA:**
foresthillstuvcsa.com
- **Facebook:**
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

9/20 [B] : WHAT'S IN THE BOX??

**Red Leaf Lettuce (replacement!),
Romaine Lettuce, Saladette /
Cocktail / Cherry Tomatoes, Red
Beefsteak Tomatoes, Acorn Squash,
Festival Sweet Dumpling Squash,
Zucchini / Summer Squash, Red /
Yellow Onions, Swiss Chard**

FRUIT: Gala Apples and Peaches

Burst Tomato Galette with Corn and Zucchini *Deb Perlman, smittenkitchen.com | Serves 4-6 as main course, or 8 as appetizer*

For the pastry:

1 1/4 cups all-purpose flour
1/4 tsp table salt
8 tbsp unsalted butter, cut into pieces, re-chilled
1/4 cup plain yogurt or sour cream
2 tsp fresh lemon juice
1/4 cup ice water

Whisk flour and salt in a large bowl. Sprinkle bits of butter over dough and using a pastry blender or your fingertips, work it into the flour until the mixture resembles coarse meal, with the biggest pieces of butter the size of tiny peas. In a small bowl, stir together sour cream, lemon juice and water and add to butter-flour mixture. With fingertips or a wooden spoon, mix in liquid until large lumps form. Pat lumps into a ball. Wrap with plastic and refrigerate for 1 hour, or up to 2 days.

For the filling:

1 tbsp olive oil
1/4 tsp coarse Kosher or sea salt
3 cups cherry or grape tomatoes
pinch red pepper flakes, to taste
1 ear corn, cut from the cob (about 1 cup)
1 small zucchini or summer squash, diced
1 bundle scallions, thinly sliced
1/2 cup grated Parmesan
1 egg yolk beaten with 1 tsp water

Using a large pan with lid, add olive oil, tomatoes, salt and red pepper flakes then cover and heat over high heat. Roll tomatoes around from time to time so that they'll cook evenly. In a few minutes, you'll hear some puffs and pops as tomatoes burst a little. When most have, remove lid, turn heat down to medium and add zucchini. Saute for 2 minutes, until softened. Add corn and cook one minute. Add scallions, just stirring them in, then turn off heat. Adjust seasonings if needed. Transfer mixture to a large plate and spread out to cool faster. Cool to at least lukewarm.

Heat oven to 400F. On a floured counter, roll the dough out into a 12-inch round. Transfer to parchment-lined baking sheet. Sprinkle tomato-mixture with half the Parmesan and spoon mixture into the center of dough, leaving a 2-inch border. Sprinkle with almost all remaining Parmesan, reserving a few pinches for crust. Fold border over filling, pleating the edge. The center will be open. Brush crust with glaze. Sprinkle glaze with last pinches of Parmesan.

Bake for 30 to 40 minutes, or until puffed and golden brown. Remove from the oven and let stand for 5 minutes, then slide the galette onto a serving plate. Cut into wedges and serve hot, warm, or at room temperature.

5500, is an all-stainless-steel juicer, and costs about \$1500. The less-expensive models of this type can be found for about \$500.

So what do CSA members do? Tabia sticks with centrifugal juicers. She says, "They work well for soft fruits and veggies but kale is hard for them to break down, even if I remove the stems." She's using a Bella and a Breville now and in the past had a Jack Lalanne, which is her all-time favorite.

Tabia is considering getting a Vitamix-type machine, but hesitates because she says that they "grind up the skin, pulp & flesh of the fruit to make more of a paste." And she adds that she prefers the more liquid juice produced by her juicer to the "smoothie-type" produced by the Vitamix.

If the rest of the CSA is like the core group, we aren't juicing yet, or we did it a while ago and gave up. When asked if they used a juicer, core group member responses ranged from "wish I did" to "I'd rather eat than drink my vegetables" to a few saying it was too time-consuming or juicers were too hard to clean. At least three of us have juicers sitting in a closet or storage somewhere.

So what's my advice? If you don't plan on juicing on a regular basis, it might be best to just buy a juice every now and then. Juice bar drinks are pricey, but so are juicers. And if you are contemplating purchasing one, you might want to borrow one from a friend before investing in your own. That might convince you that either it's not your thing, or help you sort out which type you want to purchase. If you do get hooked on juicing, consider the above advice, check out some online reviews, and get started. And let your fellow CSA'ers know what works for you!

Happy juicing!



Judy Trupin enjoys an occasional carrot, celery, and ginger juice ... but isn't a regular juicer (yet).