



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

September 24, 2012 | 8 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:

Alan Lowe
Anny Sun
Anya Spector

FOOD BANK DELIVERY:

Lindsay Smilow

NEXT WEEK:

Esfir Kandinov
Yelena Simkhayeva
Liliya Simkhayeva

FOOD BANK DELIVERY:

Than Hansen



NEXT PICKUP IS ON THURSDAY (NOT TUESDAY!)

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

10/4 Thursday [A]
10/11 Thursday [B]

PLEASE MARK YOUR CALENDARS!

What To Do With What's In The Box by Jenny, nourishedkitchen.com

I have no idea what's in my CSA box this week, and, I'm confident I'm not alone. Sure, I can recognize the sugar snap peas and carrots, the lacinato kale with its pebbled dark green leaves, the baby collards (which we'll combine with cream and the last of our overwintered shallots for creamed collards), but some stump me: the fragrant and prickly leaves I pulled from our box today, or the odd and gnarled roots that appear from time to time. If you're lucky, the vegetables might be well labeled and some CSAs even slip recipe cards into your box; but most of you, like me, will be navigating your box in wonder. So if you're ever stuck for how to prepare the mystery vegetables that arrive in your CSA box, try these simple methods.

Tough greens: braise them. Swiss chard, kale, spinach and collards can be tough, but their long woody stems and broad dark-green leaves can be made tender through braising. First begin by trimming any woody or tough stems and veins from the broad leaves. Melt some fat in a pan or use olive oil, then toss in chopped onion, garlic or shallots and fry until fragrant, then stir in chopped greens, frying for a minute or two before deglazing the pan with a stock, juice or water. Cover the greens and simmer until tender, just a few minutes more. Season the greens as needed with a splash of vinegar, soy sauce or fragrant olive oil.

Tender greens: serve them raw with a vinaigrette. Young greens like beet trimmings or baby chard and kale as well as tender greens like tat soi and mizuna can be served fresh and raw in salads, with just a splash of homemade vinaigrette. So if you come across odd greens in your CSA basket, but they appear tender or young, serve them fresh and raw. To make a vinaigrette, whisk vinegar with oil and any seasonings or fresh herbs that you like together, and dress your tender greens at the table.

Odd-looking root vegetables: roast them. Root vegetables, tough-skinned and gnarled, are naturally sweet and their sweetness is enhanced through roasting. If desired, peel them of their tough skins and if they are large, chop them into 1/2-inch to 1-inch pieces. Toss the vegetables with oil or melted fat and any seasonings, then roast them in an oven preheated to 425F for 30-45 minutes as needed, stirring once or twice during the roasting process to prevent burning and promote even cooking.

Strange, sweet herbs: make herbal iced tea. Lemon catnip, wild mountain mint and other odd herbs have found their way into our CSA boxes, and one of my favorite ways to serve these sweet herbs is in an herbal iced tea. Toss fresh or dried herbs into a quart-sized or larger jar, cover them with filtered water and secure with a tight lid. Set the tea in the refrigerator and allow the herbs to infuse the water with their flavor and color for a day or two, then filter out the spent leaves, and sweeten as needed with honey or other sweetener of your choice.

Gratin. Almost any vegetable – leafy greens, roots and tubers, shoots and buds – can be made into a gratin. A gratin is a soothing dish, both simple to prepare and deeply nourishing. Allow the vegetables to dictate the flavor of the dish: spinach pairs well with cream and cheese; zucchini pairs well with tomato, olive oil and breadcrumbs. To prepare a gratin, first cook vegetables in fat or oil, then stir in liquid and toppings that suit you: breadcrumbs, nut flour seasoned with herbs, grated cheese.

Serve a soup. All vegetables are suited to soups. Begin your soup in a heavy-bottomed stockpot, fry onion in oil or fat until fragrant, then stir in vegetables (except greens) and fry them for a few minutes before adding stock. Simmer the soup for at least a half hour until the vegetables are tender, then remove the pot from the heat, stir in greens and herbs, cover and allow the greens and herbs to cook in the residual heat of the soup for at least five minutes before serving.

Vegetables (but not greens): ferment them. Lactofermentation is an extraordinary process that transforms ordinary vegetables into amazingly nutrient-dense pickles brimming with beneficial bacteria, food enzymes and B vitamins. To ferment vegetables, simply shred them and pound them with salt, and toss them into a vegetable fermenter or crock and allow them to ferment at room temperature for at least seven days before tasting. Make sure that vegetables rest below the level of the fermenting liquid you are using, lest you open the ferment up to contamination by microbes.

Jenny's blog, Nourished Kitchen, is a labor of love whose goal is to promote sustainable agriculture and nutrient-dense whole foods in everyday kitchens. This edited article is extracted from "Mystery veggies in your box? What to do with what's in your CSA box" at www.nourishedkitchen.com

THIS WEEK'S BOX:

Due to early delivery of this week's share, the contents of the box were truly a mystery!

[Acorn squash, tomatoes, carrots, shallots, arugula, string beans, red leaf lettuce; apples, pears; no herbs till next week]

Celeriac, Potato, Apple Puree

Martha Rose Shulman, Recipes for Health nytimes.com | Serves 6

1 lb potatoes, peeled and cut into large pieces
2 large celeriac (celery roots), about 2 lb, peeled and cut into large pieces
1 large or 2 small tart apples, such as a Granny Smith, peeled, cored and quartered
1/2 cup warm milk or broth from the celery root
2 tablespoons butter or walnut oil (or a combination)
Salt and freshly ground pepper to taste

Place the potatoes in one saucepan and the celery root and apples in another. Add salt to taste to each, about 1/2 teaspoon. Bring to a boil, reduce the heat and simmer until tender, 15 to 20 minutes.

Drain the potatoes, and return to the pot. Cover tightly, and allow to sit for five minutes to steam and dry out. Drain the celery root and apples through a strainer set ...

... Continued →

FEATURED RECIPES:

Polenta with Braised Root Vegetables and Winter Squash

Martha Rose Shulman, Recipes for Health, nytimes.com | Serves 4

1 cup polenta
1 scant teaspoon salt
4 cups water
1 tbsp unsalted butter
1/4 cup grated Parmesan (optional)
1 tbsp extra virgin olive oil
1 small onion, finely chopped
2 lbs total root vegetables and winter squash (one or more: kohlrabi, turnips, carrots, parsnips, winter squash, rutabagas), peeled and diced
1 large garlic clove, minced
14-oz can diced tomatoes with juice, or crushed tomatoes
Pinch of sugar
Salt and freshly ground pepper

Heat the oven to 350 degrees. Butter or oil a 2-quart baking dish. Combine the polenta, salt and water in the baking dish. Place in the oven on a baking sheet. Bake 50 minutes. Stir in the butter, and bake for another 10 to 15 minutes until the polenta is soft and all of the liquid has been absorbed. Stir in the cheese, if using.

While the polenta is baking, cook the vegetables. Heat the oil in a large, heavy nonstick skillet over medium heat. Add the onion and cook, stirring, until it begins to soften, about 3 minutes. Add the root vegetables, and then season with salt. Cook, stirring often, until tender, about 10 minutes. Add the garlic, and stir together for about a minute until fragrant. Stir in the tomatoes with their liquid, a pinch of sugar and salt to taste. Cook over medium heat, stirring often, for 15 minutes until the tomatoes are cooked down and fragrant. Add lots of freshly ground pepper, taste and adjust salt, and remove from the heat. Serve polenta with vegetables spooned on top.

Advance preparation: Make the vegetable topping a day or two ahead, and reheat on top of the stove. It's best to serve the polenta when it comes out of the oven, though it can sit for five minutes. Alternatively, allow to cool and stiffen in the baking dish, or scrape into a lightly oiled or buttered bread pan and cool; then slice and layer in a baking pan, and reheat in a medium oven or in a microwave.

Nutritional information per serving: 277 calories; 9g total fat; 8mg cholesterol; 49g carbohydrates; 9g dietary fiber; 743mg sodium; 6g protein

→ Celeriac, Potato, Apple Puree

... over a bowl. Purée all of the produce using a food mill or a potato ricer. Stir together, and whisk in the milk or the broth until the mixture is fluffy. Add the butter or walnut oil to the hot purée, stir until the butter melts, and season to taste.

Advance preparation: You can make this up to an hour before serving. Make sure to have some extra broth or milk on hand to thin out the purée, as needed. Reheat gently on stovetop.

Nutritional information per serving: 185 calories; 8g total fat; 11mg cholesterol; 34g carbohydrates; 5g dietary fiber; 192mg sodium; 5g protein

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.

TUV HA'ARETZ at the Forest Hills Jewish Center

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