



# TUV HASHAVUA

## BEST OF THE WEEK

**NEXT WEEK'S  
PICK-UP IS ON  
THURSDAY  
OCTOBER 1**

### A Food-Lover's Guide to Sukkot

*Leah Koenig, thekitchn.com*

**MANY THANKS  
TO OUR  
VOLUNTEERS**

**TUESDAY 9/24**  
[Week #18 – B]

5-8pm Pick-up

**Ben Pecora-Sanefski**

**Jillian Coulton**

**Gus Schulenburg**

1pm Truck Unloading

**Judy Trupin**

**Ilona Michalowska**

**Alexa Weitzman**

**Judith Mermelstein**

8pm Unclaimed Shares

**Takashi Yoneta**

**THURSDAY 10/1**  
[Week #19 – A]

5-8pm Pick-up

**Ilona Michalowska**

**Shoshana Seid**

1pm Truck Unloading

**Alexa Weitzman**

**Ilona Michalowska**

**Judy Trupin**

8pm Unclaimed Shares

**David Snyder**

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:**  
foresthilstuvcsa.com
- **Facebook:**  
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**  
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

Sukkot is the Jewish calendar's eat-local poster child. The weeklong holiday, which usually begins on a September evening, is a harvest pilgrimage that celebrates the bounty that follows a season of growth. Historically, it also commemorates the 40 years the Israelites wandered in the desert after their exodus from slavery in ancient Egypt.

The major physical symbol of the holiday is a hut called a sukkah. Right after Yom Kippur ends, Jews begin building these temporary dwellings, in which they will eat and sometimes even sleep (weather permitting!) during the holiday. Sukkot is also easy to enjoy from a food lover's perspective. Here is a guide to its major food symbols.

#### Green Roof

There are many laws that dictate how to construct a proper sukkah. One of my favorites is that the top must be covered with natural materials like tree branches or bamboo, and be woven loosely enough that you can see the sky through them. Talk about dining al fresco!

#### Natural Decorations

In addition to covering the sukkah with natural materials, many people weave harvest-related fruits and vegetables into their sukkah decorations. Some string up gourds or hang apples from the rafters (though in my experience, those sweet, sticky apples tend to attract a lot of bees). Others lay bundles of dried corn stalks at the entrance, or make vases out of hollowed out gourds or pumpkins.

#### Lulav and Etrog

On Sukkot, Jews have the custom of waving a bundle of four different natural species: fronds from the myrtle, date, and willow trees, along with a yellow etrog (the citron fruit). Waving the four species symbolizes Jews' service to God. They also look beautiful and, in the case of the etrog, smell delicious, adding a bit of natural beauty to the holiday. After Sukkot ends, some people use their etrogs to make marmalade, candied etrog peel, or etrog-infused liqueur.

#### Autumnal Foods

Sometimes referred to as the Jewish equivalent of Thanksgiving, Sukkot foods are all about the autumn harvest. In America, Sukkot tables are filled with dishes made from apples, pears, sweet potatoes, carrots, and other root vegetables that are readily available this time of year. Squash soups, hearty stews and one-pot casseroles that are easy to transport between the kitchen and the al fresco table are also common.

Because the holiday falls so close to Rosh Hashanah, there is a lot of overlap in dishes served. The honey-sweetened root vegetable and dried fruit stew, tzimmes, for example, is commonly eaten for both holidays.

**NEXT WEEK'S PICK-UP IS ON THURSDAY (SUKKOT)**

*"Sukkot," cont'd on page 2 ...*

## Stuffed Foods

One traditional way Jews symbolically honor the overflowing abundance of the harvest season on Sukkot is to serve stuffed foods. Cabbage, grape leaves, zucchini, squash, and peppers stuffed with rice, meat and herbs are common. Some families also prepare strudel, a Hungarian dish that rolls a sweet or savory filling inside a thin layer of dough.

## Graham Cracker Sukkah

While not a traditional holiday practice, Tori Avey of *The Shiksa in the Kitchen* blog shared a cute, family friendly art project: making graham cracker sukkahs. Modeled after gingerbread houses, they use graham crackers, royal icing, pretzels, nuts, cinnamon sticks, and other edible decorations to craft miniature replicas of the real thing.

*Leah Koenig is a food writer whose work has appeared in The New York Times, The Wall Street Journal, Saveur and other publications. Leah's first cookbook is The Hadassah Everyday Cookbook. Her next cookbook, The Modern Jewish*

## HELP NEEDED Mid-day: TRUCK UNLOADING

We need volunteers for this shift – ideal for those who want a mid-day task, from 1-2pm on pick-up days. *Even if you've already fulfilled your mandatory volunteer commitment, please consider taking on an extra task – thank you for your help.* Questions? Please contact alexaweitzman@gmail.com

## WHAT'S IN THE BOX??

*NB: Accurate as of early in the week. There may be changes on pick-up date. Thanks for your understanding!*

**Baby Butternut Squash, Green Beans, Sweet Dumpling Squash, Bok Choi, Leeks, White Salad Turnips (Hakurei), Yellow Potatoes, Sweet Potatoes, Chioggia Beets**

**FRUIT: Honeycrisp Apples, Bosc Pears**

### STUFFED ROASTED DUMPLING SQUASH

*Dina Honké, oliveoilandlemons.com | Serves 4*

3 tbsp olive or canola oil  
1 small onion, chopped  
1-2 carrots, finely chopped  
1 stalk celery, finely chopped  
1 tsp ground cumin  
2 tsp fresh ginger, grated  
1/2 cup mixed chopped dried fruits (apricots, cranberries)  
2 cups cooked quinoa or other cooked grain (approximately)  
1/3 cup chopped flat leaf parsley  
2 roasted squash, halved and cooked (see below)

Heat olive oil in a large skillet. Add onion and cook until soft and fragrant. Add carrots and celery and cook about 4 minutes to soften. Add cumin, ginger, salt, pepper. Continue cooking until vegetables are tender but not mushy. Mix in chopped fruits.

Add cooked quinoa or grains – just enough to make a nice stuffing. Add parsley and mix in gently over medium heat until heated through.

When ready to serve stuff each squash half with the quinoa stuffing and warm up in the microwave or cover and heat up in a 350F oven until heated through. Serve on its own or alongside other dinner items. Don't forget to scoop out the roasted squash's flesh. It's deliciously sweet.

### BASIC ROASTED SQUASH

2 sweet dumpling or acorn squash  
2 tbsp butter, melted  
2 tbsp brown sugar

Cut each squash in half through the root and stem ends, and remove seeds and strings. Drizzle insides of each half with melted butter and sprinkle with brown sugar. Wrap each loosely in foil and place on baking sheet. Roast in 400F oven for 30 minutes, or when there is no resistance when pierced with a knife or skewer.

### SESAME SAUTE

*redfirefarm.com | Serves 6*

2 leeks, cleaned  
1 lb green beans, trimmed  
1 lb bok choy, quartered if large  
2 tbsp sesame oil  
3 cloves garlic  
sesame seeds to garnish (optional)

Chop the leeks and sauté in the sesame oil until soft. Add the garlic, green beans, and bok choy, and cook until softened. Serve hot and sprinkled with sesame seeds.

**NEXT WEEK'S PICK-UP IS ON THURSDAY (DUE TO SUKKOT)**

### SUNDAY BRUNCH HOME FRIES |

*Serves 6*

*Kristen Schafenacker, redfirefarm.com*

1 lb potatoes, 1-inch cubes  
1 lb sweet potatoes or winter squash, peeled, 1-inch chunks  
1 hot pepper, diced  
1 sweet pepper, coarsely chopped  
1 medium onion, coarsely chopped  
2 tsp butter or margarine  
salt and pepper, to taste

Bring a soup pot of water to a boil. Add potatoes and squash. Cook for 5 minutes until par-boiled or potatoes are just beginning to soften. Drain.

Heat butter in a skillet (preferably cast iron). Add onions and both peppers. Sauté a few minutes then add the potatoes. Salt and pepper during the cooking process. Serve hot when potatoes are tender.

### SAUTED RADISHES OR TURNIPS & GREENS

*redfirefarm.com | Serves 4*

2 tbsp butter + 1 tbsp olive oil  
1/4 tsp black pepper  
3/4 tsp salt  
1 1/2 lb radishes or salad turnips, halved then sliced crosswise 1/4" thick  
1/2 cup water

Heat butter with oil in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté radishes with salt and pepper, stirring occasionally, 6 minutes. Add water and cook, covered, until crisp-tender, about 2 minutes, then cook, uncovered, stirring occasionally, until liquid is evaporated, 1-4 minutes. Add chopped radish greens and sauté, stirring until wilted, about 1 minute.

**NEXT WEEK'S PICK-UP IS ON THURSDAY**