

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

Japan's CSAs: A Movement with Long Roots *Patricia Welch, Member, Tuv Ha'aretz CSA*

In the 1980s, I was living in Kyoto Japan, teaching English at a private girls' school and having the time of my life. Every day was an adventure: where the familiar became strange, and then familiar again as I acclimated to life in a foreign city. One of my best decisions was to take a year-long cooking class at the YWCA; I became a confident cook specializing in Japanese and Chinese dishes, made great friends, and became involved in my very first CSA. As with our CSA here in Forest

The 10 Principles of Teikei

- *Build a friendly and creative relationship, not as mere trading partners.*
- *Produce according to pre-arranged plans on an agreement (contract) between the producer(s) and the consumer(s).*
- *Accept all the produce delivered from the producer(s).*
- *Set prices in the spirit of mutual benefits.*
- *Deepen the mutual communication for the mutual respect and trust.*
- *Manage self-distribution, either by the producer(s) or the consumer(s).*
- *Be democratic in the group activities.*
- *Take much interest in studying issues related to organic agriculture.*
- *Keep members of each group at an appropriate number.*
- *Go on making steady progress, even if it is slow, toward the final goal of the committed management of organic agriculture and an ecologically sound life.*

Hills, I paid a set fee in advance for a share of produce from a number of local farms. What differed, however, were the produce (naturally), and the ways in which volunteers participated. Our farmers delivered their pesticide-free, unwashed and ungraded produce in plastic bins, which we set out in the pick-up spot. The vegetables smelled of the earth, and gritty with soil from just being harvested. Participants came with their bags and then assembled their own haul from a master list that the CSA staff had compiled. Participants also picked up dried beans, milk, eggs, and other items that they could pre-order at an additional cost. At the end of the pick-up time, volunteers cleaned up and distributed any remaining produce to charitable organizations. Indeed, even today, most U.S. CSAs have a volunteer element built in, but in the Japanese model, the time commitment was far greater, for most members in excess of 4 hours a month. Cooperative agricultural movements in Japan were started in the mid-

1960s by groups of Japanese women who were concerned about food quality, as well as about the increased reliance on imported processed foods. Environmental activism was widespread in the 1960s in Japan, spurred no doubt by high-profile cases such as widespread mercury poisoning in Minamata City, and cadmium poisoning in Toyama Prefecture. In the cases above, industrial run-off of mercury and

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9/6/2016
[Week #15 – B]

5-8pm Pick-up
Edda Elias
Natalie Zych

12:45 pm Truck Unloading
Brian Gardner Hoashi
Maria Sirico

8pm Unclaimed Shares
TBA

THANKS TO OUR VOLUNTEERS

9/13/2016
[Week #16 – A]

4:45-8pm Pick-up
Dina Katz

Ron Goldsman
Valentina Clementi

12:45 pm Truck Unloading
Brian Gardner Hoashi

8pm Unclaimed Shares
Judy Hurwitz

Please note that pickup time starts at 5PM, and NO EARLIER. Volunteers do arrive earlier, but are not ready to help until 5:00. Thanks for your understanding!

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

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- **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

9/6 [B] : WHAT'S IN THE BOX??

Red Beefsteak Tomatoes, Mixed Saladette / Cocktail / Cherry Tomatoes, Batavian Lettuce, Swiss Chard, Red / Yellow Storage Onions, Red Beets, Zucchini / Summer Squash

FRUIT: Peaches, Nectarines

Roasted Tomatoes

David Lebovitz, davidlebovitz.com

2 tbsp olive oil
1 clove garlic, peeled and thinly sliced
8-10 branches of fresh thyme
a few spring of fresh rosemary
salt and freshly cracked pepper
1 lb (450g) tomatoes, (8 small or 4 medium)

Heat the oven to 325°F. Pour olive oil into a shallow baking dish or pan and add garlic, thyme, rosemary, and salt and pepper.

Cut tomatoes in half horizontally, remove the stems, if you wish. Toss tomatoes with oil and seasonings, lay cut side down in dish.

Bake two hours, or until tomatoes are completely softened, wilted and start to wrinkle. Depending on the tomatoes, they may take longer to cook.

Storage: The tomatoes will keep for about five days in the refrigerator. They can also be frozen for up to six months.

Beets With Pine Nuts, Swiss Chard and Beet Greens

Moira Hodgson, cooking.nytimes.com | Serves 8-10

5 lb beets, with their greens if possible
½ cup pine nuts
2 lb Swiss chard
3 tbsp peanut or vegetable oil
½ to ¾ cup extra-virgin olive oil
1 clove garlic, crushed
1 tsp Dijon mustard
2 to 3 bsp balsamic vinegar
Coarse salt and freshly ground pepper, to taste

Heat the oven to 375°F. Trim stalks from beets and place, in their skins, in a baking pan lined with aluminum foil. Bake for about 1-1/2 hours, or until tender when pierced with a sharp knife. Cool, slip off the skins, and cut the beets into 1-1/2 inch cubes.

In a small baking pan, place pine nuts and roast until golden (about 10 minutes).

Remove stalks from Swiss chard and beet greens. Saute Swiss chard leaves and beet greens in oil until wilted, which will have to be done in two batches. Place in a serving dish and keep warm if serving right away.

Combine olive oil with garlic, mustard and vinegar. Press down on garlic with the tines of a fork to extract juices. Remove garlic and season dressing with salt and pepper to taste. Pour dressing over beets, toss, and correct seasoning. Place beets on top of greens and sprinkle with pine nuts. Serve warm or at room temperature; do not refrigerate.

cadmium had seeped into the water supply and then into the foods produced with the affected water. Thousands were affected, many suffering permanent disabilities.

The cooperative movements that emerged at this time had a variety of organizational structures. Some forged close alliances with specific local farmers, akin to the current US model where most CSAs have a “farmer of their own”; others contracted with a number of local distributors, more like the model used by organic milk cooperatives. Over time, two leaders in the Japanese cooperative movement emerged, the Seikatsu Kyōdo Kumiai (*Seikyō*, or “Coop”) and the *teikei* (contract movement), which, over time, has become closer to the basic U.S. CSA structures.

What characterizes both is that they were originally consumer driven, rather than driven by the cultivators themselves. *Seikyō* has grown into a national organization of some 2500 stores (in addition to the regional cooperative groups), which contain a rich array of products and services that have been carefully selected by members of the organization, including insurance, phosphate free soaps, and paper goods. At the same time, farms that operate under the *teikei* philosophy can develop relationships with consumers.

About twenty years after the first Japanese CSAs appeared, and coincidentally about the time I was having my first CSA experience, the CSA movement in the United States began. These were started by farmers, most notably Robyn Van En of Indian Line Farm in Great Barrington MA, and others who worked out local distribution systems based in part on principles found in the *teikei* or contract system. Since their early days in the United States, CSAs have expanded considerably. By some estimates there are currently almost 6000 CSAs in the United States. In Queens alone, there are 13 CSAs, supported by five different farms, including our very own Golden Earthworm.



Patricia Welch has been living in Kew Gardens since 2001. She is a professor of Japanese at Hofstra University, and has been a member—off and on—of CSAs since the 1980s.