



Tuv Ha'Aretz CSA at the Forest Hills Jewish Center

Find Online: groups.yahoo.com/neo/groups/TuvWinterFHJC/files > "O_Winter 2013-2014"

TUV HASHAVUA: Best of the Week

The Carrot *by Michele Silverman*

Upon receiving my share of winter crops, I often find myself google-ing images to help identify which fun and rare veggies arrive in our CSA delivery. However, there is never a guessing game with carrots.

The carrot has been around forever. Traced back to Central Asia in the 9th century, the original carrot looked nothing like the ones we know today. These carrots were largely purple in color. Yellow, white and red carrots sprouted up in Turkey soon thereafter. The carrot became a well-loved item among those in Europe and Northern Africa, and eventually migrated to North America around the 17th Century. Politics played a key role in the color change to Orange when a Dutch crop grower crossbred the pale yellow and deep red carrot as homage to William of Orange, who fought for Dutch independence.

We all know carrots are good for your eyes but there are other lesser-known health benefits such as healthier skin, increased reproductive health, and can even serve as a good antiseptic for skin wounds. Carrots contain an abundance of vitamin A, beta carotene, and other antioxidants. In fact, the carrot has so many medical benefits; early historical records showed that carrot and carrot seed were used primarily for medicinal purposes and not food consumption.

Snowboarding on a carrot? The carrot holds potential as a breakthrough for eco-friendly manufacturing. Two scientists in Scotland invented a biological-based material called Curran, which is primarily made from carrots, by combining nano-fibers with resin. A fishing rod is already being crafted from Curran and future plans include creating a snowboard out of carrots!

Carrots have great shelf life and are best stored in the coolest part of the refrigerator in a plastic bag or wrapped in paper towel (this reduces the amount of condensation against the carrot itself). Store carrots away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas. Failure to do so may cause them to become bitter. Detach the top leaves also, since they will cause the carrots to wilt early.

The versatile carrot can be boiled, steamed, juiced, baked, sautéed, eaten raw and even worn (carrot leaves were once used as a fashion statement, worn in the hair in the 17th century England).

Michele grew up in Briarwood and Forest Hills; met husband Jonathan Silverman in pre-school (at 3 years old!); they have two kids. Michele currently works for the NYC DOE as a speech / language pathologist.

Mar 11 2013 | 9 Adar II 5774

THANK YOU TO OUR VOLUNTEERS

3/11 Pick-up
Mazher Akhtar
Raphael Stargrove
Gel Alvarado-Santos
Food Bank Delivery:
Etsy Rajwan

MEET THE FARMER

APRIL 1 @ 7PM
PLEASE WATCH YOUR
EMAIL FOR DETAILS



SPRING / SUMMER SHARES

Only 90 total shares available!

Register by 4/15

Early discount: Register by 3/21

Vegetables | Fruit | Herbs | Garlic |
Grains | Beans | Flour

<http://tinyurl.com/veggies2014>

FINAL WINTER PICK-UP TODAY

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center
106-06 Queens Blvd.
Forest Hills, NY 11375
718-264-7000, ext 250 | tuv@fhjc.org



WEBSITES:

- Tuv Ha'Aretz CSA: www.foresthillstuvcsa.com
- Facebook: www.facebook.com/tuvFHJC
- Twitter: twitter.com/#!/tuvfhjc
- Golden Earthworm: www.goldenearthworm.squarespace.com
- FHJC: www.fhjc.org
- Hazon: www.hazon.org



3/11: WHAT'S IN THE BOX?

- Watermelon Radishes
- Sweet Potatoes
- Beets
- Carrots
- Rutabagas
- Potatoes

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Carrots feed people, livestock and wildlife. A recent research study indicated that the general population favored eating steamed carrot to boiled.

For a fun and different way to use carrots, try this recipe for:

CARROT COOKIES

Yields 12 cookies

- 1/2 cup shortening
- 1/4 cup + 2 tbsp white sugar
- 1 egg
- 1/2 cup mashed cooked carrots
- 1 tsp baking powder
- 1 cup all-purpose flour
- 1/4 tsp salt
- 1/4 cup + 2 tbsp shredded coconut

Heat oven to 400° F (200° C). Lightly grease cookie sheet.

Mix shortening, sugar, eggs, and carrots. Blend in flour, baking powder and salt. Stir in coconut.

Drop dough by teaspoonfuls about 2 inches apart onto the lightly greased baking sheet.

Bake 8 to 10 minutes or until no imprint remains when touched lightly. Immediately remove cookies from the baking sheet. Allow to cool on wire racks.

**Carrots & Eyesight: Believable Myth**

Brian Gardner

In the Middle Ages, carrots were given almost magical healing abilities – everything from sexually transmitted diseases to snakebite were said to be curable by carrots. But the most pervasive “cure by carrot” myth has a more modern origin.

By the 1940s, British Intelligence claimed that they were able to see enemy fighter planes flying at night better, due to increased rations of carrots. One Flight Lt John “Cats’ Eyes” Cunningham credited his preternatural night vision to his love of carrots. The press spread the story and the English public took to eating carrots to help their own eyes, to help them find their way around during the many compulsory blackouts.

This was a deliberate and strategic piece of misinformation. In truth, Britain’s improved hits were due to Airborne Interception technology, which could detect enemy fighter planes before they reached the English Channel, even at night or in bad weather.

Beta-carotene is the “active ingredient” in this story. In the body, it is converted to Vitamin A, essential to eye health. A deficiency of this vitamin can lead to blindness and a lack of tear production and the concomitant onset of dry-eye symptoms. Carrots also contain lutein, an antioxidant. When consumed in large doses, lutein consumption may help reduce cataracts and macular degeneration.

So, there is some truth to the myth – after all, a believable lie will often depend upon a kernel of truth!



PLEASE BRING YOUR EXTRA PLASTIC BAGS TO PICK-UP FOR OTHERS TO USE. THANKS!

Share your recipes and tips: Yahoo Listserv and Facebook!

BEET RAITA

saveur.com | Yields 3 cups

- 2 cups plain yogurt
- 1 tsp sugar
- 1 tbsp canola oil
- 1 tsp cumin seeds
- ¼ tsp asafetida
- 1/3 cup chopped cilantro
- 3 medium roasted, peeled, diced beets
- ½ small Serrano chile, minced
- salt, to taste

Whisk together yogurt and sugar in a bowl until smooth, and set aside. Heat canola oil in skillet over medium-high heat. Add cumin seeds and asafetida; cook until fragrant, 1-2 minutes. Let cool slightly and stir into the yogurt mixture with cilantro, beets, chile, and salt.

RUTABAGA CAPONATA

saveur.com | Yields 3 1/2 cups

- 2 rutabagas, peeled and diced 1/2"
- 5 tbsp olive oil
- Salt
- Freshly ground black pepper
- 1 onion, finely diced
- 1 clove garlic, minced
- 1 shallot, minced
- 2 tbsp currants
- 1 tbsp golden raisins
- 1/4 cup balsamic vinegar
- 2 tbsp toasted pine nuts
- 1 tsp red pepper flakes
- 2 tbsp sugar
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 tbsp grated bittersweet chocolate or cocoa powder

Heat the oven to 400 F. Line baking sheet with aluminum foil. Toss the rutabaga with 2 tbsp of the oil, salt and pepper to taste. Bake, turning once, for 30 minutes or until the rutabaga is tender but still somewhat firm.

In a large pan over medium heat, heat the remaining oil. Add onion and cook, stirring, until translucent, 4 minutes, then add garlic, shallots, currants and raisins. Add balsamic vinegar, scraping the pan to deglaze it. Add the roasted rutabaga, pine nuts, red pepper flakes, sugar, cinnamon, nutmeg, chocolate or cocoa powder, and salt and pepper to taste. Serve at room temperature with grilled bread and olive oil, if you'd like.