



TUV HASHAVUA: Best of the Week

I Eat in the Now: Garden Raids and My CSA Share *by Maki Hoashi*

On my Facebook wall, I like to share photos of the food I cook, and I do it partly to show off that I eat better and enjoy cooking more with my CSA share. Though I get some recipe requests, I am surprised that more often, I am asked how I can "handle" having unexpected quantities and types of vegetables coming to me every week. Many had tried a CSA and found they were throwing out more than they had eaten. Why was it so difficult to eat/use it all?

Honestly, I don't think it's any different than having a garden. Between pests and weather, you might have a great crop, or you could have close to nothing. For example, this season tomatoes were in short supply because of copious rain and overcast skies, which prevented them from ripening. These conditions also introduced rot and other issues at the Golden Earthworm farm, which supplies our CSA produce. But then, one week we suddenly had six pounds of tomatoes in each of our shares!

We have markets and stores that sell whatever we fancy. However, I find it more beneficial and enjoyable to be flexible and to cook in the moment with what is delivered to us weekly by a garden or by the CSA, and to not waste our excellent fresh ingredients.

By this, I mean we first see what we have, and then we create our menus, and eat from what we have. This may seem like common sense, but this isn't how many of us seem to eat. I've noticed that people tend to say, "I feel like pizza," and then buy what they need for their meal, or order it up. Some families order a different thing for every person! To me, this seems counter to the idea of "community" and to the concept of a "family dinner" - touted by chefs and sociologists as the core ideal of family togetherness.

There is value in using what is before you, and in not wasting it, and I love the challenge of "found food." For example, when visiting a friend in her rural home, I saw there were many green cherry tomatoes still on the vines in the garden she planted in summer, and wind- and frost-burned basil leaves grew thick and scraggly. She had not harvested these because she considered them inferior and inedible. I gathered all I could find, and promised I would make something with the scrawny herbs and green tomatoes.

At home, my mother made a green tomato curry and the bitter, crunchy, tiny tomatoes were a delicious contrast to the sweet-sauced

Maki Hoashi shares her CSA bounty with her husband, Brian, and her parents – divvying up the weekly produce improves how they commune as a family, sharing preparations tips and recipe ideas. Guests invited to dine with them can get previews of potential fare via Facebook – the Hoashi family takes photos of nearly all of their meals!

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THANK YOU TO OUR VOLUNTEERS

10/8 PICK-UP [A Week]

Margaret Richards

Emily Poblocki

Mindy Weinblatt

Rena Lefkowitz

FOOD BANK DELIVERY:

David Snyder

10/15 PICK-UP [B Week]

Esfir Kandinov

Yelena Simkhayeva

Liliya Simkhayeva

FOOD BANK DELIVERY:

Marta Blythe



GARLIC SHARE – Pick up TODAY, whether you're A or B!
Golden Earthworm's Harvest Festival: Sunday, October 20th, 11am-3pm (More info to come!)

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

106-06 Queens Blvd., Forest Hills, NY 11375
718-263-7000, ext 250 | tuv@fhjc.org

WEBSITES:

- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org
- **Golden Earthworm:** www.goldenearthworm.squarespace.com
- **Facebook:** www.facebook.com/tuvFHJC
- **Yahoo Listserv:** groups.yahoo.com/group/TuvForAllFHJC
- **Twitter:** twitter.com/#!/tuvfhjc



[A] WHAT'S IN THE BOX?

Napa Cabbage	FRUIT SHARE
Red Boston Lettuce	
Baby Red Kale	
Arugula	
Long Red Peppers	Apples:
Tomatoes:	Cortland,
	Gala, Red Delicious
	HERB SHARE
Plum,	Oregano
Beefsteak	Cilantro

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Japanese-style brew. The browned edges of the basil tasted fine, and I whizzed the ugly leaves in the food processor with some CSA garlic and some pecans brought to me by a friend in New Orleans with trees in her back yard. The remaining green tomatoes were made into chutney with some of this year's plentiful apples, and also into a Houston-style guacamole that was so good that it was our entire dinner one evening, served with tortilla chips.

The CSA share that week featured a lot of kale and turnip tops (which were cooked with miso butter) and chard (braised with anchovies, garlic, and olive oil). Refrigerated, they were ready to be transformed into meals later in the week - served with brown rice and a fried duck egg, or as a side dish to a more substantial meal, or as a sandwich spread, or an omelet filling. The arugula and lettuces were made into a huge salad with garlicky dressing for a potluck party. Tomato slices were fanned between slabs of locally made mozzarella, and slathered with the pesto made from the frost-kissed basil - and eaten with crusty bread made by the husband one weekend.

Hakurei turnips were served with our home-made za'atar - a Middle Eastern blend of sumac, roasted hand-picked thyme, and sesame seeds for dipping. I also put out bowls of the green tomato guacamole with red pepper strips and the other prepared vegetables for roll-your-own tacos, an instant meal fit for unexpected guests.

I think part of the reason we are happy to eat copiously of this bounty is that we know that the opportunity to have these things is limited. Frankly, that's the fun of seasonal produce, and it gives us a better appreciation for when things are at their peak, whether delivered in a waxboard box on Tuesdays at the FHJC, picked opportunistically from a friend's garden, or bought at a market (whether green- or super-). Stuff that is bought at other times of year simply doesn't have the same fresh savor or sense of urgency.

My membership in our CSA has transformed the way I approach my menus. Lacking a garden or the skills to maintain one, it's connected me to the "gardenesque" seasonal urgency I have learned to enjoy. In fact, I don't think I could write a menu in advance anymore - I'd need to know first what's in the box or ready in the garden!

**RECYCLE PLASTIC BAGS**

Bring them to pick-up to bag your vegetables, fruit, and herbs. *Extra bags are gratefully accepted for others to use!*

Seeking articles for our newsletter - contact trupinjet@gmail.com

Hawaiian-style Sesame Cabbage SlawJohn Buckley, ssaveur.com | Serves 6-8

- 1 large head napa or green cabbage, shredded into ¼-inch ribbons
- 6-8 scallions, white and green parts, sliced thin (about 2 cups)
- 1 red bell pepper, sliced thinly
- 1/4 cup mirin
- 1/4 cup rice vinegar
- 2 tbsp sugar
- 1/2 tsp kosher salt
- 1/2 tsp white pepper
- 1/4 cup sesame oil
- 1/4 cup vegetable oil
- 1/4 cup toasted sesame seeds
- 1/4 cup black sesame seeds
- 1 pkg instant ramen noodles, crushed lightly (discard seasoning packet)

In a large bowl, combine the cabbage, red pepper and scallions. In a medium bowl, whisk together mirin, vinegar, sugar, salt, and white pepper. Combine the sesame and vegetable oils in a measuring cup and slowly add into mirin mixture, whisking steadily until the dressing has emulsified. Add vinaigrette to the bowl of cabbage, top with sesame seeds and ramen noodles. Toss to combine, serve immediately.

Tomato, Arugula, and Kale in Coriander VinaigretteWilliam Kovel, tastingtable.com | Serves 6

- 1 tbsp coriander berries / seeds
- 2 garlic cloves, coarsely chopped
- 2 tbsp Champagne vinegar
- 1/4 tsp kosher salt
- 1/4 cup + 1 tbsp extra-virgin olive oil
- 6 large ripe tomatoes, cored and diced
- 1 tbsp finely chopped fresh chives
- 1 medium shallot, finely chopped
- 1/2 cup baby red kale leaves, stemmed
- 1/2 cup arugula or mizuna leaves

In a blender, pulverize the coriander with the garlic, then add vinegar and salt to form a paste. Blend in the olive oil. (Can use a food processor or mortar/pestle instead.) In a medium bowl, toss the tomatoes with the vinaigrette. Stir in chives and shallot.

Plate the tomatoes; reserve the liquid from the bottom of the bowl. Gently toss the leaves with the reserved liquid and garnish each plate with the dressed leaves. Serve immediately.