



**TUV
HA'ARETZ
CSA 2015**

**MANY THANKS
TO OUR
VOLUNTEERS !**

6/3 [Week #2 – B]

5-8pm Pick-up

Shoshanna Malett

Caty Koatz

Kimberly Sandberg

1pm Truck Unloading

Iлона Michalowska

Valeria Vavassori-Chen

Joanna Gallai

8pm Unclaimed Shares

Lenny Fuchs

6/9 [Week #3– A]

5-8pm Pick-up

Lisa Berger

Edith Beer

Judy Beizer

1pm Truck Unloading

Iлона Michalowska

Jessica Keane

Babitha Dhuler

8pm Unclaimed Shares

Israel Wertentheil

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

TUV HASHAVUA

BEST OF THE WEEK

Felicia Seidel, CSA Co-Chair

Interview by Marija Sajkas, Member Tuv Ha'Aretz CSA

Felicia Seidel has been a co-chair of the Forest Hills Tuv Ha'Aretz CSA for the last six years. She is the volunteer coordinator and she helps with the design and maintenance of our website and Facebook page. You can meet her on Tuesdays helping to open up the pickup. She is usually the one chatting and sharing recipes at the unpacking table.

When did you first hear about CSA and did that change you in any way? I think it was back in 2009. I was talking to some friends and they said they thought I would be interested in joining a CSA, and boy were they right! I remember taking a yoga class and getting a flyer from Hila Abel, one of the founders of the Forest Hills Tuv Ha'Aretz CSA. Once I found out what a CSA was and how it seemed like a perfect fit for my family and me, I joined and met such wonderful like-minded people.

What is it that makes our CSA special?

I remember the passion and enthusiasm and also the uncertainty of starting a new endeavor. I loved working with Hila and Jackie and Celia. We were not sure if this would catch on, and there was another CSA in the neighborhood, but we had a pretty big membership the first year, which continued to grow in the subsequent years. I enjoyed working alongside Michelle and Alexa and now Judy. Judy and I both have an easygoing attitude and we work well together. We have a great core group that really supports our efforts.

Please tell us a bit about your life beyond CSA. I have had my own business, *Felicitations*, since 1982. I do custom invitations and hand calligraphy. Also, for the last ten years I have been working as an administrative assistant for Beverly Sacks Fine Art, a gallery in New York City. I also design websites. I am a long-time Forest Hills / Rego Park resident, but not so long as my husband Barry who was born and raised here, and celebrated his Bar Mitzvah at the Forest Hills Jewish Center. We have two fabulous daughters. Rebecca recently graduated from Wesleyan University and Emilie has been working at Trader Joe's in Forest Hills since they opened. Emilie is a great help in the kitchen; she actually prepares most of our meals and always figures out interesting things to do with all the unusual (and usual) CSA vegetables! I have been a vegetarian for most of my life and have always focused on a healthy lifestyle that includes healthy eating and yoga and exercise. As an artist, I live creatively which does include cooking. I love to take what's around and make something interesting and delicious. That is why the CSA has worked so well for me.



Which vegetables do you look forward to?

Hmmm – I do like almost everything we get in the CSA box. I love the early spring garlic scapes. They are so wonderfully unusual and fun looking! That is one vegetable that I never knew about before the CSA. Last year, we had an amazing tomato crop and I learned to slow-roast them, which makes them taste like candy. I continue to buy tomatoes and slow roast them and I am a fan of all the gorgeous leafy vegetables we get in the share.

Do you have a favorite way to cook vegetables?

I roast them! It works for familiar or unfamiliar vegetables – especially the less popular ones that people don't think they like, such as turnips or Brussels sprouts – and the result is nearly always good and often sublime.

Marija Šajkaš is a native of the former Yugoslavia (now the Republic of Serbia). For the last dozen years she has lived in Queens with her husband Saša and their daughter, Tara Zoe. Marija is a writer and a healthcare-access and immigrants'-rights advocate.



An Essential Guide to Roasting Vegetables

Jennifer Armentrout | finecooking.com

Roasting gives vegetables so much extra flavor that they're terrific to eat as they are. This is perfect for a casual dinner, but for fancier occasions I've come up with several simple ways to add even more flavor. I toss the vegetables with a Moroccan-style spice rub or a lemony oil infused with rosemary and thyme before roasting; both can stand up to the high oven heat.

I reserve flavorings that would burn in a hot oven to add after roasting. These include a Japanese toasted sesame salt called goma-shio and a pan-Asian gingery lemon-soy splash. For a touch of the Middle East, I make a toasted garlic and coriander oil, and for a taste of France, the caramelized shallot butter is a personal favorite. In general, you want to avoid liquids because they'll soften any roasted crisp edges.

As I developed my basic roasted vegetable technique, I came up with a few pointers:

Roast in a very hot oven (475°F). The vegetables cook quickly—many vegetables take only 15 to 20 minutes—but they still have a chance to brown nicely on the outside by the time they become tender inside.

Cut evenly. It's very important that you cut the vegetables in pieces of about the same size. Unevenly sized pieces won't roast and brown in the same amount of time, and you'll end up with both over-roasted and under-roasted vegetables.

Line the pan. To prevent sticking, line the pan with a sheet of parchment; otherwise, when you have to pry stuck vegetables off the baking sheet, it's the tasty brown bottoms that are left on the pan.

Position vegetables near the pan's edges. If the vegetable pieces cover the pan sparsely, arrange them more toward the edges of the pan. Pieces near the edge will brown better.



WHAT'S IN THE BOX??

White Salad Turnips (Hakurei)
Baby Bok Choi
Red Boston Lettuce
Green Boston Lettuce
Baby Arugula

Cacio e Pepe Pasta with Turnip Greens

blueapron.com | Serves 4

2 bunches hakurei turnip's worth of greens/tops (can also use in combination with other radish greens, arugula, baby bok choy greens, spinach, kale, etc.)

1 lb spinach pasta, or plain pasta (reserve the pasta water to make the sauce)

4 tbsp olive oil

4 tbsp butter

4 tbsp grated parmesan and/or pecorino
black peppercorns, coarsely ground
salt

Roughly chop the greens. Cook the pasta in salted boiling water till al dente. Drain, reserving the pasta water.

In a large skillet or pot, heat butter, oil, ¼ cup hot pasta water. Stir in the noodles, cheeses, and turnip greens; mix to thoroughly combine. Add peppercorns and up to an additional cup of pasta water and stir. Cook till greens are wilted and the sauce is creamy. Season with salt and more pepper, to taste. Serve immediately.

NOTES FROM GOLDEN EARTHWORM FARM

What a wonderful start to June - RAIN! It's been an incredibly dry spring on the farm and despite our best efforts irrigating the crops, our farm has been a huge dust bowl! This rain gives all our crops a much-needed drink. 🌧️

ANNOUNCEMENT: Due to the dry spring weather and other factors beyond our control, we are sorry to announce that we will not be open to the public for U-Pick this season. We apologize and we hope to re-open in 2016 for U-Pick strawberries. Our Farm Shop will be open Fridays & Saturdays in June and we will have pre-picked strawberries for sale. We hope to see you here!

VOLUNTEERS NEEDED!

Drivers for Unclaimed Shares:

Email Israel Wertentheil directly –
IWARCH@GMAIL.COM

Delivery Truck Unloading:

www.signupgenius.com/go/tuvhaaretz2