



**TUV
HA'ARETZ
CSA 2015**

**MANY THANKS
TO OUR
VOLUNTEERS!**

5/26 [Week #1 – A]

5-8pm Pick-up

Mazher Akhtar

Natalie Zych

Tanessa Cabe Harte

1pm Truck Unloading

Valeria Vavassori-Chen

Brian Gardner Hoashi

Babitha Dhuler

8pm Unclaimed Shares

Farah Diaz-Tello

6/3 [Week #2 – B]

5-8pm Pick-up

Shoshanna Malett

Caty Koatz

Kimberly Sandberg

1pm Truck Unloading

Ilona Michalowska

Valeria Vavassori-Chen

Joanna Gallai

8pm Unclaimed Shares

Lenny Fuchs

TUV HA'ARETZ CSA at the
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Forest Hills, NY 11375
tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**
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- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

TUV HASHAVUA

BEST OF THE WEEK

Tips to Reduce Food Waste *The New York Times, Food Section*

Being a better cook is more than mastering recipes. It's also getting the most from your food, wasting little and repurposing leftovers in creative, even ingenious ways. Below, Food reporters and editors of the New York Times share their ideas for improving kitchen storage and using up odds and ends.

Produce

- Give vegetables some space. A crowded vegetable crisper is soon a rotten one. Allow air to circulate. Most vegetables are best left in plastic bags that are open and punched with holes. (Onions and potatoes are outliers. Leave them in a cabinet or pantry, alone in the dark, away from the other vegetables and each other.)
- Wrap lettuce and cucumbers well in paper towels and refrigerated in plastic bags. For best results, wrap cucumbers individually.
- Rinse herbs lightly, roll them in paper towels and refrigerate in a plastic bag with the top left open. Or, if you have shelf space in your refrigerator, trim the ends off a bunch, put it in a glass of water like a bouquet, and cover with a plastic bag.
- Sauté lettuce that has begun to wilt in olive oil and season with garlic or shallot.
- Blanch and then purée carrot tops into chimichurri or pesto – taste the tops; if they're very bitter, blanch more than once. For chimichurri, blend with red wine vinegar, olive oil, herbs and garlic or shallots. For pesto, blend with olive oil, pine nuts and a hard cheese like Parmesan. Use it to top fish, season soup or sauce pasta. Radish tops and roasted asparagus bottoms can be used, too.
- Eat carrot tops in a seaweed-like salad: blanch once or twice, and then toss in sesame oil and soy sauce.
- Garnish foods with fennel fronds, celery leaves and carrot tops (used sparingly).
- Chop and sauté radish tops or turnip tops. Add a poached or fried egg. Call it breakfast.
- Stop peeling so many of your vegetables. Carrots, parsnips, cucumbers and many others are just fine to eat with a good scrub – reserve a sponge just for scrubbing vegetables.
- Make chocolate mousse with overripe avocados: purée with melted chocolate chips, almond or cow's milk, cocoa powder, a little sweetener and vanilla. Or mash them with a little lime juice and freeze for an instant guacamole base. Or blend with spinach or basil, olive oil and herbs to make a sauce for pasta. Or add to salad dressing and purée for a thicker emulsion.
- Boil carrots and blend with oil, garlic and a hard-boiled egg for a fluffy alternative to mayonnaise.
- Save vegetables (or use up kale stems and cucumber butts) with a quick pickle. Pour a boiling mixture of white vinegar, sugar, salt and water and some herbs or peppers or garlic. Refrigerate. Make a salad and add some sliced pickled vegetables.
- Keep the stems from cilantro or parsley, along with celery leaves, onion peels, mushroom stems and the like in a bag or bowl in the refrigerator or freezer. When you have enough, simmer into a stock for risotto or soup.
- Toss those last few berries, half an apple, peeled brown bananas (cut into chunks for easy puréeing) or other fruit in a bag in the freezer. Soon you'll have enough for a smoothie, which is also a good way to use up the last bit of sour cream, yogurt or ice cream at the bottom of the carton.
- Save orange rinds, especially those from juiced oranges. Dry them and use as fire kindling, where they release a delightful aroma against the wood smoke.
- Keep lemons in the fridge. Wrap zested lemons in plastic, and keep extra lemon halves cut side down in a bowl or on a plate to be used for salad dressings. They can also be preserved or cooked down to a quick marmalade, or used for cleaning: rub the cut side on aluminum pots to shine them, or on cutting boards to clean them. Or put them down the garbage disposal to make the house smell good.
- Throw woody stems (like rosemary and thyme) into a roasting pan with root vegetables.

- Chop tender, thinner parsley and cilantro stems and use them as you would the leaves. Thicker stems can be chopped and sautéed with the onion in any recipe that calls for the herbs as a garnish. Any stem can be used in stock.
- Steep mint for tea. Stir in honey after steeping.
- Purée herbs and olive oil and freeze in plastic bags or ice cube trays. Use as the base for pesto or other herb sauces.
- Resprout scallions by using the green parts, then taking the white bulbs and putting them in a jar of water. Replenish the water regularly.
- Hang sturdy herbs upside down to dry. Use as you would any store-bought dried herb.

Dairy

- Use sour milk to make pancakes or other baked goods that call for buttermilk.
- Save Parmesan and pecorino rinds in the freezer to make stock, or slip them directly into a pot of soup to enhance the flavor.
- Mash blue cheese with olive oil and keep it in the refrigerator for salad dressing or to use on potatoes.
- Combine small mixed scraps of cheese to make fromage fort, pimiento cheese, fondue or mixed-cheese macaroni and cheese. Or grate or crumble them on salad or on top of sliced fruit.

Bread and Nuts

- Crush or chop stale bread into bread crumbs and freeze. Toast as a topping for pasta or gratins, as a coating for pan-fried cutlets or as a thickener for blended soups or gazpacho. Mix into ground meat for meatballs or meatloaf.
- Use stale bread for French toast, bread pudding or strata. Or turn it into croutons, use it in panzanella or ribollita, or as bed for roast chicken. A loaf of aging bread is a good excuse to make a fondue or a pot of French onion soup. And you don't need to make breadcrumbs to use old bread in meatballs; if the bread has personality, you can increase the ratio of bread to meat.
- Freeze bread by wrapping it well, then reviving it by bringing it back to room temperature, unwrapping it, spritzing it with water a few times and popping it into a 350-degree oven for 8 to 12 minutes. (Stale loaves that aren't frozen can be brought back to life this way, too. Spritz them with a little water first.) You could slice the bread first, which affects the quality but makes it easier to take a piece directly from the freezer to the toaster.
- Slice up a leftover baguette, let the pieces dry out, then bag them to repurpose as croutons or crackers.
- Cut leftover bread slices or crusts into sticks, butter and bake for "soldiers" to serve with eggs or soup.
- Crush leftover party nuts and sprinkle them on top of a salad or cooked brussels sprouts.

General Storage

- The dates on your packages have nothing to do with food safety, nor are they federally regulated. They are the manufacturer's suggestion for when the products are at their peak quality. Properly stored food that looks good and smells good is probably good.
- Freezer bags are wonderful, but food is better if it's wrapped tightly before it goes into the freezer bag. Pour cool stock in a freezer bag, carefully get the air out and put it in the freezer flat. Label and date everything. Painter's tape and a Sharpie work well.



WHAT'S IN THE BOX??

Red Radishes, Lettuce Mix, Baby Arugula, Mustard Greens (Braising Mix), Red Kale

Braised Radishes | Serves 6

Francis Boswell, Sara Quessenberry | realsimple.com

- 2 bunches radishes (about 1 lb), tops trimmed to 1-inch above roots
- 3 tbsp unsalted butter
- 2 tbsp sugar
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

Place the radishes in a large skillet and add just enough cold water to cover, about 2 1/2 cups. Add the butter, sugar, salt, and pepper and bring to a boil.

Reduce heat to medium-low and simmer until the radishes are tender when pricked with a paring knife and the liquid has reduced to a glaze, about 12 minutes.

If the radishes are tender but the liquid hasn't reduced sufficiently, use a slotted spoon to transfer them to a serving dish and continue reducing the liquid. Spoon it over the radishes and serve with buttered crusty bread.

French-style Vinaigrette for Leafy Salad | Serves 8

Charlyne Mattox | realsimple.com

- 3 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 tbsp whole-grain mustard
- 1/2 tsp sugar
- kosher salt and black pepper, to taste
- 10-15 cups lettuces (approximately): a mix of sweet and peppery/bitter works well (arugula, mesclun, mustard greens, baby kale, radicchio, butter lettuce, etc.)
- 1 bunch radishes, cut into thin wedges (optional)

In a large bowl, whisk together the oil, vinegar, mustard, sugar, 1 teaspoon salt, and 1/2 teaspoon pepper. Add the lettuces and toss to combine. Serve immediately.

NOTES FROM GOLDEN EARTHWORM FARM 🐛 Our trucks have just left the farm filled with CSA boxes brimming with greens! Seasoned CSA members know to expect lots of leafy greens in the first few boxes of the season. These are the fast-growing crops that don't mind cool spring temperatures. 🐛 **KITCHEN TIP:** All of the bagged greens have gone through one wash at the farm, but we recommend that you wash them once again at home before eating. **To wash greens:** (1) Fill a large bowl with cool water. (2) Dump in greens and agitate. (3) Remove greens and spin dry in a salad spinner.

