

Tuv HaShavua

Weekly News from Tuv Ha'aretz
the Hazon Community-Supported Agriculture Project at RSNS

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Storage tips, info and recipes

TOMATOES: Since tomatoes are sensitive to cold, and it will impede their ripening process, store them at room temperature and out of direct exposure to sunlight. They will keep for up to a week, depending upon how ripe they are when purchased. To hasten the ripening process, place them in a paper bag with a banana or apple since the ethylene gas that these fruits emit will increase the tomato's maturation. If the tomatoes begin to become over-ripe, but you are not yet ready to eat them, place them in the refrigerator (if possible, in the butter compartment which is a warmer area), where they will keep for one or two more days. Removing them from the refrigerator about 30 minutes before using will help them to regain their maximum flavor and juiciness. Whole tomatoes, chopped tomatoes and tomato sauce freeze well for future use in cooked dishes.

To make your own tomato paste, simply sauté a couple of cloves of chopped garlic and/or 1-2 large chopped onions a couple of minutes until translucent, then add 8-10 chopped whole tomatoes, a teaspoon of dried or several teaspoons of fresh chopped oregano, basil, and any other herbs you enjoy, such as parsley or rosemary, and simmer for 30-45 minutes. Remove from the heat, drizzle with



olive oil, and add sea salt and freshly ground black pepper to taste. For a fancier version, sauté chopped olives and/or mushrooms along with the garlic and onions.

LEEKs: With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present. Leeks are related to onions, shallots and scallions to which they bear a resemblance. Fresh leeks should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between one and two weeks. Wrapping them loosely in a plastic bag will help them to retain moisture. Cooked leeks are highly perishable, and even when kept in the refrigerator, will only stay fresh for about two days.

Tips for Cooking with Leeks: Before preparing leeks, clean them thoroughly to remove any soil that may have gotten caught within the overlapping layers of this vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. For all preparations except cutting into cross sections, make a lengthwise incision to the centerline, fold it open, and run the leek under cool water. If your recipe calls for cross sections, first cut it into the desired pieces, then place the sliced leek in a colander and run under cool water.

A Few Quick Serving Ideas:

- Sauté leeks and fennel. Garnish with fresh lemon juice and thyme.
- Add finely chopped leeks to salads.
- Add sliced leeks to your favorite omelet or frittata recipe.



OUR CSA

Hi, Tuv Ha'aretz members!

Please save the following date on your calendars:

Farm trip, Gleaning & Sukkot Celebration

Sunday, September 30th,
9am-4pm

All members, young and old, are invited to join in our first CSA farm trip of the season, in celebration of the Jewish harvest festival of Sukkot! We'll meet at the synagogue at 9am, and caravan to our partner farm (Garden of Eve Organic Farm, 4558 Sound Ave, Riverhead, NY). When our trip ends at 4pm, members can return home (or not) on their own schedules. The day will include hayrides, lunch at the farm, gleaning the fields and building a sukkah which will be decorated with vegetables picked that day at the farm. As an added bonus, this trip takes place during the farm's annual Garlic Festival, with fabulous food and fun for all!!!

Please RSVP to Cantor Eric (rsnscantor@gmail.com), so we'll have an indication of how many people will attend this great trip. There is no cost for CSA members, other than bringing your own lunch, or buying food at the Garlic Festival.

On Jewish Farming and Global Warming

by Rabbi Shmuel Simenowitz

For years we have been noticing subtle changes in our maple trees. Tap holes don't heal as quickly as they once did. Trees are increasingly showing signs of stress. Tent caterpillar abound. The sugaring season has gotten shorter by as much as 10%.

Last winter, I spoke at a tribal land climate change conference in Yuma, AZ which highlighted the scientific aspects of climate change and its devastating impact on Native Americans. A tribal elder tersely explained to me "When the salmon disappear, the salmon people also disappear".

One scientist predicted that within 40 years the climate of Vermont would resemble that of Virginia thus forcing the maples to "migrate" northwards. My host looked at me and said "remember - you're in this thing too." That's when it really hit home for me.

Years ago, my step-son came home from school crying. It seems his class had a discussion about the holidays. When he said he celebrated Chanuka, one of his classmates volunteered that his mom didn't let him play with the "Chanuka people".

Unfortunately, we as Jews have largely lost our link to our agrarian roots due to displacement and general upheaval. However our heritage has sustained us through these challenges. So perhaps the tribal elder's observation is fitting for Jewish farmers too. When Chanuka disappears, so do the Chanuka people. When Shabbos disappears, so do the Shabbos people. When the Book disappears, so do the people of the Book.

The farmer has been called the canary in the coal mine that is the world, perched on the front lines of this geological struggle for survival. While the resurgence of Jews in farming is encouraging, the prognosis for a society steeped in self-destructive consumption is guarded at best. The notion of the Jewish Farmer as both a light unto nations and the canary in the coalmine is more fitting than ever before. Fortunately, rolling over and dying is not the canary's sole option - in lieu of an unceremonious and ignoble death, it can raise its sweet voice and sing a song of joy, a song of hope and sound a cautionary tale to anyone who will listen. That is Jewish farming at its finest.

Rabbi Shmuel Simenowitz - maple farmer and executive director of Project Ya'aleh V'Yavo, a Torah based environmental program located on Sweet Whisper Farms, Readsboro VT. Please contact him at swfarms@together.net.



Linguine with Fresh Tomato Sauce

courtesy Gourmet Magazine

For tomato sauce:

- 2 cups seeded, and coarsely chopped tomato
- 1/2 cup extra virgin olive oil
- 1 cup firmly packed fresh basil leaves, minced
- 1 cup firmly packed fresh parsley leaves, minced
- 3 tablespoons freshly grated Parmesan
- 3 garlic cloves, or to taste, minced
- 2 teaspoons salt
- 1 pound linguine
- Fresh parsley to garnish

Make tomato sauce:

In a bowl combine well all the sauce ingredients and let the sauce stand at room temperature, covered, for at least 1 hour.

In large pot, bring 5 quarts of salted water to a boil. Add linguine and stir to prevent sticking. Return water to boil and cook until pasta is firm but cooked, approximately 7 to 10 minutes, stirring occasionally. Drain pasta well. Serve with tomato sauce, and garnish with fresh parsley.

Enjoy!

