

News from Tuv Ha'Aretz-Hazon CSA - A Community Supported Agriculture Project



## A Note from Diane

Dear CSA Community,

As this crazy season comes to a close, we approach our final farm delivery on Tuesday. Our 2012 registration form will be available at pick up, and if you don't make it, don't worry, I will be sending them out electronically. The new farmers, Michelle Wagstaff and daughter Leah, are extremely excited about our relationship and look forward to next season. Wishing you all a colorful fall and easy winter!



B' Shalom,  
Diane

## Are You What You Eat?

We've all heard the expression "you are what you eat." But what does this really mean? You eat a carrot, and you become a carrot? You eat junk food and you become junky?

While all clichés contain a grain of truth, "you are what you eat" focuses on the after-effects of food in your body. In working with food and consciousness, I've discovered a subtle nuance to this familiar expression that is, people eat what they are.

If you're stressed out all the time chances are you're feeding yourself stressed-out, quick-grab foods with little vital nourishment. When we shift our way to thinking from "you are what you eat" to "you eat what you are" we see that the latter involves awareness. It makes us stop and question who we really are. If we believe that we are spiritual beings, then we're more likely to seek out the nourishing foods that feed the shining life force that already exists within us.

-Hale Sofia Schatz,  
If the Buddha Came to Dinner

## Distribution Details

**JCC, Staenberg Family Complex in Creve Coeur, 3:00-6:30 pm**

**JCC, Marilyn Fox Building in Chesterfield**

Your pick-up will be available and ready at the front desk in pre-packaged bags. Bags will be available at the following times:

- Tuesday - 5:30 - 10:00 pm
- Wednesday - 5:30 - 10:00 am

### Donating to the Food Pantry

If you are unable to get your produce for the week, someone else may pick up for you (using your name at pick up) or you can choose to leave your share for the food pantry.

### Reduce, Reuse, Recycle

Don't forget to bring your own bag each week at pick up.

## Meet the New Farmers

Michelle Wagstaff and her family have been growing organic vegetables, herbs and flowers on their three-acre farm near Silex, MO since 2005. They are dedicated to growing wholesome, fresh organic food, without using chemicals or genetically modified seeds. Michelle is excited about working with the J community for the upcoming season.



## What's (Else is) New for 2012?

- Every week you'll receive four servings of six different vegetables. Shares are no longer based on weight.
- Pick up your produce in a rolling cooler that you'll return the following week.
- If you have a small household and want to purchase a half share, you won't have to find someone to share with. Just purchase a half share and pick up every other week.

**Early Bird pricing extended  
through December 31!**

**Sign up today!**

## Thank You to Lesley (and a Couple of Her Favorite Recipes)

Our wonderful Chair, Lesley Hoffman has contributed in so many ways this year. Thank you Lesley! And continuing on that note, here are a couple recipes that Lesley wanted to share.



### New and tasty ways to use October produce

October is the month to satisfy your craving for hearty soups, ciders, stews and baked goods that use the bounty of the season to fill your home with amazing earthy smells and your bellies with warmth.

## Acorn Squash Stuffed with Apple Couscous

### Ingredients

- 1 C. dry couscous
- 1 C. apple juice
- 1/4 C. prunes, pitted and chopped
- 1/4 C. dried cranberries
- 1/4 C. dried apples
- 1/4 C., apple juice concentrate, thawed
- 1/4 tsp. ground cardamom
- 1 Tbs. maple syrup
- 4 each acorn squash, halved and seeded
- 1/4 C. pecans, toasted and chopped, optional

### Directions

1. Place couscous in a small mixing bowl. Set aside.
2. Bring apple juice to a boil in a small saucepan and pour over the couscous. Cover and set aside until the juice is absorbed, about 15 minutes.
3. Stir in the fruit, apple juice concentrate, cardamom and maple syrup. Set aside.
4. Steam squash halves until tender, about 15 minutes. Drain and place on a baking sheet.
5. Preheat oven to 350 F degrees. Fill squash halves with the couscous mixture and bake for 20 minutes.
6. Top with pecans and serve.  
(Note: You can also bake the squash halves until just tender)

Recipe

## “Like” us on FACEBOOK!

If you haven't yet, “like” our page on Facebook and share your recipes and thoughts about the St. Louis Hazon CSA! If you are on facebook, just type **St. Louis Hazon CSA** in the search bar and we should pop right up. In addition to providing a forum or two-way communication vehicle for members, we can use it to upload the variety of vegetables that arrive on pick up days (as the selection may be different than what was emailed out the day.



## Pumpkin Cookies

### Ingredients

- 1 1/2 C. butter
- 1 C. Sugar or 3/4 c local honey
- 3 eggs
- 15 oz. cooked pumpkin
- 1 Tbs. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1 1/2 tsp. vanilla extract
- 3 C. all-purpose flour
- 1 1/2 tsp. baking powder
- Craisins and toasted pecan pieces

### Directions

1. Grease cookie sheets and preheat oven to 350 degrees.
2. Mix butter and sugar or honey with mixer until well mixed. Add eggs, pumpkin, spices, vanilla. Sift dry ingredients together gradually add to pumpkin mixture, mixing by hand. Mix in Craisins and pecans.
3. Drop onto cookie sheets. Bake 10-15 minutes or until slightly brown.

Recipe



## Top 10 CSA Must Haves

The wonderful Tuv Ha'Aretz Community-Supported Agriculture group at the JCC Houston came up with this Top-10 list of must have kitchen items in order to maximize the produce from your CSA share. Turns out, the list is pretty handy for any Jewish food enthusiast (or even the occasional “reluctant” foodie).

### Top 10 CSA (& Jewish Food) Must Haves

1. Evert-Fresh Green Bags – The best bags for storing fruits and vegetables. Possibly ever?
2. Slow Cooker – Slow cook your veggies into a delicious Shabbat dinner (or lunch!)
3. Salad Spinner – A handy salad spinner makes your weekly influx of lettuce and leafy greens a snap to clean – or at least a lot easier.
4. Freezer Bags – Freeze those fresh, local corn kernels to enjoy all winter long.
5. Food Processor – Pesto, butternut squash puree, homemade soup...mmmmm
6. A Food Steamer – Steam your raw veggies into a delicious dinner in no time.
7. An (Immersion) Hand Blender – The best thing to happen to soups since the spoon.
8. An Ice Cube Tray – For freezing that pesto (or tomato sauce, butternut squash puree, etc) into easy-to-store-and-reheat cubes.
9. Space to put everything.
10. A Large Stock Pot – For soups, sauces, boiling pasta...you can never have enough big pots around.

Taken from <http://jcarrot.org/resources/top-10-csa-must-haves>

### JCC's Hazon CSA Sustainers

Anonymous, Lesley and Stanley Hoffman, Sue Fischlowitz and David Roberts, Laurie and Michael Vander Velde

Hazon CSA is a project of the JCC's Helene Mirowitz Department of Jewish Community Life in cooperation with JF&CS Harvey Kornblum Jewish Food Pantry and the Jewish Environmental Initiative, a project of JCRC.

Do you have something you want to share in the newsletter? Please send your ideas and suggestions to [swinkelman@jccstl.org](mailto:swinkelman@jccstl.org).