



1 JULY 2010
19 Tamutz 5770

Parashat Pinchas
Numbers 25:10 - 30:1

Haftara, Jeremiah 1:1 - 2:3

Sunset 7.2.2010 - 8:53PM

Who picked your grapes?

by Rachel Gelman

Industrial farm workers have been notoriously mistreated by large agricultural companies for years. Three out of every five industrial farm workers have incomes below the poverty level, and many are undocumented immigrants who are convinced that they do not have the same employment rights as citizens and thus are more susceptible to mistreatment. There are, in fact, laws in place that protect these immigrants and stipulate that they must receive the same treatment as workers who are American citizens,

but these laws are consistently violated. Factory farms that produce meat are infamous for mistreating their workers and forcing them to work in extremely hazardous and harmful conditions. However, there are also some industrial crop farms that treat their workers just as poorly.

Giumarra Vineyards is an example of an industrial crop farm where workers have been repeatedly mistreated. Giumarra Vineyards, also known as Nature's Partner, is a farm that produces nearly ten percent of all table grapes

in America. As the largest table grape grower in America, they employ almost 2,500 workers, many of whom have dealt with consistent mistreatment from the company. The workers are paid extremely low wages and are often forced to work long hours in extreme heat with little or no access to water or shade. In one testimonial, a worker explained



Fresh oregano & Roasted garlic pesto

by Phyllis Rosen

With no basil, fresh Greek oregano and aromatic marjoram deliver spiciness and fragrance, while roasted garlic and walnuts offer nuttiness and sweetness. Use it as you would traditional pesto!

- 2 Tbs fresh green oregano leaves
- 1/4 cup fresh marjoram or Italian oregano leaves
- 1 cup fresh flat-leaf parsley leaves and tender sprigs
- 1 1/2 Tbs roasted garlic
- 1/4 cup walnut pieces, untoasted
- 1 tsp balsamic vinegar
- 1/4 cup extra-virgin olive oil

1. Put all the green ingredients in a food processor and pulse until the mixture is finely chopped.
2. With the machine running, pour in the olive oil in a steady stream. Stop and scrape down the sides, then continue to process until the sauce is smooth and slightly creamy.
3. Add salt to taste. Store tightly covered in the refrigerator for up to one week.

Try this tossed with pasta, spooned on a baked potato, spread on pizza, saucing for grilled fish, or salad dressing...just add extra virgin olive oil.

This week's Harvest:

Check Oxbow Farm's e-newsletter for the veggie list. This week's list was so fresh, it was still a surprise at press time!"

EAT well.
DO good.

Carrot & Jalapeno Salad

Cilantro, mint and basil each have a cooling quality that suits them to dishes with chile peppers. All three of these refreshing herbs balance the heat of this sweet and fiery carrot salad. Fresh fennel seeds from your own garden will give the salad another lively layer of flavor, but you can substitute dried seeds for a subtler effect. In either case the seeds are coarsely chopped with a chef's knife rather than used whole or ground.

The flavor of the salad improves greatly if you let it marinate overnight. Serve this salad with grilled mushrooms, meats, seitan, tofu or pack it with sandwiches for lunches. Travels well and keeps up to 3 days in the 'frige.

See Salad ...

that she was afraid to ask for water because her supervisor had sent workers home without a full day's pay when they asked for a water break. The company also sets very high quotas for picking and packing the grapes that the workers must meet in order to keep their jobs. These quotas are not adjusted, even in extreme heat or in the event of crop failure. Some workers even described how the foreman had made them race against their co-workers in order to avoid getting suspended, and some described being forced to continue working while the fields were being fumigated. So far two workers have died of heat exhaustion, but Giumarra still refuses to change their unlawful handling of their employees. There is a class action lawsuit that is currently being filed against Giumarra for this mistreatment, and the federal government is suing Guimarra through the Equal Opportunities commission for the alleged sexual harassment of a 17-year old employee. The United Farm Workers of America recently started a campaign to fight against this mistreatment. To learn more about Giumarra, read the farm worker's testimonials, and sign the Giumarra/Nature's Partner Pledge to demand better treatment of the Giumarra farm workers, visit the United Farm Workers website at www.ufw.org.

By participating in the Hazon CSA program, you can help to eliminate some of this mistreatment. Hopefully the example of Giumarra will encourage you to get to know the CSA farmers and farm workers who bring your food from the field to your pick-up site. Supporting these farms instead of the ones that treat their farmers poorly can make a huge difference.

EASY WINE PAIRING: NOT JUST LUCK

If you are looking for a place to start learning how to pair wines with your summer produce, let's start with a few basics. Matching food to wine is not quite like matching a pair of shoes and socks. There are no absolutes, no right or wrong in my opinion. However, some combinations are more enjoyable than others, just like cooking. Some things just work - tomatoes and basil, grilled fish and lemon, strawberries and cream. Wine is like an extra ingredient that finishes a dish off and makes it a superb meal. Herbs, Spices, Citrus, and Fats come together in a variety of cooking methods that can lead you to select a wine. It can be exciting to finally offer food to flatter a special bottle. Choosing wine shouldn't be a worry. So enjoy the education. Look for a tiny tidbit of info here, in The Fresh Sheet!

There are four beginner basics to selecting wine to pair with food. What type of food it is happens to be the least important than you might think. Fish, obviously calls for a different type of wine than a fruit tart. White meat generally is better with white wine than red meat. Purely knowing the protein is only part of the equation. How it's cooked, or not cooked is paramount. The temperature that food is served at is also important. Chilled foods need lighter wine than heated food. Meat or fish, chilled dry whites and roses, and light, fruity chilled reds work best. Once the heat is on, a whole range of different factors come into play. If the menu item is boiled, steamed, or microwaved, it will need a less stur-



dy wine than if it's grilled or roasted or bbq'd. High cooking temperatures call for more alcoholic wines. If the item is cooked for a short time, as in wok-fried, deep fried, or seared, it's suited better to lighter wines than foods which are braised or pot roasted. It all depends...

It may seem logical, but the more robust the flavoring the more full-bodied the wine you need. So, steamed fish would need a wine with more character if seasoned with Asian seasonings with chives, garlic, roasted sesame oil, than if it were served plain. What it's served with is huge. Food may be plainly cooked, but if it's served with flavoursome vegetables like red cabbage, capanata, or ratatouille, these will affect your wine choice.

Basically, light wines suit light food, and robust gutsy food calls for robust wine. A guideline that's far harder than the old "white wine with fish, red wine with meat" rule.

From Salad ...

- 3 quarts water
- 1 1/2 tsp salt
- 1 1/2 lbs of sweet young carrots, peeled
- 2 to 5 jalapeno peppers (to taste) seeded and finely chopped
- Grated zest & juice of 1 large lime
- 2 tbs extra-virgin olive oil
- 2 tsp honey
- 1 tsp coarsely chopped fresh (leaves) or dried fennel seeds

- 2 tbs coarsely chpped cilantro
- 2 tbs coarsely chopped fresh mint
- 1/4 cup coarsely chopped fresh basil

1. Combine the water and 1 tsp of the salt in a large saucepan and bring it to a boil. Slice the carrots 3/4" thick. Cook the carrots until tender to the tip of a knife. Drain and run under cold water over until cooled.

2. Dressing the salad. In a mixing bowl, stir together the jalapenos, lime zest, olive oil, honey, fennel seeds, and the remaining .5 tsp salt. Add the herbs and blanched carrots and toss to combine. Cover and let the salad marinate for one hour at room temperature or overnight in the refrigerator.