



26 AUGUST 2010
16 Elul 5770

Parashat Ki Tavo
Deuteronomy 26:1 - 29:8
Haftara, Isaiah 60:1 - 60:22
Sunset 8.27.2010 - 7:43PM

The Deep Roots of your Everyday Food

by Jessica Smith, Kavana Cooperative

"Of David, a song. The land and the fullness thereof are the Lord's, the world and those who dwell therein." Psalms, 24:1

The organization Hazon, through which we have established our CSA relationship with Oxbow Farms, states as its mission that it is "creating a healthier and more sustainable Jewish community and a healthier and more sustainable world for all."

A basic teaching found in Jewish mystical thought points out that everything in the physical world mirrors a spiritual reality. Through the obvious, revealed, and external world of the physical we are able to learn



profound lessons about the subtle, concealed and internal world of the spiritual. The Tikkun HaOlam (repairing the world) that our participation in CSA produces not only bears physical benefits to our environment and our health, but spiritual ones too. Relative to Hazon's mission and the CSA program,

what then is the deeper teaching that we can learn? What in fact are the spiritual benefits?

According to the AriZal, Rav Yitzchak

Luria of blessed memory, mid 16th century mystic in Tsfat, Israel, and recognized as the father of contemporary Kabbalah, "all things, including in-

This week's Harvest:

- 1 bunch Oxbow Carrots
- 1 bunch Basil
- 1 bunch Beets
- 4 Zucchini
- 1lb Dragon Tongue Beans
- 2 Fennel
- 2 Broccoli
- 1 bunch Chard
- 1lb Potatoes
- 1 Radicchio

EAT well.
DO good.



Cavy Chow

by Rowan Lasky, Kavana Cooperative

Do you have the most well fed Guinea Pig in the Northwest? I do!

He eats a lot of vegetables. We get ours fresh from Kavana and Oxbow Farms every week. Yum! From carrots to cabbage and rainbow chard to kale, he'll eat anything! But he likes Oxbow Farms the best. That's for sure.

Guinea Pig facts: Too many carrots are not good for them. They should only have a small carrot every other day. Cabbage is his favorite veggie (though it makes him a little gassy sometimes).

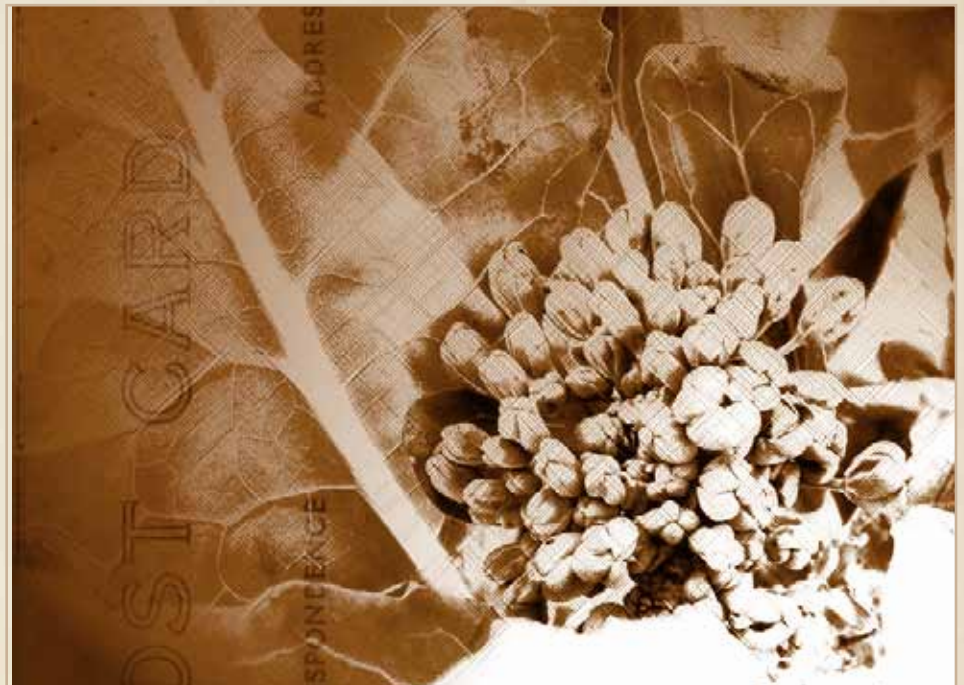
Did you know that a good way to get rid of your collard greens and kale stems is to give them to a Guinea Pig? He's like our own personal compost pile. And did you know they might not drink as much water when they have lots of fresh, juicy veggie stems on hand?

Do you feed your Guinea Pig this well? Brought to you by me and my cavy, Mr. Truffle Pig.

animate objects, possess a soul, which is the creative and preserving force of the Creator, the creation's reality. This doctrine was adopted and expounded by the Baal Shem Tov and by the Baal HaTanya, Rav Shneur Zalman of Liadi, Russia" in his classic text Tanya, published in 1796. ("Lessons in Tanya", by Rabbi Yosef Wineberg and translated by Rabbi Levy Wineberg, published by Kehot Publishing Society, page 111 footnote 2).

Furthermore, Rav Chaim Vital, most noted student of the AriZal, wrote in his Kabbalistic work "Etz Chaim" about the 4 realms of Creation: the inanimate realm, the realm of all the plants, vegetables, trees and the like that grow from the ground and from the depths of the sea, the realm of all living creatures other than the human being, and the human being. Logically one may think that in terms of each realm's complexity, sustenance would flow from the highest level downward, from realm to realm, whereby each level is sustained by the level or combination of levels above it. However the opposite is in fact true. The soil and all the inanimate life found in it gives life to and sustains the vegetables, fruits, and plant growth, both on land and in the sea. From there, sustenance now moves upwards, whereby humankind derives its sustenance from all the life forms below it.

Consequently we owe our very physical lifeforce to the the creations found in the realms less complex than our own, and in fact, our very souls are nurtured by the souls in the less developed realms of creation. Every opportunity to show gratitude to the Creator who



designed this system of global sustainability by extending honor and respect to the earth and all the forms of life found within is appropriate and fitting. In other words, the earth is worthy of our respect and awe for the life affirming powers found within it which contribute to our own health and well being.

We find ourselves as a part of an intricately woven tapestry, belonging to God but requiring our guardianship, protection, and advocacy on its behalf. The thread of humankind in this global tapestry of creation is imbued with both sacred privilege and awesome responsibility. The Creator entrusts environmental stewardship of His planet and all the life therein to the human being. What a magnificent and humbling privilege for which we human beings have been divinely chosen.

As the individual encounters one's own soul, the creative force within, the natural outcome is to sense a similar spiritual center in others. This awareness allows one to more fully experience the creative force, God's presence, in the rest of Creation. At that point one's intent, kavana, when engaging with our environment begins to shift to a more harmonious and life affirming place. Consequently humankind can then more effectively connect to the very realms of Creation that contribute to our own sustainability and quality of life.

Hence we can appreciate how Hazon's mission of tikkun olam captures the back and forth life giving flow between humankind and the other three realms of Creation. This then gives honor and grace to the "land and the fullness thereof that are the Lord's"

ZEPOLI WITH ORANGE SCENTED HONEY

- 2 cups water
 - 3 tablespoons honey
 - 3 tablespoons extra virgin olive oil
 - 1 1/2 cups whole wheat pastry flour
 - 1/2 cup semolina flour
 - pinch sea salt
 - 3 teaspoons baking powder
 - 1 teaspoon baking soda
 - 1/4 cup white wine
 - 3-4 cups canola oil, for frying
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- 1/2 cup honey
 - grated zest of 2 oranges

- 2 teaspoons fresh orange juice
1. Make the zeppole. Bring the water, honey and olive oil to a boil. Whisk together flours, salt, baking powder and baking soda. Mix in boiling water mixture and stir well. Add wine and mix well. Add water and as needed to create a soft dough, but not sticky. Oil a cutting board and turn dough onto it. Pat down flat and fold dough to create

- 3 layers. Flatten it and repeat this process 3 more times.
2. Cut off 1/3 of the dough and roll out the thickness of your thumb. Pinch off teaspoon-size pieces and fry in hot oil in saucepan until golden and puffy. Drain on paper.
3. Whisk together honey with orange juice and zest and drizzle on zeppole.