



Invest in our Planet

Sunday, April 23 2023 ~ Iyar 2, 5783



With Sustainable Vegetable Gardening

**This booklet was created by:
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With help from Jennifer Kirsh**



Program

1. Reflections from Torah and blessing over the Challah: Rabbi Morrison
2. Introduction from Councillor James Pasternak
3. Introductions to program including tribute to Rabbi Kelman and housekeeping items: Hilda
4. Tribute to Ellen & Morton Paul, Tamara Zelony & Janice Keil: Gloria
5. Hydroponic containers connect us to Israel: Hilda
6. Reena's Greena initiative: Hilda and video
7. Gardening Tips: Joel and Gloria
8. Healthy Eating tips: Gloria
9. Joel Troster's Cooking Demonstration and Eco-Tips and Tricks to decrease Food Waste: Joel and Gloria
10. Concluding Remarks and thank you: Hilda and Gloria
11. Hatikvah

L'Dor V' Dor, we leave behind our families, our good name and our good works. With the 50th Anniversary year of Reena, we dedicate our Earth Day celebration to the pioneering good works of Rabbi Joseph Kelman z"l at Beth Emeth and to Ellen & Morton Paul, Tamara Zelony and Janice Keil, Darchei Noam's eco-heroes.

Rabbi Joseph Kelman, Beth Emeth's Rabbi for 50 years was a champion and driving force, mentor and role-model for inclusion even of the most vulnerable members within society whom he wanted to see blossom and thrive.



Responsive to his congregation member, he was challenged in 1961 when a couple approached him with their concerns about their disabled son being able to have a Bar Mitzvah. At that time, very few programs existed for these challenged individuals whom were frequently excluded from community activities.

After filling the needed gap with a unique Bar Mitzvah program, this grew into numerous educational and recreational programs for developmentally delayed children. They are now adults and participate in Reena programs. Reena turns 50 years old this year and has created the unique Greena Community Farm initiative.

We also express our profound gratitude to our current Rabbis, Rabbi Howard Morrison and Rabbi Tina Grimberg.

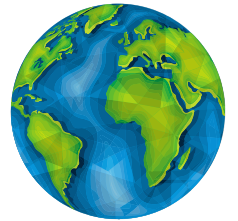
Thank you to Pearl Grundland for her contributions to this program honouring Gidon Grundland on what would have been his 75th birthday

Invest in our Planet by Making Every Day an Earth Day, a Yom Kadur Ha'Aretz

Long before Earth Day and this year's focus on **Investing in our Planet**, Judaism celebrated Tu B'Shevat, the Jewish New Year for trees, honouring not only trees but the Earth that Hashem gave us and the partnership between humans and nature and Judaism's general concern for Tikkun Olam, spiritual repair of the world. As we heal the earth, we are practising Tikkun Olam.

From Exodus 24:7, we have the phrase, na'aseh ve-nishma, we will do and hear. In Judaism, acting is more important than waiting or overthinking.

We make Every Day an Earth Day by:



1. Conservatively using energy and water.
 2. Eating local produce in season and preserved as fresh frozen, fermented, or canned when the local fruits and vegetables are at their peak flavour, appearance and nutrition. Heated greenhouses provide local salad vegetables during other months. Special storage techniques make may Ontario fruits and vegetables available through the year.
 3. Planting our vegetables through Reena's Community Farmland Initiative using hydroponic containers. Greena Community Farms show Tikkun Olam in action.
- Growponics A British-Israeli venture formed from a merger of two established companies about eight years ago, designs and builds automated hydroponic greenhouse factories in urban settings.



Tel Aviv Israel



Reena's Greena Initiative



In 2023, Beth Emeth will become a Reena Community Farm - Neighbourhood Partner.

Reena residents will also be growing food in the same sub-irrigated containers which we will be using at Beth Emeth.

Reena has just under 1,000 of these containers distributed to various Reena locations, Residences and Apartments so that their supported individuals can learn how to grow their own food, learn how to prepare their own food, and be able to enjoy the Vegetables of their Labour.

In June 2023, the newly arrived Reena Hydroponic Container will be harvesting food weekly, 12 months a year.

The container is the catalyst driving employment for Reena Supported Individuals at various enterprises operating at the Reena Battle Centre.

Beth Emeth and Darchei Noam, proud supporters of Reena's efforts to give back to the community, 50 years after Beth Emeth's own Rabbi Joseph Kelman z'l planted the seed which grew to become the Reena we know today.

1. What world-wide concern does growing in hydroponic containers address?
Water shortages and drought.
2. Students are employed through the Federal Summer Employment Transition and supported by job coaches who will teach them how to manage the gardens and package the produce.
3. Will there be a problem with bugs? No, The container door system has also been redesigned to prevent bugs from entering and affecting the crops. The produce will be washed and examined in the new Packaging Centre to ensure it passes strict COR Kosher Leafy Green guidelines.
4. Greena, is it culturally sensitive? The programs, guided by Jewish values and cognizant of the First Nations' connections and care for the land, gives back to the Community in many ways. See their website at <https://www.reena.org/rcf/> to learn more about the program and their partners.
5. What is unique about this year's hydroponic containers? The Hydroponic Intermodal Container is inclusive and accessible. It was redesigned in conjunction with the Rick Hansen foundation and the COR Kosher Certification Authority to allow people using wheelchairs to participate in gardening.

Eco-Friendly Gardening Tips to help Pollinators, Birds and Soil Health

Plant gardens and eat the food they grow, from Jeremiah 29:5

1. Grow native plants in your yard and in your flower containers to help our bees, butterflies, other pollinators and vegetable gardens thrive.
2. Native plants provide suitable habitats and sources of pollen and nectar. Just like us, bees need variety in their diets for good health.
3. Your vegetables and native flowers growing on lofty balconies are a valuable source of nourishment for high flying insects and birds as they pollinate these plants.
4. Leave the drying flower heads on their stalks as food for winter birds. Spring is the time to cut back the old growth and leave room for the new.

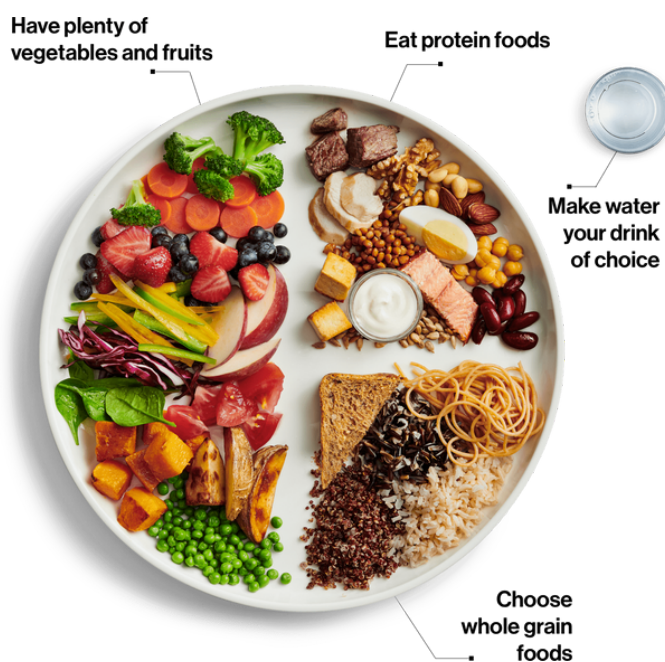


5. Use an electrical lawn mower or push mower in lieu of one fuelled by a gasoline engine – better still, extend your flower beds with native plants.
6. Shredding leaves on your remaining lawn, and raking mounds of leaves around trees and flower beds protects these plants and improves soil health. No leaf blowers please!
7. The leaf cover provides great habitat for butterflies and moths that over-winter. As their caterpillars emerge in spring, they become a vital food source for bird hatchlings.

The Path to Healthy Eating



1. The most important action for healthy eating is to eat a variety of foods in moderation. Canada Food Guide is an excellent model to follow on your path to healthy eating.



2. The second important path for healthy eating is to limit your intake of salt and sugar. Try using a variety of herbs, citrus fruits and vinegars to add flavour to your foods. Use fruit for dessert and save pastry for Sabbath or holiday dinners.
3. No one food is needed for good health. For example, if lettuce is expensive, substitute it with raw, frozen or cooked green leafy vegetables such as spinach, kale or Brussels sprouts. They and even broccoli, beets, beans and asparagus all contain nutrients found in lettuce.

4. Prepare a rainbow of vegetables in various and interesting ways. Experiment, be creative.
 5. Replace some of the flour in muffins, brownies, tea biscuits and other baked goods with cooked, cooled carrots, squash, or sweet potato. Use whole wheat flour in place of white.
 6. For good health and the environment, have one or two meat-less days weekly. Quinoa, and tofu, beans, lentils, and other legumes, are good protein sources. You can start gently by introducing them in your recipes while at the same time gradually adding less chicken or meat.
 7. Have a Shopping buddy to share large bags of potatoes, onions, carrots, bunches of leafy greens and other items. You will be reducing food waste and saving money!
- +Researchers are finding in their current studies on dementia that healthy diets, daily exercise and cognitive and social activities all contribute to our health and delay the onset of dementia. +These are all components of Greena's Community Farmland initiative.
8. Together with friends and family, prepare and enjoy regular Sabbath, holiday and other meals. Relax, and share some laughs!

Vegetable Jokes:

1. What did the lemon in the salad say to the tomato? Give me a squeeze
2. What is green and sings? Elvis Parsley
3. How do you fix a broken tomato? With tomato paste.
4. Where do cucumbers go for a date? The Salad Bar





Tips To Stop Wasting Food



1. Check out this week's grocery specials and then what you have on hand. Plan the week's menus and make a shopping list buying only what you need and plan to use or can store properly for later use.
2. Participate in REENA's Community Farm where your locally grown vegetables are for your use or bartered or sold to a restaurant or given to York Region Food Network.

Wait! Don't Throw Out!

3. Freeze extra fruit and cooked vegetables.
4. Revive and restore celery and herbs in a glass or jar with a few inches of water or lettuce leaves and other greens in a bowl of cold water 30 minutes before using.
6. Turn mushy fruits and frozen bananas, yes their skins will be black, into smoothies, quick desert sauces, or use in hot cereals, baked goods and desserts. They are good in fruit crisps, muffins, and sweet quick breads.
7. Use the yummy recipes found on <https://greatist.com/eat/ripe=fruit=recipes-to-avoid-food-waste#Bananas>

***How do you keep food costs down?
What tricks can you share with us?***

8. Use sad looking and leftover vegetables in omelets, frittatas, stir fries, casseroles, and salads. Corn and tomatoes are excellent in muffins and bread.
9. Use leftover quinoa with roasted sweet potato to make a delicious salad:
<https://www.chelseasmessyapron.xom/sweet-potato-quinoa-salad>
10. Replace some of the flour in in muffins, brownies, tea biscuits and other baked goods with cooked, cool carrots, squash, or sweet potato.
11. Check out the website for other ideas:
<https://www.healthylittlrfoodies.com/vegetable-savoury-muffins/> and
<https://www.theleangreenbean.com/vrggie-corn-muffins/->
12. The water from cooking potatoes and other vegetables is a gold mine of flavour. Use it in soup and main dishes. This is good in a quick soup for one.
13. Make a large quantity of vegetable stock with vegetable peelings, tips from green beans, parts of vegetables cut away (but not rotting), and wilted vegetables.
14. Combine fruits and vegetables to make delicious hot or cold soups.

***Enjoy the recipes Joel
Troster has provided
below!***



Recipes

“For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing forth in valleys and hills; a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey" (Deut. 8:7-8)



7 Species Challah

Mix together in large bowl:

450g hard white bread flour
50g barley flour
12 g salt
5 g instant yeast
1/4 cup currents or raisins
1/4 cup chopped figs (dried)

Mix together:

1/2 cup olive oil
1/4 cup date honey
1/4 cup pomegranate juice
2 eggs
250 g warm water

Separately mix:

1 egg
2 tbs water
Leave in the fridge until it
is time to bake the loaf.

Add the liquids to the dry ingredients and mix by hand until combined. Cover and let the dough rest. After 20, 40, and 60 minutes fold the dough. Cover and let rise until triple in volume. This usually takes 2-3 hours.

Turn the dough onto a floured counter and knead it a little. Now form a challah by dividing the ball into three parts. Roll each part into a 12 inch foot long rope. Braid the ropes into a three-braid.

Transfer the loaf onto a baking sheet covered with parchment paper, cover loosely with plastic, and let rise 1 hour. 15 minutes before the end of the rising time pre-heat oven to 375F. Remove the plastic and paint the loaf with the egg-water mixture. Bake the challah for 35-40 minutes. To check if is done take one off of the baking sheet and tap it from the bottom. It should sound hollow when it is done.

Salad Recipes



Tomato Salad with Preserved Lemons

from: The Scent of Orange Blossoms

4 ripe tomatoes, seeded and cubed

2-4 tsp diced preserved lemon peel

1/4 tsp salt

1 tbs red wine vinegar or balsamic vinegar

4-5 green olives, sliced

1 small jalapeño pepper seeded, cored, and finely sliced (optional)

Toss gently

Sioux Lookout's Strawberry Spinach Salad



from:

<https://www.food.com/recipe/sioux-lookouts-strawberry-spinach-salad-122576>

Salad greens:

- 1 pkg. Spinach
- 1 - 2 cups sliced strawberries

Garnish:

- 1/2 cup slivered almonds (125 ml)
- 1/4 cup sugar (60 ml)
- 2 tsp. water (10 ml)

Dressing:

- 1/4 vegetable oil
- 2 tbs raspberry vinegar
- 1 tbs Worcestershire sauce
 - 1 tbs sugar
 - 2 tsp poppy seeds
 - 1/2 tsp salt
 - 1/8 tsp paprika
- 1 green onion - finely chopped

1. Clean spinach and strawberries.
2. Mix in bowl. Set aside.
3. Combine all dressing ingredients in a container with lid.
4. Shake well before serving. Can be made up a day or two in advance.
5. Combine all garnish ingredients in a non-stick frying pan or pot.
6. Cook over medium heat, stirring constantly until melted sugar turns golden brown and coats almonds (approx. 5 - 10 minutes).
7. Turn out onto a piece of greased foil.
8. Cool and break into small pieces.
9. Add almond pieces to salad.
10. Add dressing just before serving.

Note: In place of making your own candied almonds you can just buy them ready made.



Cold Minted Pea Soup

This makes a wonderful cold summer soup.

- 1 bag (750gm) frozen mini-peas
- 1 large Vidalia onion
- 1 litre (4 Cups) vegetable broth
- salt
- white pepper
- 2 mint tea bags, or fresh mint

Chop the onion. Put the onion, peas and vegetable broth into a pot, bring to a boil and simmer covered for 15 minutes. Turn off the heat and add the mint tea bags. Let cool completely and then remove the tea bags. Puree in a blender until very smooth. Strain through a sieve to make a very smooth soup. Add salt and white pepper to taste. Serve chilled like vichyssoise.

If using fresh mint, purée the leaves in the blender with the soup.

**In growing vegetables and native plants while eating
seasonal foods, we are helping to repair the world.
As we heal the earth, we heal ourselves.**

Neil Young advises LOVE EARTH