

AJO COMMUNITY SUPPORTED AGRICULTURE



Spring 2009 / Week 2 of 13

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Planned harvest: Yukina Savoy, Swiss Chard, Beets, Mustard Greens, Radishes, Navel Oranges, Dried Chiles, Herb Mix (Dill, Parsley, Cilantro, Basil)

Raw Foods Demonstration: Last Friday, Leigh Hopkins and Helena Baronheid of Viva Institute gave a presentation on raw foods to about 15 Ajo CSA Members. The raw food diet consists of raw vegetables, fruits, nuts and seeds prepared without being above the temperature at which live enzymes are destroyed (about 116° F). Both Leigh and Helena began their raw foods diet about a year ago due to health reasons, and they both report feeling a whole lot healthier now. On top of that, they lost about 30 pounds each! In addition to their personal stories, they also shared some other amazing results of this diet, like diabetics being able to go off insulin. Everyone got to try a green smoothie as well as raw “ravioli” and Mocha Balls for dessert. Thank you Leigh and Helena for sharing your knowledge, thanks to the farm and Tania who worked with Leigh and Helena’s “shopping list” and provided the wonderful produce, and thanks to everyone who brought delicious foods to the Raw Food Potluck. Here are some members’ responses to the demonstration:

“I appreciated hearing about their experiences. They were honest, refreshing, and thought provoking. And the food was delicious!” – Morgana

“I was so impressed with the presenters’ information that I came home and immediately found the recipe for the raw ravioli. This morning I had a green drink for breakfast. In addition to the insights, the lovely women are the picture of health. Watching them, everyone must have been thinking, ‘Well, if I could glow just a little bit like that...’” – Jeanne

“The demo/tasting was a great way to showcase how amazingly diverse cooking, or not, can be. I was impressed by the flavors, and textures achieved sans heat. ‘Raw’ is definitely a new window into food prep that I’ll be exploring, and what a perfect complement to the CSA. Thank you Leigh and Helena for opening my eyes wide.” – Ed

“I was impressed by Leigh and Helena’s discussion of how this diet cleared up a lot of their health problems. Cooking is so ingrained in us that we don’t often think there is an option not to use heat in preparation of food. I was thinking how simple life could be with a diet like this and how much energy we could save if more people ate this way. In preparation for the demonstration, I had eaten raw foods for breakfast and lunch, too. I’ve been having problems sleeping at night, but that night, I fell asleep right away and slept through the night. Their presentation certainly made me decide to put more raw foods in my diet. Maybe not 80% yet because I’ve got some chicken and fish in my freezer, but it looks like I could wean myself away from those fairly easily. Thanks so much!” – Carolyn

“I absolutely loved the raw foods demonstration. I thoroughly enjoy piping hot food so I was a bit skeptical of raw foodism. With this demonstration, however, I realized some of the benefits of eating living food...including scrumptious, savory, and incredibly healthy dishes! I am excited to start incorporating a wider variety of raw foods into my diet. Thanks!” – Stephanie



RECIPES ETC.

Carrot Orange Ginger Soup

(Created by Stephanie Doerries and her trusty sous chef Kirsten Wert)

1 bunch CSA carrots
5 CSA oranges
½ avocado (or more to give a creamier texture)
~ 1 c water
1 tsp ginger, minced
Separate carrot greens and roots. Grate roots (or just chop if you have a good blender or food processor). Chop greens and set aside. Peel oranges and puree flesh in blender with water. Strain out pulp. Puree orange juice, carrot roots, and avocado in blender with ginger. Chill. Serve with carrot greens as garnish. Enjoy!

Grated Raw Beet Salad with Jicama, Avocado and Orange (adopted from Vegetarian Times, March 2009)

2 cups grated raw beets (2 medium beets)
2 cups grated jicama (if not available, you can substitute cubed cucumber)
1 avocado, thinly sliced
1 navel orange, peeled and sectioned
½ cup chopped cilantro
3 Tbs. thawed orange juice concentrate (or substitute fresh orange juice)
1 Tbs. lime or lemon juice
½ tsp. ground cumin
½ tsp. ground coriander
1 ½ Tbs. olive oil
¼ cup toasted pumpkin seeds
Place beets in medium bowl along with jicama, avocado, orange and cilantro. Whisk together orange juice concentrate, lime juice, cumin and coriander. Whisk in oil. Pour over beet mixture and toss to mix. Season with salt and pepper, if desired. Sprinkle each serving with toasted pumpkin seeds, and serve over a bed of fresh greens, including sliced beet greens.

Green Soups

Green (blended) soups are another way of consuming raw greens and vegetables, and at least as much fun as green smoothies! You can use

almost every kind of greens we get from the farm, including mustard (in moderation), beet tops and all the Asian varieties. You can expand by adding fruit (like apples), nuts, or other veggies like tomatoes, cucumbers, peppers and celery. And you can then spice it up with any fresh or dried herbs and spices, such as a curry mix, garam masala, cumin, dill, basil, chile...

Spinach Soup (adopted from Brigitte Mars' Rawsome!)

4 cups chopped spinach (or use Swiss Chard, beet greens, Asian greens, or any combination thereof; you can also spice it up a bit with an addition of mustard or mizuna)
2 cups water
1 avocado, pitted and peeled
½ teaspoon salt
1 teaspoon lemon juice
2 Tbs. chopped fresh basil
¼ teaspoon nutmeg
Sunflower seeds for garnish
Combine all ingredients in a blender and puree. Sprinkle with seeds and serve.

Borscht (Beet Soup) (adopted from Brigitte Mars' Rawsome!)

1 cup almonds, soaked overnight, then rinsed
2 cups water
3 beets, peeled and chopped
¼ cup chopped fresh dill
1 clove garlic
2 Tbs. extra-virgin olive oil
½ tsp. Celtic salt
1 cup shredded cabbage

Place the almonds and two cups of fresh water in a blender and liquefy. Strain the liquid through a sprout bag to collect the almond milk and stir. Pour half of the mixture from the bowl into the blender and blend until smooth. Pour the smooth mixture back into the bowl with the rest of the borscht and stir to mix. Enjoy!