

AJO COMMUNITY SUPPORTED AGRICULTURE

Fall 2008 / Week 12

Planned Harvest: Rapini (Broccoli Raab or Rabe), Spring Salad Mix, P'itoi Onions, Purple Turnips, Summer Squash, Melons (Charlene or Japanese), Kale, Citrus

Thanksgiving Pick-up and End-of-the-Season Potluck: The pickup before Thanksgiving has been moved to Tuesday, November 25, at 6 pm. Bring a dish or drink to share, and after you get your share, we should discuss CSA issues such as gas money, pick-up hour during the winter, volunteer rotation, comments etc. And then please sit down for a bite and relax.

Winter Session Registration: Registration is still open for the winter season. The price per full share is 220 dollars plus gas contribution, which will be determined as soon as we know how many shares we have.

The Green Smoothie Revolution Comes to Ajo (by Christine Johnson)

It began when I checked out *Green for Life* by Victoria Boutenko from the public library and left it for my mom (Dr Carol Johnson) to read. She has been drinking a green smoothie every day she can and sharing the information with anyone who might be interested ever since.

In *Green for Life*, Valerie describes her search for and discovery of the perfect food for humans—greens. As part of this search she studied the diet of gorillas, (a species very close to humans) and found that their diet consists of about 50 percent fruit and about 40 percent greens, the remaining 10 percent divided between seeds, roots, and meat. She notes it seems more pertinent to study what a healthy gorilla eats than to make them sick and then study what drugs make them better.

Although greens are that perfect health food for humans, they are hard to digest for anyone with a compromised digestive system—any of us eating a SAD (Standard American Diet) diet. Cooking breaks down the cell walls, making them easier to digest, but cooking also destroys some of the nutrients and all the digestive enzymes. In her search for a perfect way to eat greens, Valerie came up with the Green Smoothie—fruit and greens blended together. To make a green smoothie, take a big handful of greens and put in blender, add fruit/s of choice and blend. Drink. Get healthy. Gain energy and stamina. It couldn't be easier.

My mom has bought a couple of copies of *Green for Life* and is loaning them out to interested individuals. If you would like to borrow it, talk to Nina or me at vegetable pick-ups.

Blueberry Mango Delight (submitted by Christine Johnson)

1-2 large handful of mild tasting greens (salad mix, spinach, romaine etc), 1 banana, a few pieces of frozen mango, 1 small handful of blueberries

Blend and enjoy!

RECIPES ETC.

More tips for greens...

In addition to green smoothies, Christine uses another way to make greens easier to digest, but still keeping the nutrition intact—massaging. Just cut or tear up your greens and massage until the texture of cooked greens – a minute or two. Add salt or an acid (e. g. lemon juice or apple cider vinegar) to help in breaking down the cell walls. She likes to add a little olive oil and some kind of sweetener, maybe some soy sauce and sesame seeds in addition to the salt and lemon juice. Christine eats this quite often mixed with cabbage, which, she says, adds a delightful crunchy goodness.

The Tucson CSA website (www.tucsoncsa.org) has a nice document on preparing winter greens too. Just click on recipes and it's right there. This site is also an excellent resource for recipes for any veggie you're not familiar with. Tucson CSA also receives their produce from Crooked Sky Farms, and they maintain an extensive list of recipes on their website, grouped by vegetable.

Corn Bread and Broccoli Rabe Strata

(from *The New York Times*, November 14, 2007)

1 1/2 tablespoons extra virgin olive oil, more for pan	1/4 cup chopped pitted calamata olives
1 garlic clove, minced	8 large eggs, lightly beaten
1/4 teaspoon crushed red pepper flakes	4 cups half-and-half or whole milk
1 pound broccoli rabe, outer leaves and thick stems removed; florets and tender stems coarsely chopped (about 3 cups)	1/4 teaspoon ground black pepper
1 teaspoon kosher salt, more to taste	2 pounds homemade or purchased corn bread, cut into 2-inch cubes (about 8 cups)
1/4 cup chopped roasted red pepper	1 cup fresh ricotta cheese
	6 ounces grated Gruyère cheese (1 1/2 cups)

1. Oil a 9-by-13-inch baking dish. In a large skillet, heat remaining oil over medium heat; add garlic and red pepper flakes and cook, stirring, until fragrant, about 30 seconds. Add broccoli rabe and increase heat to medium-high. Cook, stirring occasionally, for 2 minutes. Add 1/2 teaspoon salt and 1/4 cup water. Reduce heat to medium, cover, and cook until broccoli rabe is very tender, about 3 minutes longer. (If mixture looks watery when rabe is done, let simmer uncovered for a minute to dry it out.) Transfer to a bowl and stir in roasted pepper and olives.

2. Make a custard by whisking together eggs, half-and-half or milk, remaining 1/2 teaspoon salt and the black pepper.

3. Spread corn-bread cubes in prepared dish. Scatter vegetable mixture over corn bread. Dot with dollops of ricotta. Pour custard evenly over corn bread. Sprinkle with Gruyère. Cover baking dish tightly with plastic wrap and refrigerate at least 4 hours or overnight.

4. When ready to bake strata, remove it from refrigerator and let rest at room temperature while oven preheats to 350 degrees. Bake until firm and golden on top, about 45 to 55 minutes. Cool at least 20 minutes before serving. Serve hot or warm. Yield: 10 main-course servings or 16 side-dish servings.