

AJO COMMUNITY SUPPORTED AGRICULTURE

Winter 2008 / Week 1

Planned Harvest: Beets, Tatsoi, Bok Choi, Kale, Spring Salad Mix, Braising Mix, Chinese Cabbage, Farmer's Choice

A New Season Begins! Welcome to the winter season at Crooked Sky Farms! We can expect to see a lot of different greens, root vegetables and citrus this season, but above all, we will continue to be surprised by the great variety of types of produce and their excellent taste. By participating in Community Supported Agriculture, we have excellent access to locally grown foods which come with a sense of place and season, and help to keep indigenous food cultures alive. Local food is also better for the environment because you don't have to ship produce from far away, thus reducing the carbon footprint and increasing the freshness of your food.

The Ajo Community Supported Agriculture group continues to have 14 shares, with some people leaving and some new people joining. The pick-ups will continue to be held on Friday (except in the week before Christmas when the pick-up will be on Tuesday, Dec. 23) at 6 pm, at 901 Morondo, behind the purple gate in the stone wall. If you can volunteer to go to the farm and pick up the produce, please see me to arrange a date. The gas money contribution for this season is \$3 per week per share, which means \$36 (for 12 weeks of picking up) per share for the entire season. The gas money per pick-up therefore amounts to \$42, which you will receive if you go to the farm. If gas prices change we will adjust the contributions accordingly.

A brief summary of the Ajo CSA pickup etiquette:

1. Bring your own bags.
2. Handle the produce as little as possible. Please do not pick through items to get the best-looking ones. Farmer Frank breeds the produce for flavor, not for looks or shelf-life, therefore they tend to bruise and spoil when handled repeatedly. Please just take the portion indicated and move along to the next crate.
3. Take your whole share: No more, no less. If you take more, you are taking from someone else's share. If you take less, you create leftovers. If you don't want something, talk to other members about trading!
4. Be as punctual as possible. If you can't pick up, ask a friend to pick up your share for you or let me or another member know that you will not be picking up that night. I can save it for you for a day or two but only if arranged in advance. If you do not show up and do not get in touch with me, you will forfeit your share.



Know Your Farmer – “Farmer Frank” Martin

RECIPES ETC.

Diced Turnips (submitted by Kate Gilman)

Pare, slice, cut in dice an inch square, boil till nearly done, in as little water as possible; to one quart of turnips, add one tablespoonful sugar, salt to make it palatable; when they are boiled as dry as possible add two or three spoons of cream and a beaten egg and serve

Kate says that this recipe is taken, word for word, from a cookbook published by a church in the Midwest in 1910. She does NOT recommend the use of a raw egg, however; she believes that one can figure out how to cook this a bit longer in order to make it work. Part of the fun of going through this old cookbook, says Kate, is recognizing how long some recipes have been around and remembering how her grandmother was a great cook.

Broccoli Pancakes (from Andrew Weil and Rosie Daly's "Healthy Kitchen" cookbook, submitted by Carolyn Cook)

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| 1 lg head broccoli | 1/8 tsp dried dill weed |
| ¼ cup coarsely chopped onion | 1 pinch salt |
| ½ small chili pepper or 1 tsp chili paste | 1 lg egg or 2 egg whites |
| 1 lg clove garlic | ¼ cup low-fat milk |
| ¼ cup vegetable oil | Sprinkling paprika |
| 2/3 cup whole wheat pastry flour | |

Cut the florets off the broccoli and separate them by cutting the large ones in half so they are more or less the same size. You should have about 3 cups. Save the stalks for something else. Bring ½ cup of water to boil in a medium pan, then drop in the broccoli florets, cover and let steam as they cook, for 3 minutes. Strain in a colander. Put the steamed broccoli, onions, chili, and garlic in a food processor and pulse on and off to chop (do not puree), or chop by hand. Transfer the chopped ingredients to a mixing bowl and stir in the oil, flour, dill and salt. Add the egg or egg whites and milk and mix thoroughly with a wooden spoon. Smear the bottom of a large, nonstick skillet with ¼ tsp butter and set it over medium heat for about 1 minute. Drop tablespoonfuls of the batter into the hot skillet, placing them far enough apart so the pancakes don't touch and cook over low to medium heat for about 1 minute. Transfer them to a hot platter to keep warm while you continue making the rest until all the batter is used up.

These may be served with a "mock sour cream" or real sour cream or just butter. Here is Rosie's recipe for the mock sour cream:

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| 1 cup plain non-fat yogurt | ½ tsp Tabasco sauce, or to taste |
| 1 Tsp freshly squeezed lime or lemon juice | Sprinkling chopped fresh dill (or other fresh herb) |
| ½ small onion or large shallot, finely chopped | |

Carolyn's easy version is to grate zucchini or chop broccoli very fine. Use about 1 cup of broccoli or zucchini, and add finely grated garlic and onion and salt and pepper to taste. Then add 1 egg, pancake mix and enough milk to make the batter the consistency of regular pancake batter. You can even turn these into waffles if you have a waffle iron! If you want a heavier proportion of egg, use two eggs and less milk. Use however much mix is needed to suit the taste of your finicky eater. If you want to try to disguise the broccoli, use more pancake mix. If you want more of a frittata experience, use more vegetable and egg and less pancake mix.