

AJO COMMUNITY SUPPORTED AGRICULTURE

Fall 2008 / Week 11

Planned Harvest: Spring Salad Mix, Tokyo Bekana Greens, Radishes Mix, White Acorn Squash, Eggplants, Plant Starters, Yellow Onions, Farmer's Choice

Thanksgiving Pick-up: In the week before Thanksgiving, the pick-up day is will be Wednesday, November 26.

Winter Session Registration: Registration is open till the end of November for the winter season, which runs from December through February, with no pick-ups between Christmas and New Year's. The last pick-up before the holidays will be just before Christmas, and the next one will be on Friday, Jan. 9. 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.

Drinking Locally

Eating and living locally and sustainably also includes paying attention to where our "elective" comestibles, such as alcoholic beverages, come from. We talked with beer and wine connoisseur (and Ajo CSA member) Tom Branson of Indulgence. This week we focus on beer, and you can look forward to an article on local wines in an upcoming issue.

The closest brewery to Ajo is the Sonoran Brewing Company in Phoenix. Sonoran Brewing has been making beer for over 20 years at the Pinnacle Peak Restaurant in Northern Phoenix. They also have a small pub restaurant on Camelback Road close to Central Road. They are now bottling 3 varieties, which are available at Indulgence, and Tom provided us with descriptions of their tastes and characteristics:

Cordillera Blanca (White Mountains) This White Chocolate Ale is light, refreshing, and completely unique, and according to Tom they are probably the only brewery in the world to brew with white chocolate, as opposed to dark chocolate common in finer Porters and Stouts. This is a beer to enjoy as a great aperitif to wind down the evening, or enjoy with a luxurious dessert. It is only 4.5% ABV, highly quaffable and addictive!!

Burning Bird Pale Ale is full bodied pale ale. If you have enjoyed pale ales from some of the great American craft breweries, you will not be disappointed with the Burning Bird. It is loaded with aromatic cascade hops for a solid pine and citrus punch from the amber liquid and frothy head, like the mythical Phoenix rising from the ashes. Recommended as a refreshing beer to enjoy with Mexican or Asian spicy foods.

Victorian IPA is Sonoran Brewing's take on the original style English India Pale Ales. Unlike the citric wallop of fresh pine needles and grapefruit in West Coast USA IPAs, British IPAs tend to be more floral and fruity, and less dry. Sonoran has imported the English tradition of beer making and thrown in a Southwest twist with a dose of American and British hops to create a unique beer that says Arizona. As a fan of British Bitter beers, Tom finds this an excellent representation of the style.

RECIPES ETC.

Radishes: The radish (*Raphanus sativus*) is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times. Radishes have numerous varieties, varying in size, color and duration of required cultivation time. There are some radishes that are grown for their seeds; oilseed radishes are grown, as the name implies, for oil production. Radishes are rich in ascorbic acid, folic acid, and potassium. They are also a good source of vitamin B6, riboflavin, magnesium, copper, and calcium. In mythology, radishes are believed to be the favorite foods of fairies, ogres, and trolls. Radishes can be eaten raw or cooked. You can try grating them into your slaw or on a salad, or in a soup. And even though we mostly think of radishes as roots, the green leaves can be eaten too.

Last week's shares included Black Spanish and Daikon radishes. Black Spanish or Black Spanish Round is sometimes simply called the black radish. It dates back to 1548 in Europe, and was a common garden variety in England and France in the early 19th century. It has a rough black skin with hot-flavored white flesh, and is used raw or cooked. Daikon refers to a wide variety of winter radishes from East Asia. It is sometimes also called the Japanese, Chinese or Oriental radish. Raw daikon may be served in salads or marinated in vinegar. Cooked daikon is often served as an ingredient in miso soup or in stews. In Japan, daikon was traditionally pickled in autumn to preserve vegetables for the winter. In China, daikon is often cooked as a simple family dish with meat and shiitake mushrooms. In Eastern Europe, daikon is usually referred to as "white radish" and served fresh in salads with vegetable oils or sour cream as a dressing. North & South Indian foods have a wide range of usage of daikon, and it is often used in sambars (vegetable stew based on a broth made with tamarind and *toovar dal*) and curries. (Source: Wikipedia)

Radish Slaw

3 small Black Spanish Radishes, peeled and grated	¼ red onion
4 carrots, grated	½ cup dried cranberries
1 apple, grated	¼ cup sunflower seeds, toasted
1 Tbs. apple cider vinegar	½ tbs. sugar
1 Tbs. olive oil	Salt
	Cilantro

Combine all ingredients, and cool before serving.

Green Pizzas (by Mara Branson)

Take a tortilla or pita bread (pita bread is better as it's thicker) and broil it a bit so it gets crunchy. Then put on some greens, tomatoes and mozzarella and some marinated artichokes (or anything else that would add a stronger flavor to an otherwise pretty plain dish, i.e. olives). Bake for about 5 minutes at 400° F or until the cheese melts.