

AJO COMMUNITY SUPPORTED AGRICULTURE



Winter 2008/09 / Week 9 of 12

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Planned harvest: Radishes, Broccoli, Spinach, Lettuce, Citrus, Dried Chiles, I'toi Onions, Baby Greens

NEW pick-up time: Since the number of members is expanding, from this Friday on the pick-up will run from 6 to 7 pm.

The farm picnic is coming up! Farmer Frank is inviting his Tucson and Ajo CSA members to visit his farm in South Phoenix on Sunday, February 22nd, from 11:00 a.m. to 2:00 p.m. There will be a tour of the fields led by Frank, followed by food prepared on the premises. Children are welcome, and there will be little train rides for the kids. There is no charge, and you are welcome to bring bags and harvest whatever you want in the field too. I suggest we try to carpool, so let me know if you are interested in going. And bring your friends too!

The sign-up for Spring Season (March, April and May) is now open! The weekly price per share remains the same, i.e. 20 dollars, so the price for the spring season will be 240 dollars. On top of that we will continue to collect gas money contributions as well; the amount will be determined based on the number of people who register, so please sign up by the end of February. Since some members will leave in the middle of the season, signing up for half a season will be possible for non-full-time residents. Half shares, as before, are available only if you find another person to share it with or if I can find a match for you. In order to make that easier, please let me know as soon as possible.

Ajo Health Fair and Ajo Garden Club presentation: According to organizer Jane Canon, over 150 visitors attended the Ajo Clinic's Health Fair this past Saturday, learning about healthier lifestyles, alternative healing, and mental and physical well-being, and several screenings were offered as well. The Ajo CSA booth attracted attention with a big pile of colorful fresh veggies; we gave quite a bit away, and even kids were caught munching on the orange cauliflower! On Monday morning, I gave a presentation to about 30 members of the Ajo Garden Club at the Ajo Library. The presentation began with an emphasis on the importance of food and the food choices we make, an explanation of the organic and locavore movements with the "Know Your Farmer" slogan, and I then introduced the CSA model and spoke in particular about our group. Afterwards, several people expressed surprise that such a choice is available here in Ajo. Copies of past newsletters were given away, as well as T-shirts and fliers with more information. Both events were covered by the local newspaper. Thanks to all who helped and stopped by.



Christine, Carol and Peter at the Health Fair



Nina explains CSA to the Garden Club

RECIPES ETC.

Vegetable Enchiladas – adapted from *Skinny Bitch in the Kitch* by Rory Freedman and Kim Barnouin, submitted by Stephanie Doerries
Serves 6

2 Tbsp oil, plus more for frying
1 red bell pepper, cut into ½-inch dice
1 yellow or green bell pepper, cut into ½-inch dice
1 red onion, cut into ½-inch dice
2 cloves garlic, minced
3 cups enchilada sauce (use CSA red chile enchilada sauce recipe; add some chopped tomato and more water to get more sauce that's a bit milder)
1 cup fresh corn, cooked or frozen and thawed or canned
1 (2 ¼-ounce) can Mission olives, drained
1 tsp fine sea salt
½ tsp ground cumin
½ tsp ground coriander
12 (7-inch) corn tortillas
4 ounces cheddar cheese, shredded
2 scallions, thinly sliced

Preheat oven to 350°F.

Heat 2 Tbsp of the oil in a 10 to 12-inch skillet over medium heat. Add the bell peppers and cook, stirring occasionally, for 5 minutes. Add the onion and cook, stirring occasionally, for 5 minutes. Add the garlic, reduce the heat to low, and cook, stirring occasionally, until all the vegetables are very tender, about 10 minutes. Transfer the vegetables to a large bowl and stir in ½ cup of the enchilada sauce, the corn, olives, salt, cumin, and coriander.

Warm the remaining enchilada sauce in a small saucepan. Then transfer the sauce to a round 8 to 9-inch cake pan. Working one tortilla at a time, use tongs to dip the tortilla into the warm enchilada sauce, dipping to soften the tortilla and coat both sides. Transfer the tortilla to a plate and spoon about ¼ cup of the vegetable mixture down the center of the tortilla. Roll the tortilla into a tight cylinder, enclosing the filling. Transfer the filled tortilla to a 13 x 9-inch baking pan, seam side down. Repeat with remaining tortillas, making 2 rows of 6 enchiladas each in the baking pan.

Pour the leftover dipping sauce over the enchiladas, covering them evenly. Sprinkle the cheese over the sauce. Bake for 20 minutes, or until the tip of a knife inserted into the center of an enchilada comes out piping hot. Sprinkle with scallions and serve.

Nina's Red chile flakes in oil

Take the red chiles we get from the farm, discard the stems and any moldy spots, and put aside the seeds for other purposes. Break the chiles up, and then blend them until broken into flakes, not dust. Heat up some canola or olive oil, put the flakes in (there should be just enough oil to moisten the flakes) and add some salt. Stir on a low heat until you can smell it, turn it off, and store in a refrigerator. Use on everything where you want a smoky flavor and/or a bit of a bite.

Nina's Frittata with chard

Wash and chop your chard (or spinach, or any other greens). Warm up about 2 Tbsp of good olive oil, and add 3 P'ittoi onions, chopped. Add a teaspoon (or more to taste) of the red chile paste, and stir a few minutes. Add the chard and cook until wilted and the water is almost evaporated. In the meanwhile, whisk 6 big eggs with 2 Tbsp. milk, a pinch of salt and a swirl of black pepper. Gently pour over the chard, turn down the heat, and cook for about 5 min on the top of the stove, then put under the broiler, set on Low, for about 5 more minutes, or until the frittata puffs up and is golden on the top. Serve warm or cold (as it cools, frittata will deflate but still taste great!).

Christine's Asian Coleslaw (submitted by Christine Johnson)

Christine recommends starting with bok choy or some other greens from the Brassica family, sliced, and then add an approx. equal amount of cabbage. Core and chop some apples (Wilcox, Az Pink Ladies are her favorites). For dressing, prepare an equal amount of olive oil, cider vinegar or lemon juice and agave syrup. Grate about 1 inch of ginger, and add salt of soy sauce to taste. Mix and let stand at least an hour before serving; it is great the next day too! Sprinkle with some sesame seeds or slivered almonds, and if you desire some heat, add some cayenne or chile flakes to the dressing.