

AJO COMMUNITY SUPPORTED AGRICULTURE



Fall 2009 / Week 11 of 13

Editor: Nina Altshul Layout: Peter Altshul

Planned harvest: Purple Turnips, White Hurakai Turnips, Spring Mix, Green Acorn Squash, Melons (assorted), Baby Bok Choi, Tatsoi, Kale, Pomegranate.

Winter Session Sign-up is now open! The winter session with Crooked Sky Farms will run for 10 weeks between December 1 and February 28 with a 2-week holiday break (no pickups between December 20 and January 6). The price per share is \$200 plus gas money, the amount of which will be determined by the end of November based on the number of registered shares. Registration will close on November 28, i.e. the last pick-up of the Fall season, so make sure you fill out your contract and bring your payment by then. Get your contract either at the pick-up location or email Nina at kat.altshul@yahoo.com.

Ajo Community Supported Agriculture & Ajo Community Garden Consortium Open House Saturday Nov 21st

9 am Citris and Irrigation Workshop by Master Gardener Mike Meckelburg. Horticulture questions encouraged. **In front of the Decheine residence, 210 Arroyo.**

3-6 pm Open House at the Ajo Community Garden

3:00 Introduction by Nina Altshul, Ajo CSA and Fran Driver, Ajo Community Garden Consortium. General garden tour. GED section information by GED students and Morgana Wallace.

3:30 Backyard composting workshop with Karen Johnson

3:30 Solar oven workshop with Aaron Cooper

3:45 Laughter Yoga with Jane Canon, RN

4:00 Environmentally friendly garden design with Christine Johnson

4:30 Harvest season cooking demonstration by Cheralyn Schmidt of the U of A Extension Office, Tucson, featuring fall produce from Crooked Sky Farms, Glendale.

5:00 Ajo CSA Farm Stand and Ajo CSA pick-up

Right on Orilla, back of Curley School Campus

7:00 Fresh (2009)

A documentary featuring writer Michael Pollan, urban farmer and activist Will Allen and sustainable farmer and entrepreneur Joel Salatin, which celebrates the farmers, thinkers and business people across America who are re-inventing our food system.

Oasis Café

All the events are free of charge (donations accepted). For information call Nina Altshul at

387-3132

Sponsors: Ajo Community Supported Agriculture, Ajo Community Garden Consortium, Crooked Sky Farms, International Sonoran Desert Alliance, Desert Senita Community Health Center, Pima County Health Department, U of A Extension Office, Oasis Café and dedicated individuals. Thank you!

RECIPES ETC.

Spaghetti Squash with Spicy Braised Greens, Raisins, and Nuts

(submitted by Stephanie Doerries, adapted from *Skinny Bitch in the Kitch*)

1 CSA spaghetti squash
2 Tbsp olive oil
2 cloves garlic, minced
½ cup roasted Anaheim chile peppers, fresh or frozen, peeled, deseeded, and chopped
1+ CSA bunch of kale, chard, mustard greens, collard greens, or a combination, cut into ½ -inch strips
1 to 1½ cups vegetable stock
½ tsp salt
1/3 cup raisins
¼ cup pine nuts or chopped walnuts
2 Tbsp olive oil, if necessary
¼ tsp salt

Preheat oven to 375 °F. Pierce squash several times with a sharp knife. Place on baking tray and bake for 60 minutes or until the flesh is easily pierced by a fork. Meanwhile, heat 2 Tbsp olive oil in stock pot over medium. Add the garlic and chiles and cook for 1 min. Add the greens, handfuls at a time, stirring until they're all in the pot. Add 1 cup stock, ½ tsp salt, and the raisins. Increase to high heat and bring to a boil. Reduce heat to a simmer, cover, and cook until greens are tender, about 10 min (15 to 20 for collard greens). Add more stock, 2 Tbsp at a time, if pan gets dry before greens are cooked. Stir in 3 Tbsp of the nuts. When the squash is done, cut in half along the equator and remove seeds and pulp. (Save the seeds for roasting later. They make a great snack!) Use a fork to separate the strands into a large bowl. Add the olive oil if needed and the remaining ¼ tsp of salt and toss gently. Transfer the squash to plates or a platter, top with the greens mixture, garnish with the remaining 1 Tbsp of nuts, and serve. Enjoy!

Vegetable-Lentil Curry

(submitted by Arlene Dreste)

2 tsp olive oil
1 medium-sized onion, finely chopped (about 1 ½ cups)
2 Tbsp curry
2 medium-sized sweet potatoes, peeled and cut into 1-inch chunks (about 1½ lb.) (or substitute butternut squash)
1 head cauliflower, stemmed and separated into florets (about 2 ½ lb.)
1 cup brown lentils, rinsed
2 14.5 oz. cans low-sodium diced tomatoes with juice

Heat oil in large saucepan or Dutch oven over medium heat. Add onion, and cook 5 minutes, or until softened, stirring often. Stir in curry powder, and cook 1 minute, stirring constantly. Add sweet potatoes, cauliflower, lentils, tomatoes with juice and 1 ½ cups water. Season to taste with salt. Bring mixture to a boil. Reduce heat, cover and simmer 30 minutes, or until lentils and sweet potatoes are tender. Season to taste with salt and pepper. Serve in shallow bowls.

More stuffed acorns...

(adapted from *EatingWell* magazine)

2 medium acorn squash, halved and seeded
1 teaspoon plus 2 tablespoons extra-virgin olive oil, divided
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground pepper, divided
1/2 cup chopped onion
2 cloves garlic, minced
2 Tbsp water
1 Tbsp tomato paste
8 cups chopped chard leaves (about 1 large bunch chard) (or substitute with any other greens available)
1 15-ounce can white beans, rinsed
1/4 cup chopped kalamata olives
1/3 cup coarse dry whole-wheat breadcrumbs
1/3 cup grated Parmesan cheese

Cut a small slice off the bottom of each squash half so it rests flat. Brush the insides with 1 teaspoon oil; sprinkle with 1/4 teaspoon each salt and pepper. Place in a 9-by-13-inch (or similar-size) microwave-safe dish. Cover with plastic wrap and microwave on High until the squash is fork-tender, about 12 minutes.

Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add onion; cook, stirring, until starting to brown, 2 to 3 minutes. Add garlic; cook, stirring, for 1 minute. Stir in water, tomato paste and the remaining 1/4 teaspoon each salt and pepper. Stir in chard, cover and cook until tender, 3 to 5 minutes. Stir in white beans and olives; cook until heated through, 1 to 2 minutes more. Remove from the heat.

Position rack in center of oven; preheat broiler. Combine breadcrumbs, Parmesan and the remaining 1 tablespoon oil in a bowl. Fill each squash half with about 1 cup of the chard mixture. Place in a baking pan or on a baking sheet. Sprinkle with the breadcrumb mixture. Broil in the center of the oven until the breadcrumbs are browned, 1 to 2 minutes.