

# AJO COMMUNITY SUPPORTED AGRICULTURE



Spring 2009 / Week 9 of 13

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**Planned harvest:** Spring Mix, Green Onions, Chiogga Beets, Swiss Chard, Valencia Oranges, Red LaSoda Potatoes, Golden Yukon Potatoes, Basil.

**Postcards from our winter members:** Swallow Crest Farm and their CSA in Montana, by Regina Browne

Swallow Crest Farm in Creston/Bigfork Montana is our supplier for fresh produce from mid/late May through October each year. Western Montana had a snowfall about June 5th last year, so a lot of our produce was set back and late. We got a half share (for two) and had tons of fresh greens all summer and mostly greens during May-June and first of July. Julian Cunningham of Swallow Crest sends us a notice in late January telling us the prices for the season (full: \$520, half: \$325) and later in the spring he sends us a monthly chart of what to expect in our share. In his newsletter he says that Swallow Crest began with 5 families in 1998 and expects to serve 160 in 2009. He farms a homestead that dates back to 1889. Bigfork is a small town on beautiful Flathead Lake, in northwest Montana, about 90 miles north of Missoula and 50 miles south of Glacier Park. We are at about 3000 feet elevation and it is generally a cool, middling wet climate. Crops come late and the growing season for corn and tomatoes is short. I am lucky if I get tomatoes in my greenhouse by August 15<sup>th</sup>! As the months go by, we get a variety of greens, herbs, carrots, onions, broccoli, cauliflower, asparagus, strawberries, snap peas, peas, beans, beets, raspberries, apples, pears, corn, squash, cukes, tomatoes, fall squash, pumpkins, maybe a melon or two if the season is good. Julian usually has a farm day in late June or early July so we can visit and pick the available crops. Usually during strawberry season... yum!

***Peach season is starting in Arizona!***

At Mark Schnepf's farm in Queen Creek, the first peaches probably not only in Arizona but the entire United States will be harvested this weekend. Starting this weekend, visitors can pick their own peaches, and next weekend the annual Peach Festival begins. You-pick is open from 7:30 a.m. to 5 p.m. Fridays through Sundays. Peach Festival open 7:30 a.m. to 5 p.m. May 10-11, 17-18 and 24-25. The address is 24810 S. Rittenhouse Road. For more information dial (480) 987-3100 or check [www.schnepffarms.com](http://www.schnepffarms.com)

***Summer 2009 Session Registration Begins May 1!***

The Ajo CSA Summer Session runs from June through August, and the cost of a produce share is \$240. Half-shares are not available from the farm but can be arranged within the group if enough notice is given. Gas money contributions will be calculated according to the number of registered members at the end of May.

***It's Your Time: National Women's Health Week in Ajo***

Ajo CSA is proud to be a co-sponsor of National Women's Health Week, organized by the Desert Senita Community Health Center, from May 10 - 16. The aim of this week is to support a nationwide initiative to encourage women to take simple steps for a longer, healthier and happier life. The activities in Ajo will kick off with a Mad Hatter Tea Party and Maidens, Mothers and Wise Women Laughing Club on May 6 (RSVP 387-5388). A 2 km Fun Walk/Run is scheduled to begin at 8:30 am on Saturday, May 9, at Bud Walker Park. Join Nina Altshul for a yoga/stretching warm-up at 7:45, followed by a Healthy Cooking demonstration at 9:30, with fresh produce donated by Crooked Sky Farms. Lectures will be held on May 11-13 at Salazar Ajo Library from 5:30 - 6:30 pm. Topics include Family Planning, Cervical Cancer Prevention, Ajo Day Care and Infant Sign Language, Pap Screens, and Post Partum Depression. On May 12, mammography will be offered by Assured Imaging Women's Wellness. Call 387-4539 for an appointment. Nina will also be offering free yoga classes at the Curley School on Monday, Wednesday and Friday, May 11, 13 and 15, from 7:00 to 7:45 am. We hope to see you there!

## RECIPES ETC.

### **Nina's Potato and Greens Sabji**

Sabji is a spicy vegetable dish that can be served alongside meat, eggs or with lentils or beans for a balanced meal. Instead of greens you can also eggplant or any other vegetable, just make sure you cook it to the point where the spices can be added.

½ CSA portion potatoes, boiled or roasted  
1 CSA portion greens (either beet or chard), chopped  
2 TBSP ghee (or a combination of mild-flavored oil and regular butter)  
½ inch (or more) fresh ginger root, grated  
1 tsp crushed CSA chiles  
1 tsp turmeric  
½ asafetida (or substitute ½ bunch sliced green onions)  
1 TBSP cumin seeds, freshly ground  
1 TBSP your favorite curry powder  
1 can crushed tomatoes (optional)  
1 TBSP your favorite masala powder  
Salt to taste

Warm up the ghee, add the ginger, chile, turmeric, asafetida or onions, cumin and curry powder, quickly stir until you can smell the spices, i.e. 30 seconds - be careful not to burn them or else you will have to start all over again. Add the greens and a bit of salt and cook till they wilt. Add potatoes and tomatoes, if using, and cook another 5 to 10 minutes. If the mixture is too dry, add a bit of water. Take off the heat, stir in the masala powder and adjust the seasoning.

### **Cheese Bubble and Squeak** (adapted from *The Kitchen Diaries*, by Nigel Slater)

Bubble and squeak is one of the ultimate British comfort foods, combining left-over potatoes with any other cooked vegetable you have on hand. Traditionally, it incorporated cabbage as well as any left-over meat from the Sunday roast, but today it is often made meatless and served alongside eggs or sausages, or on its own, like the version below.

½ CSA share of red or yellow potatoes, boiled and mashed  
1 CSA portion greens (either beet or chard or both), steamed and chopped  
A handful or two of crumbled cheese of your choice (Gruyere, Brie, Cheddar, Feta etc.)  
A little chopped thyme (optional)  
Salt and black pepper  
Fat or oil for frying

Proportions of greens and potatoes here are somewhat approximate and you can further experiment. Fold your greens into the mashed potatoes with the cheese, some salt, black pepper and thyme if using. Squash the mixture together with your hands to form thick patties that will fit into the palm of your hand, with a little flour if you are getting sticky, then fry them in hot, shallow fat or oil till they are crisp on both sides. Serve with your choice of pickles and a salad.

### **Christine's Borscht** (submitted by Christine Johnson)

2 TBSP olive oil  
1 yellow onion (or ½ CSA bunch of green onions), chopped  
½ CSA share of red or yellow potatoes, cubed  
1 CSA share of beets, cubed  
½ cup of vegan chicken-flavored broth powder (or to taste; or substitute your favorite soup concentrate powder or 2 bouillon cubes)  
½ CSA share of beet or chard greens, chopped (optional)  
Water  
1 bottle cap of apple cider vinegar  
1 TBSP of honey or agave syrup  
Dill, lemon pepper, salt to taste

Sauté the onions in olive oil, add the potatoes and beets, sauté a few more seconds, then add the water and the broth powder, bring to a boil and let simmer for at least 20 minutes, or until soft. Add the greens, if using, and simmer for another 5 minutes. When all the veggies are soft, add the vinegar and the sweetener, salt and pepper to your taste, add dill if using, and serve hot.

### **Chilled Beet Soup** (adapted from *French Women For All Seasons*, by Mireille Guiliano)

1 CSA share of Chiogga beets, cooked and diced or sliced (play with the color rings!)  
1 cup yogurt  
2 TBSP CSA green onions, chopped  
1 tsp minced garlic  
Pinch of cumin  
Salt and freshly ground pepper to taste  
2 TBSP dill, fresh or dried (or fennel fronds)

Combine the beets and yogurt, and stir well. Add the onions, garlic and cumin. Season with salt and pepper to taste, and mix well. Refrigerate for at least 2 hours. Serve in chilled soup bowls after correcting seasoning and sprinkling with the dill.