

AJO COMMUNITY SUPPORTED AGRICULTURE



Spring 2009 / Week 1 of 13

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Planned harvest: Turnips, Carrots, Tokio Bekana, Arugula, Mizuna, Potatoes, Navel Oranges and Farmer's Choice

Welcome to the Spring Session at Crooked Sky Farms and Ajo CSA! The Spring Session begins in the first week of March and runs through May, and is probably the most diverse session in the year. Coming up soon are peas, green garlic, carrots, parsnip, root parsley, and more greens and lettuce. In about 4 weeks, artichokes will be ready to harvest as well. At the farm picnic, Frank told us that he is starting to get ready to plant warm-weather crops such as tomatoes, corn and squash. The Ajo Community Supported Agriculture group now consists of 18 shares and a total of 27 individuals and families. For the time being, the pick-ups will continue to be held on Fridays between 6 and 7 pm.

Gas money contribution: \$15 per share if you signed up only for the first half of the session, \$43 per share for the whole session (more expensive because there are fewer of us to split the cost!). If you can volunteer to go to the farm you will receive \$45 dollars which should cover gas, ice and a bit of your time and effort.

Ajo CSA pickup etiquette:

1. Bring your own bags.
2. Check your name off on the Ajo CSA Pick-up Sheet before you get your veggies.
3. 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.
4. Take your whole share: No more, no less. Make sure that you always leave with 8 different items. If you don't want something, talk to other members about trading, or look at a "Trading Post" (if available) for possible substitutes. If you trade anything, you have to trade a portion for a portion, e.g. if you do not want your bunch of P'itai onions, you can only trade it only for the whole portion of e.g. oranges, which is usually more than one.
5. Please stick to the allocated pick-up timeframe. If you can't pick up, ask a friend or neighbor 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.
6. Parking: please try to park on the west side of Sahuaro St. (on the side where our house is) during the pick-up. There are more parking spaces to the front of the house, on Morondo Ave. Thank you.

Raw Foods Demonstration! Join us this Friday at 6 pm to taste delicious, healthy foods prepared by our guests, Leigh Hopkins (daughter of Bruce and Nancy Secker) and Helena Baronheid, co-partners of *Viva Institute*. Viva Institute is an organization designed to foster positive human development and inspire the creative power of individuals and organizations. Viva Institute teaches a variety of holistic classes and workshops, holds monthly Raw Food Potlucks ("Soulfood Sundays"), and offers holistic retreats in the US and Brazil. For more information, visit <http://www.vivainstitute.com> This week Leigh and Helena will hold a presentation, demonstration, and tasting of "Raw Food," a diet that has proven remarkable health benefits through the ingestion of raw vegetables, fruits, nuts and seeds. Besides the basic information about raw food, you will be able to taste raw ravioli and a dessert as well as watch them prepare a green smoothie.

RECIPES ETC.



Good food and live music at the pot luck!

Easy Green Smoothie by Viva Institute

Start every day with a green smoothie, and you'll never need coffee. Make an entire quart and drink from it throughout the day.

Ingredients:

- large leaves kale, or
- 1-2 cups of spinach, or
- 1-2 cups of beet greens
- 1 banana, apple, or pear
- 1-2 cups of water

Directions:

Remove the soft outer leaves of the kale by "peeling" the green leaves away from the inner stem. Place in blender or Vitamix on low, then increase speed. Peel banana or core apple or pear, add to blender. Add more/less water, depending on desired consistency. Blend well.

Optional

- To sweeten without fruit sugar (recommended for diabetics), add 2-4 leaves of fresh Stevia or Stevia powder
- 1-2 tablespoons of raw coconut butter make green juices creamier and provide a delicious flavor; raw agave nectar is another healthy sweetener.
- To intensify, add green powder like Alissa Cohen's Wildcrafted Green Powder

Raw Ravioli from Alissa Cohen's *Living on Live Food*

Wrapper:

- 4-5 large turnips

Peel the turnips. Slice the turnips into very thin slices by cutting them in half and then using a spiral slicer, mandolin or other vegetable slicer to make thin round disks.

These will be used as the wrapper which would normally be the pasta dough.

Cheese filling:

- 1 cup pine nuts
- 1 cup macadamia nuts
- 1 cup walnuts
- 6 t Brags or Nama Shoyu
- 8 t lemon juice
- 2 cloves garlic
- 1 cup parsley

Blend the pine nuts, macadamia nuts and walnuts in a food processor until ground. Add the rest of the ingredients and blend well, until creamy.

Tomato Sauce:

- 2 large tomatoes
- 1/2 cup sun dried tomatoes
- 1/4 cup fresh basil
- 1 clove garlic
- 6 dates
- dash of olive oil (optional)

Soak the sun dried tomatoes until soft. Blend in food processor: the tomatoes, sun-dried tomatoes, basil and garlic until well blended. Add the dates and olive oil and blend until smooth. This sauce should be thick.

Directions for assembling the ravioli:

Remove a turnip slice from the batch. Place a teaspoon full of cheese filling in the turnip slice and fold the turnip over until all the sides meet. Squeeze the edges together. Some of the filling will ooze out, but this is what will hold the edges together. Put the excess back into the bowl to reuse. If you don't have enough filling, they won't stick together. Place ravioli in a single layer on a large plate and drizzle the tomato sauce on top; allow to sit for a few hours. The turnip will become soft from the tomato sauce. Use a spatula to scoop the raviolis up and serve.

Mocha Balls

Combine 1 cup raisins, 1 cup walnuts, cacao powder or carob powder, raw grated coconut.