

Ajo CSA Week 5 - What did you do with your produce share?

We have more people signing up for the shares (we are now at 13 shares), and we are therefore getting more gas money, so the gas money amount for a weekly pick-up will go up to 60 dollars, which will almost completely cover the cost of driving to the farm. If we get enough subscribers for the winter season we will be able to lower the gas contributions by as much as 50%, so keep spreading the word! And as always, please volunteer for Friday pick-ups (or any other day during the week) if you can.

News from the farm: Farmer Frank reported that they have a lot of greens growing now, which you can see in the field by the headquarters. We can expect lettuce and salad mixes in about 10 days, and the first turnips will be ready soon. Tania asked whether we are okay with them giving us 2 cooking greens and 1 bag of lettuce (so 3 greens) in our next few weekly shares, so please let me know if there are any objections.

Greens, especially the dark, leafy ones, are among the most nutritious vegetables available, providing a great variety of vitamins, minerals, and are an important source of iron, calcium and protein, especially in a vegetarian or low-fat diet. Store greens in a plastic bag in the refrigerator; if you have time, wash them right after you get them and they will keep if wrapped in wet paper towels inside a plastic bag, or just in a plastic bag into the work week. Storage time depends on the type of greens, but the general rule is the milder or softer the greens the sooner you should use them. If they start looking a bit tired, smell them to see if they still smell good enough to use (leaves from the cabbage family in particular will clearly change to an unpleasant smell when too old to use). To clean your greens, fill a large bowl with cool water and completely submerge the greens. Swishing them around will get rid of dirt hidden in curly parts or along stems. Repeat at least twice. Cooking greens are used in all types of cuisine and you should have no trouble incorporating them into almost any dish: you can serve them on their own (as a side dish, a filling for Spanakopita or tortillas, or in frittatas) or they hide wonderfully in just about everything from soups to pasta sauces, chilis or wheat berry pilafs. Tania's favorite way of preparing greens, including the spicy mustard we have been getting, is to fry some onions on olive oil, add the greens, some chopped tomatoes and garlic and cook until the greens wilt. Eat it on its own, or serve over rice or with tortillas.

Spanakopita

- 1 package of fillo dough
- 1 or 2 bags of greens (whatever you have), washed
- 3 Tablespoons of butter (or more to taste), melted (or olive oil)
- 2 cups of ricotta cheese
- 1 cup of sour cream
- 1 egg
- salt, pepper

Defrost the fillo dough. Quickly boil your greens in a pot of salted water, thoroughly drain them, and once they cool down squeeze any excess water out. Chop the greens and

mix them with ricotta, cream and egg. Butter the baking pan and layer about 10 layers of fillo dough – brush each layer with butter as you go. Spread the filling, and repeat with 10 more layers of dough. Brush the top layer with the remaining butter and gently cut through the top layer of dough into serving sizes, squares or triangles. Bake in a preheated oven at 370°F for about 30 min; at that point you should check to see if it needs more: you are looking for a light brown color on the top. Cool slightly before serving, but it is also great at room temperature.

Buon appetito!

Nina