

AJO COMMUNITY SUPPORTED AGRICULTURE



Winter 2008/09 / Week 12 of 12

Editor: Nina Altshul, Proofreading and Layout: Peter Altshul

Planned harvest: Carrots, Red LaSoda Potatoes, Citrus, Bok Choi, Wheat Berries, Kohlrabi, Green Mix (arugula and mizuna), Yukina Savoy

Last Call for Spring Season Sign-Up! If you haven't signed up yet but wish to please hurry up! Bring your checks made out to Crooked Sky Farms this by Friday at the latest.

End of the Season Potluck/General Members Meeting This is the last pick-up of the Winter Season, and as we say goodbye to some of our members (to some of them only for the summer) and welcome back some old ones, we shall celebrate food and sustainable and local living with a potluck this Friday, from 6 o'clock on. Invite your friends, bring a seasonal, local dish or drink to share, and spend some time with other members and listen to some good music. I would also like to hear any comments you might have with regard to our group as well as the produce we have been getting. We will also discuss and decide what to do about the gas money surplus and the gas money contribution for next season. See you then!

Crooked Sky Farms Picnic, February 22

Farmer Frank and his crew threw a picnic for their CSA members at his central farm on 19th Ave. in south Phoenix, and a fine time was had by all! About 40 people gathered on the cloudy Sunday, coming from Phoenix, Tucson and Ajo, and after the welcome, Frank said that he really appreciates his members and that they are currently feeding about a thousand families, including about 20 in Ajo! He talked about what he has growing on his fields and invited us to harvest anything we wanted and then come back for a spread of food. Even though the sun was covered by clouds most of the day, after being out in the fields some cold and refreshing grapefruit and regular sodas really hit the spot. Tania and Claudia from the farm prepared roasted potatoes, roasted eggplants, and an assortment of raw veggies, including broccoli, kale, carrots and turnips. Tania also prepared her favorite cabbage slaw, while Claudia prepared sautéed Peruvian beans with greens. Chef Elizabeth (Milburn) (www.Leave-It-To-Elizabeth.com), who you can often see creating culinary delicacies at the Downtown Phoenix Public Market on Saturdays using local ingredients such as Queens Creek olive oils, was keeping up very well, cooking omelets to order stuffed with scallions, cilantro, spinach and cheese, and showing us other ways to use the produce. Eating and resting for a while on hay bales while talking to other CSA members was a lot of fun, as were the train rides for the kids. A lot of people kept on wandering back to the fields to enjoy the splendorous abundance of healthy vegetables, take in the colors of the yellow-flowering fennel and dill contrasted with purple kale, feed pea flowers to the kids or ask Frank some more questions. It was difficult to leave but despite the heat and some hard and dirty work, the people's faces were lit up with smiles as they left with bags full of freshly harvested produce.

Jane Canon's impressions of the picnic: Being the idealist that I am, I was taken by the beautiful farm in the center of the city! I truly forgot that I was in Phoenix. How amazing that all that produce grows organically! And the ground looks dry until you see where a plow has made a deep furrow and the deep moisture is there and it is muddy. It is a lot different than the Ajo soil.

Farmer Frank was very informative as was his staff. They were truly at home. The picnic was scrumptious. It was a very generous spread of almost everything growing on the farm. They were just the best hosts, allowing us to pick anything we wanted and go anywhere on the farm and even supplying transportation.

The flavor of the purple carrots is hard to describe. Imagine eating a bright orange center surrounded by a purple ring. Sweet to taste and glorious to view. How about a 5-pound sweet potato that is perfectly edible. Broccoli as far as you can see. The smell of scallions as you draw near. Little children munching on broccoli.

Next year, I will plan to stay longer.

RECIPES ETC.



Chef Elizabeth at work

Chef Elizabeth's Dip

Mix sautéed spinach (or other greens), chopped pecans, l'itois and cream cheese, a bit of garlic, and a squeeze of lemon. Serve with an array of raw (or blanched and shocked) vegetables such as carrots, kohlrabi and broccoli.

Tania's Cabbage Slaw

Slice a head of cabbage, some radishes, and add a bunch of chopped cilantro. Mix and add sliced pickled jalapenos to taste. Serve with tortilla chips or use it to top your burrito or a bowl of chili.

Roasted Broccoli with Shrimp (submitted by Laura Altshul, from the New York Times)

2 pounds broccoli, cut into bite-size florets
4 tablespoons extra virgin olive oil
1 teaspoon whole coriander seeds
1 teaspoon whole cumin seeds
1½ teaspoons kosher salt
1 teaspoon freshly ground black pepper
1/8 teaspoon hot chili powder
1 pound large shrimp, shelled and deveined
1¼ teaspoons lemon zest [from 1 large lemon]
lemon wedges for serving

Preheat oven to 425 degrees. In a large bowl, toss broccoli with 2 tablespoons oil, coriander, cumin, 1 teaspoon salt, ½ teaspoon pepper and chili powder. In a separate bowl combine shrimp, remaining 2 tablespoons oil, lemon zest, remaining ½ teaspoon salt and remaining ½ teaspoon pepper.

Spread broccoli in a single layer on a baking sheet and toss with broccoli. Roast for 10 minutes. Add shrimp to baking sheet and toss with broccoli. Roast, tossing once

halfway through, until shrimp are just opaque and broccoli is tender and golden around edges, about 10 minutes more. Serve with lemon wedges, or squeeze lemon juice all over shrimp and broccoli just before serving.

Laura served this over linguine and said it was delicious! It would also be good over rice or any other available carb that would sop up the juices.

Joni's Spinach (submitted by Joni Britton)

Sauté several coarsely chopped garlic cloves, 1/2 large diced red bell pepper, 1/2 thickly sliced and quartered red onion, in extra virgin olive oil, adding salt & pepper to taste. Add spinach with water clinging to leaves, cover to wilt spinach, then add salt & pepper and stir. If you wish you can add several sprigs of fresh, tender Rosemary to the sauté which give a nice flavor. Cook covered, on medium, stirring occasionally, until spinach is tender and water is absorbed. Top with freshly grated Parmesan cheese and serve.



Picking carrots

Recipe for Kohlrabi (submitted by Karen Johnson, taken from the *Joy of Cooking*, 1979 edition)

Make sure you use young knobs – too large and they become fibrous and inedible. Cut off the tops, trim and wash the leaves, and pare the knobs. Slice knobs and drop both knobs and leaves into boiling water. Cook uncovered until tender, about 20 minutes. Drain. Chop the cooked tops and puree them.

While the kohlrabi is cooking, make a white sauce (béchamel) as follows. In a frying pan, stir a couple of forks full of flour into 2 tbs. butter. Cook until bubbly, adding milk to a smooth consistency. Add an onion studded with whole cloves and cook slowly for 20 minutes, stirring as needed. Remove the onion when done. Add the Kohlrabi puree and a dash of nutmeg.

Serve the sauce over the kohlrabi and whatever else you are serving. It is VERY bright green!!