

AJO COMMUNITY SUPPORTED AGRICULTURE



Editor: Nina Altshul

Winter 2010 / Week 8 of 11

Planned harvest: Beauregard Sweet Potatoes, Hokum Carrots, Hector Spinach, Purple Bok Choi, Rapini, Red LaSoda Potatoes, Tuscan Kale, Watercress.

Desert Senita Health Fair! Oh, what a day! Salad, greens, music, yoga, cakes, cookies... and Ajo's beautiful people! Our booth that we shared with Ajo Community Garden was right next to chef Cheralyn, whose cooking attracted just about every visitor to the clinic, so we were busy all day long. Besides fliers, newsletter and local food books, we also featured posters made by Las Artes GED program students documenting their gardening journey. We handed out numerous fliers on Ajo CSA and the Ajo Community Garden, including the announcement of gardening workshops of Feb. 23, which are free and open to the public (look for details on our website and in upcoming newsletters)! Cheralyn (again) loved cooking with Farmer Frank's veggies – "They taste so good on their own I don't have to do much at all," she says. She estimates that we handed out over 100 plates of salad and/or greens (see recipes below), feeding so many people half of their daily veggie requirement! Kids loved munching on broccoli, carrots and yes, even turnips, and an older gentleman figured out our secret: if you finish your plate of salad, you too will start dancing!



Once again I owe a great thank you to our volunteers: Stephanie, Chris, Carolyn, Don, CC and Carl – you are the best! Thank you, Jane, for inviting us, and thank you to Farmer Frank and Crooked Sky Farms for the fabulous greens and roots!

Beer tasting and movie at 100 Estrella Restaurant & Lounge on February 4th: Join Mara and Tom Branson, self-proclaimed "local beer geek," in a tasting of several craft beers of different styles from 5 to 7 pm. As part of the tasting, Tom will help you understand different beers and how to develop your palate and appreciation for them. Following the tasting, at 7 pm, there will be a showing of **Beer Wars**, a feature-length independent documentary that takes you on a no holds barred exploration of the U.S. beer industry that ultimately reveals the truth behind the label of your favorite beer. Told from an insider's perspective, the film goes behind



the scenes of the daily battles and all out wars that dominate one of America's favorite industries. The film highlights the difficulties that independent craft brewers have selling their beer against the beer industrial complex of Anheuser-Busch, Miller and Coors. The cost for the beer tasting is \$5.00 per person; the movie screening is free. 100 Estrella Restaurant will be open for full food service during the movie, and Ajo CSA will be providing greens for their salads specially for this event! You don't want to miss it!

RECIPES ETC.

Baby Greens Salad with Grapefruit Citranette

(by Cheralyn Schmidt)

Serves 6

6 cups baby greens, spinach or dark colored lettuce cut into 1 inch pieces
¼ cup thinly sliced red onion
½ cup fresh squeezed grapefruit juice
1 Tbsp honey
¼ tsp sea salt
¼ tsp fresh cracked pepper
1/2 cup extra virgin olive oil
1 tsp grapefruit zest
1 Tbsp finely chopped parsley

In a large bowl, combine frisée, baby greens and red onions then set aside. In a medium bowl, whisk together grapefruit juice, honey, salt and pepper until combined. While whisking constantly, pour olive oil in a continuous stream into bowl until emulsified. Stir in grapefruit zest and chopped parsley. Pour citranette over greens and toss gently until coated. Divide onto plates and top with toasted walnuts. Serve immediately.

Glorius Greens

(by Cheralyn Schmidt)

Serves 4

Before cooking greens, chop and set aside for 5-10 minutes to allow the flavor to develop and minimize bitterness.

1 bunch greens (mustard, chard, kale, collards etc.)
1/3 cup broth
1-2 Tbsp extra virgin olive oil
1 tsp fresh chopped garlic
1 Tbsp lemon juice
Salt and pepper to taste

Cut greens into ½ inch strips, including stems. Allow to sit for 5-10 minutes before cooking. Preheat a large sauté pan over medium heat and pour in broth. When broth begins to boil, drop greens into pan then cover with lid. Lower heat to medium and cook for 7 minutes. Turn off heat and remove lid. Toss with garlic, lemon juice, salt and pepper.

Homemade Ranch Dressing

(by Cheralyn Schmidt)

2 cups low fat sour cream
1 cup low fat buttermilk (more if you like it thinner)
1 Tbsp finely chopped onion (dried or fresh)
1 Tbsp finely chopped parsley (dried or fresh)
2 tsp chopped garlic or 1 tsp garlic powder
1 tsp fresh cracked pepper
½ tsp salt

Mix together, refrigerate and allow to sit for at least 2 hours before serving. Even better overnight.

Crushed Red Potatoes with Winter Greens

(adapted from EatingWell)

1 pound greens such as collards, mustard greens, broccoli rabe (rapini) and/or escarole, (8 cups)
2 pounds small red potatoes, scrubbed
1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
1/2 cup fat-free buttermilk
Salt & freshly ground pepper to taste

Remove tough fibrous stems and any wilted or yellow leaves from greens. Wash leaves well and cut into 1-inch pieces. Set aside.

Cook potatoes in a large saucepan of boiling salted water until tender, about 15 minutes. Remove with a slotted spoon and transfer to a medium bowl. Crush with a potato masher or the back of a large spoon and set aside. Add the greens to the boiling water and cook until tender, 2 to 3 minutes. Drain and set aside.

Dry the pot, add oil and heat over medium heat. Add garlic and sauté until fragrant, about 1 minute. Add the cooked greens and toss with the garlic. Stir in the crushed potatoes and buttermilk. Season with salt and pepper.

Kale and Potato Hash

(adapted from EatingWell)

8 cups torn kale leaves, (about 1/2 large bunch)
2 tablespoons horseradish
1 medium shallot, minced
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
2 cups cooked shredded potatoes
3 tablespoons extra-virgin olive oil

Boil potatoes until they can just be pierced with a fork but are not completely tender. Let cool slightly, then shred.

Place kale in a large microwave-safe bowl, cover and microwave until wilted, about 3 minutes. Drain, cool slightly, and finely chop.

Meanwhile, mix horseradish, shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.

Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.