

AJO COMMUNITY SUPPORTED AGRICULTURE

Winter 2008 / Week 2 – The Greens Issue!

Planned Harvest: Spaghetti Squash, Yellow Onions, Radish Mix (Black Spanish, Valentine and Daikon), Harukei Turnips (white), Collard Greens, Spinach, Dill, Salad Mix.

Swiss Chard Pie (submitted by Carolyn Cook)

1 onion, chopped	6 eggs
1 clove garlic, minced	1 cup shredded cheese
2 tablespoons oil	1 teaspoon salt
1 bunch Swiss chard	2 pie crusts

Heat oven to 400 degrees. Brown onion and garlic in oil. Trim and chop chard, add to pan and cook until wilted. Beat eggs in a bowl; add cheese, salt and chard and mix. Pour into pie shells and bake 30-40 minutes. Makes 2 pies. OR, you can make half of the recipe.

Red Sauce for White Men on a Greens Day (submitted by Ed Mosimann)

Whip out the solar cooker and pot. Prewarm to ...*whatever*. Just get the food in the pot by noon or 1 pm and dinner will be waiting at 5 pm.

This is cooking that even guys can handle. YES, a stove works, but why not save the world!

Into the Pot:

1 bunch chopped greens (organic or BETTER), any greens or spinach, just add extra sweet fruit if they are of the nasty bitter type
1 large 'thumb' in volume of fresh ginger root
2 freshly squeezed large Valencia oranges
1 handful (1/3 cup) chopped prunes ...more or less based on bitterness of greens
1 handful (no you don't actually put them in your hand gentlemen!) finely chopped green olives.
1/3 chopped red cabbage, carrots, apples; all optional ...cooking is not transmission repair! Be flexible.
Act seasonally.
1 red bell pepper
1 lump Patak's 'Hot Curry Paste concentrate for sauces', or your favorite curry to taste
1 handful chopped sun-dried tomatoes, if you feel like it
1 handful chopped walnuts or almonds
25 oz jar of your favorite organic, or BETTER, marinara sauce to cover the veggies, and into the solar oven (www.sunoven.com or Google for lower price)

Serve over your favorite pasta with Feta, Romano or those funny little packets you snagged at the pizza parlor last week ...NOT the red flakes!

To stay up to date on organic food news, Ed suggests signing up for 'Organic Bytes'

<http://www.organicconsumers.org/organicbytes.cfm>

RECIPES ETC.

Southern-style turnip greens with salt pork (submitted by Linda Cottrell)

1 ½ - 2 lbs. turnip (or mustard) greens	1/2 cup finely chopped onion
¼ pound salt pork, rinsed and diced	1/4 teaspoon pepper
2 cups water (about 2 inches in your cooking pot)	1/2 teaspoon sugar, optional
	a dash of crushed red pepper, optional

Cut off and toss tough stems from greens. Wash greens thoroughly. Chop greens. Cook salt pork in a large pot or Dutch oven over medium heat until crisp and brown. Add the turnip greens, water, onion, sugar, pepper, and crushed red pepper; bring to a boil. Reduce heat, cover, and simmer 30 - 40 minutes or until greens are tender. Season to taste. Can be served with hot sauce. Greens are good served with cornbread.

Make a dinner with your favorite pork roast or ribs, baked yams or black-eye peas, greens and cornbread.

Simple braised greens (submitted by Regina Browne)

This recipe does not have measurements, it is just something I have done for years with any greens that can be steamed. And the fact that I can put yoghurt on it, which makes everything better as far as I am concerned.

If you are not a vegetarian, start out by frying a couple of slices of chopped lean bacon for a few minutes. If you are vegetarian, start here:

Saute a sliced medium onion for a few minutes, until transparent in a little olive oil. If you have some mushrooms, slice and add. Slice some garlic if you like, too. Add a little salt and pepper, and a splash of vinegar. I use rice vinegar, but any kind is fine. A splash is more than one tablespoon, but less than 1/4 cup.

Add any greens that can be steamed and do not have too strong or unique a flavor. I usually use spinach, bok choy, or beet greens. Steam for just a minute or two and serve with a dollop of yoghurt (or not).

Lettuce Soup (submitted by Karen Johnson, courtesy of Elisabeth Winkler, Real Food Lover, on the Internet) (Tip from Nina: try this with your escarole!)

Boil 1 pint of water with 1 ounce (30g) of butter. Add 1 ounce of rolled oats. Bring the water, butter and oats to the boil. Simmer for five minutes to cook the oats. Add a lettuce, chopped. Season with lots of black pepper but a little salt. Turn off the heat after several minutes as lettuce cooks quickly. And will carry on cooking in the water. I think blending this soup makes it more unctuous.

Another note from Real Food Lover: I love Jane Grigson's Vegetable Book (Google it), which has recipes for every veg from artichoke to yam. My mum made hers with spinach, but the Grigson original is Irish Nettle Pottage.