

AJO COMMUNITY SUPPORTED AGRICULTURE



Summer 2009 / Week 6 of 13

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Planned harvest: Melon, Tomatillos, Early Glendale Gold Sweet Onions, Tomatoes (double share), Basil, Armenian Cucumber, Butternut Squash.

Loco for Local food demo and more: Thursday's pick-up featured local dishes prepared by Stephanie Doerries, Christine Johnson and Nina Altshul, highlighting the Crooked Sky Farms summer bounty. You will find recipes for all of the tasty dishes we enjoyed below, except for Nina's very popular Chilled Cucumber Soup, which was featured in the newsletter for Week 1 of the current session. *Bon appetit!*

Melon of the Week: Ananas (pineapple) melons are renowned for their sweet, aromatic, and slightly spicy flavor. They are ripe when skin is yellow-orange with green molting. The San Juan variety has a superb pear-like flavor.

Stephanie's Gazpacho

1 Armenian cucumber, peeled, seeded, and chopped
½ CSA pickling cucumber, peeled, seeded, and chopped
2 lb Roma tomatoes, peeled and quartered
2 Hungarian horn peppers, seeded and chopped
2 CSA mini onions, chopped
¼ cup white wine vinegar
½ cup water
1 Tbsp salt
½ CSA share of verdolagas, chopped

Combine cucumbers, tomatoes, horn peppers, onions, white wine vinegar, water, and salt in a blender, adjusting amounts to desired taste and consistency. Serve chilled, garnished with chopped verdolagas.

Melon Salsa

(adapted from Barbara Kingsolver's *Animal, Vegetable, Miracle*)

1 medium melon (cantaloupe or other)
1 red bell pepper
1 small jalapeno pepper
½ medium red onion
½ cup fresh mint leaves
1-2 Tbsp honey
2 tsp white vinegar

Dice the melon and pepper into ½ inch cubes. Finely mince onion and mint. Toss with honey and vinegar, allow to sit at least an hour before serving.

Creamy Verdolagas

1 CSA share of purslane
1 small onion
½ half pint of heavy cream
½ cup shredded cheese (optional)
Salt, to taste
Pepper, to taste

Wash your purslane well, and remove the tough ends. If you wish, you can cut it into smaller pieces. Sauté 1 small onion on some oil, and then add your bunch of verdolagas. Sauté until the verdolagas are soft. Then add about 3 Tbsp of cream and if you wish, a little bit of cheese. Let the cheese melt, season with salt and pepper, and serve warm as a side dish. (This recipe was given to me by Lauree, a lady at the Downtown Farmers' Market in Phoenix).

Nina's Melon-ade

Another thing you can do with a honeydew or any other type of a melon is turn it into a drink. First, prepare a sugar syrup: heat up ½ cup of sugar with ½ cup water until the sugar dissolves. Cool. Peel and cube your melon, and put it in a blender. Add about ½ cup of lemon or lime juice and the sugar syrup, and top off with water. You can use honey, agave syrup or maple syrup instead of sugar syrup, in which case you can add it directly to the melon with your water. Blend and adjust the sweetness. Cool before serving, and serve with ice.

RECIPES ETC.

Christine's Summer Veggie and Tepary Bean Soup

2 cups tepary beans
2 small Glendale Gold onions
1 butternut squash
1 big sweet potato
1 bunch of kale
2 ears of corn, kernels shaved off the cob
3 Roma tomatoes
1 handful of basil
Chicken veggie broth
Italian seasoning
Salt, to taste
Lemon pepper, to taste
1 Tbsp agave syrup (or honey)
1 Tbsp vinegar (or lemon juice)

Cook tepary beans separately in a crock pot, with some chicken veggie broth and salt.

Sauté onions in olive oil. Add a butternut squash, one big sweet potato and a bunch of kale and some sweet corn cut off the cob (can be frozen, too). Add beans, and then bring to a boil. Cook for about 15 minutes or until cooked. Add fresh chopped tomatoes, some Italian seasoning, chicken veggie broth and heat through, then finish it off with a good handful of basil, salt, lemon pepper, agave syrup and vinegar.

Christine's Colorful Tepary Bean Salad

2 cups tepary beans, pre-cooked
2 ears of corn, kernels shaved off
2-3 ripe tomatoes, sliced
½ Armenian cucumber, de-seeded and cubed (or substitute regular cucumber)
½ cup basil

Vinaigrette:

¼ cup olive oil
¼ cup apple cider vinegar (or substitute lemon juice)
1 tsp agave syrup (or substitute honey)
salt to taste

Prepare beans as above, or use beans you cooked, frozen and defrosted. Combine the corn, tomatoes, cucumber and fresh basil. Add beans, then dress with the vinaigrette. Combine and let stand for at least a while before serving. For this salad, you can use whatever fresh veggies you have on hand, so feel free to experiment!

Nina's Crooked Sky Summer Quinoa Stir-Fry

1 cup quinoa
2 cups water
1 bunch of Asian noodle beans (aka yard-long beans)
2 ears of corn, kernels cut off the cob
5 small green bell peppers, sliced
2 banana chile peppers, de-seeded and sliced
2 small Glendale Gold onions, chopped
1 clove garlic
½ cup cashews
½ cup raisins
½ inch ginger root, grated
3 Tbsp coconut oil
½ cup orange juice, frozen
1 tsp lemon zest
3 Tbsp soy sauce
salt to taste
Handful of fresh basil, to serve

Thoroughly wash your quinoa in a colander in order to remove the bitter coating, then combine with water and a bit of salt. Bring to a boil, and cook covered on low heat for 15 minutes or until all the water is absorbed. Let stand for 5 minutes, covered, then fluff up with a fork. Wash, cut and boil Asian noodle beans for a few minutes, until tender. Drain and set aside. Heat up the oil, and add onions and garlic. When garlic starts to sizzle, add ginger and chile peppers. Cook for about 2 minutes, then add the corn, bell peppers, chiles, cashews and raisins. Cook for another 3 to 4 minutes, or until the pepper softens. Add orange juice and soy sauce with the zest, and bring to a boil until the sauce turns into a glaze. Add the quinoa and beans; keep stirring for about 5 minutes until quinoa is thoroughly coated and very hot. Adjust the seasoning, add basil, and serve with more soy sauce and lemon wedges.