

# AJO COMMUNITY SUPPORTED AGRICULTURE



Fall 2009 / Week 12 of 13

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**Planned harvest:** Sweet Potatoes, Red LaSoda Potatoes, Green I'toi Onions, Navel Oranges, Spring Mix, Rappini, White Turnips and Butternut Squash.

**Winter Session Sign-up is now open!** The winter session with Crooked Sky Farms will run for 10 weeks between December 1 and February 28 with a 2-week holiday break (no pickups between December 20 and January 6). The price per share is \$200 plus gas money, the amount of which will be determined by the end of November based on the number of registered shares. Registration will close on November 28, i.e. the last pick-up of the Fall season, so make sure you fill out your contract and bring your payment by then. Get your contract either at the pick-up location or email Nina at [kat.altshul@yahoo.com](mailto:kat.altshul@yahoo.com).

**Saturday Cooking Demo** As you probably know by now, we have an exciting pick-up this Saturday! I am particularly happy to welcome chef Cheralyn Schmidt from Tucson. Cheralyn's job title is *Instructional Specialist-Arizona Nutrition Network/Bone Builders, University of Arizona Pima County Extension Office*, and her immense love of good food comes through in everything she does. So please join us this Saturday at 4:30 for her food demo and tasting, featuring the glorious greens of Crooked Sky Farms! She will tackle some of the greens we have and will be getting in our shares, and share some tips on their preparation. And if you have any special questions or concerns, she will be happy to address those as well. Below are the recipes for dishes she will present this Saturday, as well as her special Thanksgiving treat.

## Miso Soup with Asian Greens

By Cheralyn Schmidt, serves 4

4 cups broth or water  
1 bunch tat soi, bok choy, mizuna or other Asian green, chopped into 1 inch pieces  
½ lb tofu, cut into 1 inch cubes or ½ lb edamame without shells  
½ cup miso paste  
½ cup chopped green onion

In a large saucepan, bring water or broth to a boil. Stir in tat soi and tofu or edamame and cook for 4-5 minutes. Ladle a small amount of broth and combine with miso paste. Whisk until smooth. When greens are cooked, turn off heat and stir in miso paste. Garnish with onions and serve hot.

## Soy Ginger Mizuna Salad

By Cheralyn Schmidt, serves 8

1 bunch mizuna, chopped into 1 inch pieces (4-5 cups)  
2 cups mung bean sprouts  
½ cup chopped cilantro or parsley  
¼ cup thinly sliced red onion  
3 Tbsp soy sauce  
1 Tbsp toasted sesame oil  
1 Tbsp vinegar  
2 tsp powdered ginger or 2 Tbsp fresh grated  
1 Tbsp sugar (optional)

## Wild Rice Pilaf Stuffed Swiss Chard Rolls

By Cheralyn Schmidt, serves 6-8

Delicious served hot for dinner or cold as an appetizer. Blanching Swiss chard minimizes the oxalic acid content, which is known for preventing calcium absorption in the body. This is a fun way to recycle leftover turkey and wild rice from a holiday dinner. Winter is the peak season for chard. Select plants with vibrant green leaves and firm stems, avoiding any wilted or yellow leaves. For a stunning presentation, use rainbow chard and alternate colors on holiday china. Children love helping with the rolling tasks and are much more likely to eat green vegetables if they help to prepare them. Chard is a good source of calcium, magnesium, potassium, beta carotene and iron. Dark leafy greens are very nutrient-dense foods. What a fun way to work them into your diet!

2 eggs  
1 Tbsp minced garlic, 2 cloves  
½ tsp fresh cracked pepper  
½ tsp salt  
2 Tbsp chopped fresh parsley  
4 cups prepared wild rice pilaf  
1 gallon water  
1 Tbsp salt  
2 bunches Swiss chard

In a medium bowl, whisk together eggs, garlic, pepper, salt and parsley. Stir in wild rice pilaf. Set filling aside.

# RECIPES ETC.

Rinse chard well to remove any grit. Cut stems off where leaf begins. Very large leaves (more than 12 inches long) should be cut in half to make 2 rolls. Bruise any large stalks with a fork to allow for even blanching and easier rolling. Take 4-6 leaves at a time, immerse in boiling water and blanch for 1 minute, then transfer to a paper towel lined baking sheet and allow leaves to drain. When leaves have cooled slightly, lay flat (front side up) and place 3-4 tbsp filling in center. Then starting with large end, fold over filling and roll up like a burrito. Place rolls seam side down in a steamer basket and steam for 6-8 minutes, until the internal temperature is 160 degrees F. Serve and enjoy.

## Dijon Butter Beets and Greens

By Cheralyn Schmidt, serves 6

Garden beets are available in purple, gold and even candy striped varieties. Use Dijon or a whole grain mustard in this recipe. Choose beets that are small, they are tender and less earthy. The greens should be vibrant – no wilting or yellowing.

6 Tbsp water  
1 ½ lbs beets with greens attached  
2 Tbsp butter  
2 Tbsp Dijon mustard  
¼ tsp sea salt  
¼ tsp fresh ground pepper

Separate beets, greens and stems. Cut greens into 1 inch pieces. Peel beets and slice ¼ inch thick. Cut stems into 1 inch pieces. Heat water in a large sauté pan on medium high. When water boils, pour in beets and stems. Cover pan and cook for 5 minutes. Uncover pan and sprinkle greens evenly across pan. Cover and cook for an additional 4 minutes. Remove from heat and uncover. Toss with butter, mustard, salt and pepper until well coated. Serve hot, room temp or cold.

## Fiesta Cabbage Slaw

By Cheralyn Schmidt, serves 8

Try this crisp slaw with fish or as a garnish for tacos instead of lettuce. Bright and slightly sweet, full of fiber and vitamins.

3 cups thinly shredded cabbage, green and purple  
1 cup shredded turnips (optional)  
1 cup shredded sweet peppers, red, yellow, green or poblano  
¼ cup chopped green onion  
¼ cup chopped cilantro  
½ cup red wine vinegar or lime juice  
3-4 Tbsp sugar (to taste)  
1 tsp ground cumin  
½ tsp salt  
¼ cup crushed red pepper or ground black pepper

Be sure to slice all ingredients very thin. In a medium bowl, mix vegetables. Sprinkle with remainder of ingredients and toss to coat. Allow to sit for at least one hour for optimum flavor. Serve chilled.

## Glorious Greens

By Cheralyn Schmidt, serves 4

Before cooking greens, chop and set aside for 5-10 minutes to allow the flavor to develop. This minimizes bitter flavors.

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 high 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.

## Butternut Sage Panzanella

By Cheralyn Schmidt, serves 4

This salad is vegan, but would be outstanding with a bit of feta or queso fresco. This entrée sized salad would feed 6 as a side dish.

Use leftover stale bread for this recipe for the most delicious croutons. Use the same large bowl over and over in the method to cut down on cleanup. The tangy dressing complements the sweet squash and earthy sage crouton crunch. The capers are roasted to temper their sharp acidity. Substitute any variety of winter squash in this recipe.

4 cups cubed butternut squash cut in 1 inch cubes  
5 Tbsp extra virgin olive oil, divided in recipe  
3 Tbsp capers  
1 Tbsp chopped garlic  
½ tsp fresh cracked pepper, divided in recipe  
4 cups cubed bread cut 1 inch pieces  
1 1/2 tsp sage  
1/4 tsp salt  
2 Tbsp lemon juice  
½ tsp lemon zest  
1 Tbsp red wine vinegar  
4 cups romaine lettuce  
¼ cup thinly sliced red onion

Place 2 oven racks 3-4 inches apart and preheat oven to 375 °F. In a large bowl, toss together butternut squash, 1 Tbsp olive oil, capers, garlic, and ¼ tsp of pepper. Transfer to baking sheet and place in hot oven on bottom rack to roast for 25-30 minutes, until squash is tender yet firm. In large bowl, toss together bread, 1 Tbsp olive oil, sage and salt. Transfer to a baking sheet and place in oven on top rack. Toast for 10 minutes then stir. Toast an additional 5 minutes until golden and crisp. When finished, remove squash and bread from oven and cool completely. In a small bowl, whisk together lemon juice, zest, vinegar, 3 Tbsp olive oil and ¼ tsp pepper. In a large bowl, combine romaine lettuce, red onion, olive oil, butternut squash and toasted bread. Drizzle with dressing and toss gently to coat, serve immediately.