

AJO COMMUNITY SUPPORTED AGRICULTURE

Fall 2008 / Week 9

Planned Harvest: Radishes, Spring Salad Mix, Hakurei Turnips, Tomatoes, Braising Mix, Cucumbers, Hong Vit Radish Tops, Butternut Squash

Smoothie Party: Christine and Jasmine will be preparing smoothies for all on Friday, Nov. 14.

Tucson's 2nd Annual Green Festival – Livin' "la Vida Verde"

The festival took place last Saturday, Oct. 25 at the Tucson Convention Center Courtyard, with a separate section for kids called Kid's Planet on adjacent plazas. There were several booths selling fresh produce (including produce from Crooked Sky Farms), plants, seeds and native herbs, as well as ready to eat food. About three dozen exhibition stands filled the venue, including environmental groups and organizations demonstrating sustainable practices such as composting, rainwater harvesting and solar power. Two separate stages featured a wide range of entertainment, everything from Native American dancers to reggae music and guest speakers. There were also several interesting workshops featuring a demonstration of cooking with local foods, backyard hen raising and discussing the effects of climate change.

Despite the intense sunshine in the middle of the day, the festival was well attended and all of the exhibitors were very engaging and enthusiastic, and the festival was still going strong well after the scheduled ending time at 3:00. There was more information available than one person could possibly process in one day, and a great shared feeling of working towards a more sustainable future.

Among others we spoke to John from Desert Tortoise Botanicals, who organizes herb walks for the Tucson CSA. He told us about some healing plants that grow only near Ajo, and he is up for doing an herb walk with us if we get a big enough group together. Please let me know if you're interested.



A little taste of the festival

RECIPES ETC.

Dhal with Pumpkin

I like to have a bowl of this simple yet nutritious traditional Indian thick soup when the days get shorter and colder. For a bigger meal, serve with rice and steamed greens.

2 cups mung dhal (split and shelled soy beans, can be substituted with split yellow peas or red lentils)
1 bay leaf
1 cinnamon stick
2 tablespoons turmeric
2 tablespoons ghee (purified butter; regular butter or oil will do)
1 inch ginger root, peeled and sliced or grated
1 tablespoon cumin seeds
1 teaspoon coriander seeds
1 pinch of cardamom, ground
1 pinch of asafoetida (can be omitted)
dried chile flakes (to taste)
2 cups pumpkin or winter squash, peeled and cubed
½ cup cashews (optional)

Rinse mung dhal and cover with water (about 4 cups). Bring to a boil, and add bay leaf, cinnamon stick, ½ tablespoon ghee and 1 tablespoon turmeric. Cook for about 15 min, and add more water if needed. Warm up the remaining 1 ½ tablespoons of ghee, add ginger root and then quickly roast the cumin seeds, coriander, cardamom, asafoetida and chile for about 30 seconds. Add cubed pumpkin (or squash) and cashews, if using, to the pan, roast for about 5 minutes and then add to the pot with dhal. Cook for another 10 to 15 minutes, or until dhal has fallen apart and the pumpkin is cooked. At this stage you can remove half of the soup, puree it and mix it back in, or serve as is. I like it without salt, but if you prefer, add some to your taste at this stage. Serve with a dollop of yogurt, a wedge of lemon or lime (to taste) and some naan (Indian bread) or crackers.

Simple Steamed Greens

1 share CSA greens (any variety)
2 cloves garlic, sliced
2 tablespoons olive oil
salt and pepper to taste
Optional: soy sauce, dried chile flakes, sesame seeds, roasted sunflower or pumpkin seeds, walnuts, raisins

Wash the greens in plenty of water. Boil a pot of water with a pinch of salt, add greens and boil 1 to 5 minutes, depending on the type of greens you are using. Drain and wait till they cool off, then chop them up. Heat up the oil, add slices of garlic and fry quickly. Add greens, salt and pepper to taste and warm them up. Serve with any of the optional garnishes.

Happy Halloween!

Nina