

AJO COMMUNITY SUPPORTED AGRICULTURE



Fall 2009 / Week 13 of 13

Editor: Nina Altshul Layout: Peter Altshul

Planned harvest: Kale, Spaghetti Squash, Purple-top Turnips, Onions, Red LaSoda Potatoes, Summer Squash, Collard Greens and Farmer's Choice.

Ajo CSA and Ajo Community Garden Open House a great success! After a morning citrus workshop with Mike Mekelburg, attended by 17 people, about 70 people joined us for an afternoon of fun on Saturday, November 21 at the Ajo Community Garden. Gardening and planting tips were given out by garden members, Karen Johnson held a workshop on soil preparation, Christine Johnson talked about permaculture design, and a workshop on how to make home-made solar ovens was given by Aaron Cooper. Afterwards, everyone present came together to attend an energetic and engaging food demonstration by Cheralyn Schmidt of the U of A Agricultural Extension Office. With the help of dedicated CSA members, Cheralyn cooked, prepared and served 5 dishes featuring the beautiful greens from Crooked Sky Farms, and everyone agreed that it was one of the highlights of the day (with some people suggesting that Cheralyn should have her own cooking show!). The CSA



pick-up and farm stand were held afterwards as the light waned. Later that evening about 30 people got together at The Lounge at 100 Estrella (thanks to Mara and Tom for hosting us at the last moment!) to attend a screening of the real and local food movie Fresh. A lively debate

was held afterwards, and living consciously and sustainably in Ajo was discussed over more food and



drinks. Many thanks go to a lot of people: the Ajo Community Garden members for preparing the garden for the event and cleaning it up, all of the presenters, and last but not least, Farmer Frank and his crew at Crooked Sky for all the produce donated to the event. (See last week's newsletter for recipes!)

Photo of Mike Mekelburg: Nina Altshul
Other photos: Jewel Clearwater

RECIPES ETC.



Photos: Nina Altshul

Nina's Turkey and Squash Curry

2 Tbsp coconut oil
1 yellow onion, finely minced
½ inch ginger root, grated
3 Tbsp of your favorite mild curry powder (or more, to taste)
1 tsp cayenne pepper (or to taste)
2 cloves garlic, minced
2 cups cold turkey meat, white and dark meat, cubed in bite-size pieces
1 large Red LaSoda potato, cubed
2 cups cooked winter squash (butternut, acorn, pumpkin, or any combination), mashed or pureed
1 cup peas, frozen
1 can coconut milk (whole)
3 cups water (or broth), or more to desired thickness
Sea salt, to taste
Garam masala, to taste
Garnish: cilantro, sliced bananas, segmented orange slices, peanuts, raisins etc.

Heat up the coconut oil, and gently fry the onions with ginger. When slightly soft, add the garlic, the curry powder and cayenne, fry for 30 seconds, add the potato and turkey and fry for about a minute. Add the mashed squash and coconut milk, and then rinse the can out with water – you might want to add about 3 cups of water or broth, or until the desired thickness is achieved. Bring to a gentle boil, turn the heat down and simmer for about 20 minutes, or until the potato is soft. Add the peas, and cook for about 5 more minutes. Add salt and garam masala to taste, and serve over rice with one or more of the optional garnishes.



Apple Cinnamon Cupcakes

(submitted by Shaina Stewart)

1 C unbleached all-purpose flour
1 tsp baking powder
1/4 tsp ground cinnamon
1/2 tsp baking soda
pinch of salt
1 C rolled oats
1/2 C buttermilk
1/2 C plain lowfat yogurt
2 eggs, beaten
1 C chopped dried apples (2 ounces, or use dried pears or mixed dried fruit)
2/3 C packed brown sugar
5 Tbsp butter, melted and cooled

Preheat the oven to 375. Line 12 muffin tin cups with paper liners and set aside. In a small bowl, combine the flour, baking powder, cinnamon, baking soda, and salt. In a medium-size bowl stir together the oats, buttermilk, and yogurt. In a large bowl, stir together the eggs, apples, sugar, and butter, then add the buttermilk mixture and stir to combine. Fold in the dry ingredients just until incorporated and divide the batter among the muffin tin cups. Bake for 20 minutes (slightly longer if making a cake) or until a toothpick inserted in the center of a cupcake comes out clean and the tops are golden brown. Transfer the cupcakes to a rack to cool before serving.