

# AJO COMMUNITY SUPPORTED AGRICULTURE



Spring 2009 / Week 10 of 13

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**Planned harvest:** Artichokes, Valencia Oranges, French Breakfast Radishes, Miscellaneous Plant Starts, Green Onions, Red LaSoda Potatoes, Shungiku (edible chrysanthemums), Zucchini.

## ***What in the world is Shungiku?***

Shungiku (in Japanese) or Garland chrysanthemum, also known as chrysanthemum greens or edible chrysanthemum, is a leaf vegetable of the genus *Leucanthemum*. The leaves are thin and finely serrated with an almost lacy appearance. The stem grows upright, and the bright green leaves cascade from the top of the stalk like a palm tree. As the plant grows it produces many side shoots. It is popular in Cantonese cuisine, especially in the cuisine of Hong Kong, and in Japan, especially the Japanese hot pot. Overcooking should be avoided and it is recommended that you add it to the hot pot at the last moment since it easily loses its structure. Young leaves and stems are used for flavoring soup and stir-frys. The chrysanthemum flavor and aroma is mild, making it a nice addition to salad mixes and dips. They are a useful source of vitamin C, carotene, calcium and iron.

## ***Summer 2009 Session Registration Now Open!***

The Ajo CSA Summer Session runs from June through August, and the cost of a produce share is \$240. The farm accepts both checks and cash; checks should be made out to Crooked Sky Farms. You can pay the entire amount at once, at the beginning of the session, or \$120 before the beginning of the session and \$120 after 6 weeks. Half-shares are not available from the farm but can be arranged within the group if enough notice is given. If you are splitting a share, please do not bring me checks until your partner is determined and confirmed. Gas money contributions will be calculated according to the number of registered members at the end of May, and will probably run around 4-5 dollars a week per share. Payments are due by May 29 at the latest. Starting this summer, we will be signing individual contracts with the farm (this is standard procedure at most CSAs, including Farmer Frank's other groups. When you make your payment, please fill out a contract form. I will send them out to you and have them available at a pick-up.

And what kind of produce can you expect during the next three months? At his farms in Glendale, South Phoenix and Duncan, Farmer Frank grows sweet corn, chiles and peppers, okra, eggplant, summer squash, tomatoes, apples, peaches and apricots, a wide variety of melons and watermelons, green beans, cucumbers, potatoes, onions, wheat berries, tomatillos and herbs. And we can always count on some surprises, too!

## ***Healthy Cooking Demonstration this Saturday, May 9***

Come to Bud Walker Community Park on Saturday morning and join us in a variety of activities organized by the Desert Senita Health Care Center and sponsors in honor of National Women's Health Week. We will kick off at 7:45 with a half-hour of gentle stretch yoga led by yours truly. A fun walk/run of 2 kilometers (i.e. 1.2 miles) begins at 8:30. Registration is open from 7:45 on, and everybody is invited to walk, run or cheer on their family members and friends. Refreshments will be offered on the route and at the finish. From 9:30 on, chef Cheralyn Schmidt of the University of Arizona Pima County Extension Office will be holding a healthy cooking demonstration, showing us how to stretch our food dollars and include more fresh vegetables into our daily diets. She will be preparing a Root Vegetable Salad with Lemon Citranette and Roasted Garlic and Basil Pasta Salad with Artichokes and Chrysanthemum. So stop by, try some food and perhaps learn some more tricks! All the produce for this demonstration is kindly being donated by Crooked Sky Farms, so I would like to extend my thanks to Frank, as well as to Tonia who worked hard to oblige the chef's requests!

## **Have you seen the new Crooked Sky Farms website?**

Check it out at <http://crookedskyfarms.com/csf/>.

## RECIPES ETC.

### Nina's Simple Roasted Eggplants

1 CSA eggplant portion (3-4 medium eggplants), cubed  
1 TBSP olive oil  
½ yellow onion, chopped  
2 cloves garlic, chopped  
1 15 oz can tomatoes (diced, preferably fire-roasted)  
salt, pepper to taste  
juice of ½ lemon  
herbs and spices to taste (oregano, chipotle flakes, soy sauce etc.)

Preheat oven to 375°F. Place the eggplants in a baking pan, add all the remaining ingredients and mix gently. Bake uncovered for about 20 min, stir and let bake for approximately another 20 minutes. If the mixture seems too dry or starts burning, add a bit of water. This method yields a multi-purpose dish: serve as is as a vegetable side dish, spoon over your favorite pasta or grain, or serve warm (not hot) or at room temperature as a thick stew-like appetizer or snack with some good cheese and bread. You can use the mixture as a pizza topping, a lasagna, burrito or moussaka filling, spice up your hummus dip, or scramble with eggs.

This recipe also works great with zucchinis, or a combination of the two.

### Potato-Egg Curry (submitted by Ajo CSA member Christine Johnson)

1 CSA share of potatoes (3 med.), boiled and sliced  
4 hard-boiled eggs, sliced  
2 TBSP olive oil  
1 TBSP ground cumin  
1 onion, chopped  
2-3 cloves garlic, minced  
1 inch ginger root, grated  
32 oz. can diced tomatoes (or fresh if in season)  
1 TBSP turmeric  
1 pinch cayenne pepper  
1 TBSP vegan chicken broth powder  
1 TBSP ground coriander  
2 tsp garam masala  
cilantro as garnish  
salt to taste

Heat olive oil, add onion, garlic and ginger and sauté lightly, then add cumin, tomatoes, turmeric cayenne, coriander, chicken broth powder and salt. Simmer for at least 5 min. Add potatoes and eggs and warm through. Add garam masala and serve with cilantro. To make an even more well-rounded dish, Christine also likes to add any greens or other veggies she has on hand before adding the potatoes and eggs.

### Nina's Tea Party Sandwich of the Week (inspired by the Mad Hatter Tea Party and Maidens Mothers and Wise Women Laughing Club, held in Ajo on Wednesday, May 6)

2 slices of bread of your choice  
butter  
cream cheese  
1-3 French Breakfast Radishes, finely sliced  
1 green onion, chopped finely  
salt, pepper to taste

Bring the cream cheese to room temperature, put it in a bowl and gently mix in the onion. Add salt, if you like, and some freshly ground pepper. Thinly butter both pieces of bread, spread some of the cream cheese mixture over that, and cover with radish slices. Cut in 2 triangles, and serve – with tea, of course. (But iced tea works great too!)

### Hummus with Eggplant (submitted by Ajo and Tucson CSA member Betsy Wirt)

3 cups cooked chick peas  
1 CSA eggplant share (3 med.)  
3-4 cloves garlic, minced  
lemon juice to taste  
salt to taste

Halve the eggplants and put on oiled baking tray. Roast until soft in oven or toaster oven. Allow to cool, scoop out meat and add to chick peas. Add garlic, lemon juice and salt, and blend or process in food processor. If you want a coarser texture, do it by hand with a potato masher. Add a bit of oil or water to thin as needed. (In this recipe, the eggplant takes the place of the traditional tahini.)