



**Planned harvest:** Spring Mix, Purple Turnips, Eggplants, Green Onions, Bok Choi, Beets, Winter Squash and Farmer's Choice.

**Beginning of Winter 09/10 Session!** As the temperatures are starting to drop, and we are in the midst of the greens and squash season, I talked to Farmer Frank to see what else we can expect during the next three months. Frank is very happy with the way things are growing at the farm now; he is especially proud of all the different greens, for example rappini and different kales in shades of green, red and purple. In addition, endive escarole should also be ready to be harvested soon. After New Year's, though, we can start expecting the first of the broccoli, cauliflower and cabbage, along with orange, purple and white carrots. Parsnips were planted as well, however it always takes a couple more months for them to grow, if at all. Also, citrus is just starting to ripen, and the green color of the skins will start turning orange when the weather cools off; this is when citrus also becomes juicier and sweeter. So we should soon start seeing Navel and Valencia oranges, tangelos, mineolas, and white, pink and red grapefruit in our shares. A members' picnic is tentatively planned for February (like last year), at the peak of the winter abundance at the farm; we'll keep you posted.

## Ajo CSA Pick-Up Etiquette

- 1. Bring your own bags/boxes etc.**
- 2. Check your name off** on the Ajo CSA Pick-up Sheet before you get your veggies.
- 3. Handle the produce as little as possible.** Please do not pick through items to get the best-looking ones. Farmer Frank breeds the produce for flavor, not for looks or shelf-life, therefore they tend to bruise and spoil when handled repeatedly. Please just take the portion indicated and move along to the next crate.
- 4. Take your whole share:** No more, no less. Make sure that you always leave with 8 different items. If you don't want something, talk to other members about trading, or look at the Trading Table for possible substitutes.
- 5. A whole share is put on the Trading Table at the beginning of the pick-up to give you an option to trade in the items you do not want, or to get more of what you do want.** There are no limitations on how many items you can exchange but you have to trade a whole portion for a whole portion, e.g. you can only trade an entire share of greens for a whole portion of something else, e.g. a squash. Please do not leave a half-portion and take a whole portion!
- 6. Please stick to the allocated pick-up timeframe, from 5:00 to 6:00 pm.** If you can't pick up, ask a friend or neighbor to pick up your share for you or let me or another member know that you will not be picking up that day. I can save it for you for a day or two but only if arranged in advance! If you do not show up and do not get in touch with me, you will forfeit your share.

# RECIPES ETC.

## **Curried Pumpkin Soup**

(Adapted from Epicurious, submitted by Morgana Wallace)

2 medium onions, finely chopped  
2 Tbsp unsalted butter  
2 large cloves garlic, minced  
1 1/2 Tbsp minced peeled fresh ginger  
2 tsp ground cumin  
1 tsp ground coriander  
1/8 tsp ground cardamom  
1 1/2 tsp salt  
3/4 tsp dried hot red pepper flakes  
2 (15 ounce) cans solid-pack pumpkin (not pie filling)  
4 cups water  
1 1/2 cups reduced-sodium chicken broth  
1 (14 ounce) can unsweetened coconut milk (not low-fat)  
1/4 cup olive oil  
2 tsp brown mustard seeds  
8 fresh curry leaves

Cook onions in butter in a wide 6-quart heavy pot over moderately low heat, stirring occasionally, until softened, 3 to 5 minutes. Add garlic and ginger and cook, stirring, 1 minute. Add cumin, coriander, and cardamom and cook, stirring, 1 minute. Stir in salt, red pepper flakes, pumpkin, water, broth, and coconut milk and simmer, uncovered, stirring occasionally, 30 minutes. Purée soup in batches in a blender until smooth (use caution when blending hot liquids), transferring to a large bowl, and return soup to pot. Keep soup warm over low heat.

Heat oil in a small heavy skillet over moderately high heat until hot but not smoking, then cook mustard seeds until they begin to pop, about 15 seconds. Add curry leaves and cook 5 seconds, then pour mixture into pumpkin soup. Stir until combined well and season soup with salt. Soup can be thinned with additional water.

## **Nina's Italian Style Butternut Cream Cheese Pie**

1 graham cracker pie crust (homemade or bought)  
1 butternut squash  
1 cup cottage cheese or ricotta  
1/2 cup sour cream  
2 eggs  
2 Tbsp brown sugar  
1 tsp vanilla extract

Quarter and bake your butternut squash until soft (about 45 minutes at 375 F). Remove from oven, cool and peel. Put in a blender with the cottage cheese or ricotta, sour cream, eggs, sugar and vanilla, and blend until uniform.

Pour into the prepared crust and bake for about 30 minutes at 350 °F, or until firm. Cool before serving. Serve with freshly whipped cream, maple syrup cream or vanilla ice-cream.

## **Easy Borscht (Hot Soup)**

(submitted by Anna Plant)

Parboil the beets for 5 minutes if small (larger will take a bit more time), and then blanch them by putting them in cold water. Skins should slip off easily, and if you wish, you can wear gloves for this part. Combine with 4 cups of broth (or add more, if you wish), 1 cup fine shredded cabbage, 2 Tbsp of finely chopped onions, 1 tsp sugar and 1 tsp lemon juice. Simmer for at least 30 minutes to an hour. If you wish, you may also add some vinegar (up to a quarter of a cup) and add some cream at the last minute of cooking. The soup also freezes well.

## **Nina's Kale and Potato Soup**

1 bunch kale (or any sturdier type of greens), washed and de-stemmed  
2 small Red LaSoda potatoes, washed and cubed  
4 small turnips, washed and cubed (optional)  
1 large sweet potato, washed and cubed  
1 Tbsp olive oil  
1 Tbsp butter  
1 Glendale Gold onion, minced  
1 clove garlic, minced  
Sea salt and pepper, to taste  
Garnishes (optional): flax seed, sesame seeds, roasted pumpkin seeds, roasted sunflower seeds, chopped parsley

Combine the potatoes, sweet potato and turnips, if using, in a pot, cover with water and salt generously with sea salt. Bring to a boil, and simmer for about 20 minutes, or until the cubes are soft. Turn the heat off, and using a potato masher, mash the roots in the pot with the existing water.

In a separate pot heat up the oil and butter, and sauté the onion on a low heat until it turns translucent. Add the garlic and pieces of kale, stir and cover to cook on low heat until the kale wilts. If the mixture runs dry, add a tablespoon or two of water. When the kale is cooked down, add the root mash with cooking water, stir, add salt and pepper to taste and bring to a gentle simmer for about 5 more minutes. If the mixture seems too thick, add some more water. Serve in a bowl and sprinkle with any or all of the garnishes above, alongside with some good fresh bread with crispy crust. The soup is even better when reheated. For a heartier meal, make the soup thicker, and serve alongside some pot-roast or sausage.