

THIS WEEK'S HARVEST:

DILL

ORANGES

ITOI ONIONS

WHEATBERRIES

KALE

TANGO/LOLA ROSA  
SALAD BLEND

SWEET POTATOES

SWEET PEAS

ALSO AVAILABLE AT  
CSA PICK-UP:

COFFEE

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

HOT SAUCE

CERAMIC MUGS

GIFT CERTIFICATES

HUMMUS

EGGS

TAMALES

DATES

MOCHI

ADUKI BEAN CAKES

SPICEY HONEY MUSTARD

CITRUS

FLYING M BEEF

FRESH PULLED MOZA-  
RELLA

FLAG CSA LOVES  
VOLUNTEERS... EMAIL  
OR CALL IF YOU'VE GOT  
SOME HANDS TO LEND

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OR

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VISIT OUR BLOG!

HTTP://  
FLAGCSARECI-  
PES.BLOGSPOT.COM



THURSDAY APRIL 1ST, 2010

## FARM VISIT APRIL 18

Greetings CSA shareholders and Flagstaff Community,

Thanks as always for your continued support of Flagstaff CSA projects. Coming up is another opportunity to show your support and get even more connected with your food and where it is coming from.

On April 18, we will once again make our way down to Phoenix to visit Crooked Sky Farm. This is your chance to meet Farmer Frank, Tonia who manages the farm and the crew who make it possible each week for us to pick up our bountiful shares.

If you plan to attend, please let me know by signing up at the CSA or email me. If you have extra room in your vehicle or need a ride, let me know so we can arrange that for you.

Here are the details:

Who: Our CSA members

What: Member Appreciation Day

Where: South Phoenix Field 1601 W Watkins, Phoenix AZ 85009

When: Sunday April 18th 10am - 1pm

Why: To thank our members for supporting our farm!

Please let us know if you have any questions.

Thanks,

Karna

### Payments due again

For those of you who are making multiple payments, your second half payment is due this week. We are trying to get better about getting the payments to the farm in a more timely fashion so please pay this week or at the latest by next week. If you forget this week, please mail your payment to PO Box 126, Flagstaff, AZ 86002. If you don't know what you owe, ask Karna. Thanks for being prompt with this.

## “Extending the Season”

☀ The ‘High Desert Gardening Series’, through CCC, is offering a weekend class THIS WEEKEND called “Extending the Season” on Fri, Sat, Sun., April 2, 3, and 4th at the 4th St. Campus. Visit the CCC website or call the instructor, Kim Howell-Costion, at 928-526-7696 to leave a message.

### Juniper Street Community Garden plots AVAILABLE!

#### Rent a garden plot for the summer!

The garden is located on Juniper Street just to the west of San Francisco Street a few blocks north of Flagstaff Medical Center.

Three garden plots are available for \$35 per plot this summer – first come, first serve. Gardeners have access to water and tools. Please contact me if you would like a plot and I will provide more information. Feel free to pass this e-mail on to people who live anywhere in town who would like a community garden plot at Juniper Street Garden this summer. Payments are due by April 15. The garden is on land owned by Shepherd of the Hills Lutheran Church.

#### Neighborhood compost bins

There are three large compost bins on the south side of Juniper Street Community Garden. Anyone can use these bins (for free) to deposit vegetable food scraps and grass clippings. Composting is a great way to recycle food scraps and return nutrients to the soil. The western bin (on your right as you are facing the chain link fence behind the bins) is where you should put your food scraps. Pine needles are not recommended because they degrade slowly and make the bin difficult to mix. Other things that should not be put in the bin are either attractive to rodents or slow to degrade in our cool, arid climate: DO NOT deposit animal products, avocado pits or whole skins (sliced skins OK), nut shells, sticks, twigs, pinecones, sunflower stalks, rocks, plastic fruit labels, sawdust (may contain toxic resins), plastics, trash, manure, etc. The other two bins are for compost in various stages of decay – DO NOT place fresh scraps in these two bins. If you have any questions about the compost bins, e-mail [dan@lifeweaver.com](mailto:dan@lifeweaver.com).

Thanks,

Lisa Rayner  
Coordinator, Juniper Street Community Garden

### May Art Walk: CSA Open House

♪ Yes, indeed! CSA is going to be an art-walk destination on May 7th. We are currently in the planning stages and are searching for a crew of volunteers willing to help before and during the event.

If you’re interested, please speak with Karna and sign up on the sheet at the desk.

Come one, come all! ♪

### David Orr to Speak at NAU TONIGHT, 7pm

Design on the Edge & Down to the Wire: Lessons from the Work of David Orr

David Orr

April 1, 2010, 7:00pm– 8:30pm

NAUline Library Assembly Hall

Book Signing to Follow

David Orr, nationally renowned scholar, teacher, and practitioner of environmental literacy and ecological design will draw on themes he investigates in his two most recent books, *Design on the Edge: The Making of a High Performance Building* (MIT Press, 2006); and *Down to the Wire: Confronting Climate Collapse* (Oxford Press, 2009).

#### 1st Annual Flagstaff SSBRT Walk-a-thon!

Students Supporting Brain Tumor Research (SSBRT) will be hosting their first walk-a-thon:

**Sat. April 17th, from 11am-3pm at the Foxglenn Park at 4200 E. Butler Ave.**

\$10 entrance fee

\$10 for SSBRT tee shirt

Free for those 10 and under

Register online at [ssbtr.org](http://ssbtr.org) or in person at:

417 W. Aspen Ave.

Fact: Brain tumors are the leading cause of solid tumor cancer deaths in children through high school age.

COME BE A PART!

1-888-SSBTR-AZ

## If You Care About Preserving OLD ORCHARDS, please read on...

Aztec Ruins National Monument is accepting public comments on its General Management Plan (GMP). This plan will guide park actions for the next 10-15 years.

The plan calls for removal of orchards and scattered fruit trees throughout the park, and revegetation with native species. The orchards consist of some 175-200 pear and apple trees in varying degrees of health. Some trees are located in orchards just west of the West Ruin, others are located near the Animas River, out of view of visitors. Additional trees, including apricots, are scattered in various places elsewhere. Although unknown, the ages of the trees vary. The pear trees are at least 50 years old, and the apple trees closer to 100 years. The Animas River Valley was at one time a prolific and important fruit growing region. Most of the old orchards in the region have disappeared.

The GMP presents only two alternatives for orchard treatment 1. continue existing conditions, ie. provide minimal care and some irrigation 2. remove all trees throughout the park. An alternative to "restore" the orchards and maintain them was dismissed from analysis.

Those who are interested and want to comment on this issue or the plan can:

Obtain the full plan online at: [http://www.nps.gov/azru/parkmgmt/upload/GMP\\_EA.pdf](http://www.nps.gov/azru/parkmgmt/upload/GMP_EA.pdf)

Obtain a newsletter online that summarizes the alternatives, the preferred alternative, and environmental impacts at: [http://www.nps.gov/azru/parkmgmt/upload/febnewsletter\\_web-2.pdf](http://www.nps.gov/azru/parkmgmt/upload/febnewsletter_web-2.pdf)

Submit comments until **April 10** online at: <http://parkplanning.nps.gov/azru>. Once on this first page, click on "General Management Plan;" then in the left column, click on "Open for Public Comment." Finally, follow the directions for entering comments.

The National Park Service is not required to consider comments that are not "substantive." *Comments in favor or against the proposed action or alternatives are not considered substantive.* Substantive comments include those that address accuracy of information, the adequacy of environmental analysis, and that present reasonable alternatives for consideration.

Those who comment should ask to be put on the mail list for future communication about the orchards.

Substantive comments regarding this issue include comments such as:

--The historic and scientific values of the orchards are needed for an accurate impact analysis.

--A full description of the nature of and present conditions of the orchard, past and present care, and their costs are needed for an accurate analysis.

--The reasons to dismiss the alternative from analysis are not adequate:

1. Scientific information addressing specifically *orchard* irrigation water effects on ruins deterioration is not evident.

2. Cited park mission goals and fundamental values do in fact support the presence of the orchards.

3. The assertion that visitors are "distracted" by the orchards is unfounded and not supported by evidence.

Estimated costs for the proposed action and alternative treatment are unrealistic and not substantiated.

The use of partnerships to assist in managing the orchards was not considered.

6. The assertion that the orchards represent a low priority resource for funding is not a valid reason for dismissing the action from further analysis.

--The plan does not consider a full range of alternatives for managing the orchards. Other alternatives need to be considered, including: varying levels of treatment taking into account the different locations of the trees, alternate irrigation strategies if orchard water is scientifically shown to be unacceptable to ruins preservation, establishing partnerships to assist in their care.

--Orchards should be treated as an historic resource throughout the plan, pending a Determination of Eligibility for National Register of Historic Properties listing.

--The impact topic of historic resources (including the orchard) should not have been eliminated from the environmental analysis because there could be an adverse effect by removing historic resources such as the orchard.

--The environmental impact analysis is inadequate. It does not rely on current and adequate scientific information, does not fully consider impacts on wildlife and vegetation and historic resources (orchards), inadequately assesses impacts on visitors, and defined impact measurements were incorrectly applied.

*Thank you for your attention; the time it'll take you to read this and help somehow is nothing compared to the time these amazing trees have spent giving standing tall and sharing their fruit...thank you, thank you, thank you for helping.*

**Amazing Wheat Berry Recipe, aka Wild Wheat Berry Salad (so good we're doing a repeat of the recipe for those who may've missed it!)**

"I don't use measurements and it is amazing every time. You can also use any grain or rice or quinoa in place of the wheat berries, but wheat berries are best. Also, the brown rice and wild rice do not need to be used if you don't have them on hand. Try this and you will thank me!"

Wheat berries  
Brown rice  
Wild rice  
Pecans  
Dried cranberries  
Scallions  
Cilantro  
Mint  
Thyme  
Olive oil  
Sesame oil  
Balsamic vinegar  
Tamari  
Lemon juice

A word about cooking wheat berries: They work best if soaked for 8 hours or overnight, prior to cooking. For 1 cup of berries, soak in 3 cups of water. Now add 1/4-1/2 tsp. salt to the soaking liquid and the berries; bring to a boil. Reduce heat and simmer, uncovered, until tender but chewy, about 45-60 minutes. If soaking isn't an option, bring 3 cups water and salt (above measurements) to a boil. Stir in berries, reduce heat, and simmer, uncovered, until tender but chewy, about 1 1/4-1 1/2 hours. Drain excess water if necessary.

(1 cup dry berries=about 2 1/4 cups cooked).

Combine grains with other ingredients in a large bowl; mix well and dive in!

Thanks for the submission to CSA member Kim Seiferth.

(Wheat berry info from: *Joy of Cooking*)

**Dill Crisps**

Makes 32 toasts  
2 whole wheat pitas  
2 Tbsp olive oil  
2 tsp. minced fresh dill  
1 Tbsp freshly grated Locatelli cheese or soy Parmesan

Preheat oven to 400 degrees. Use kitchen shears to sliced each pita into 8 triangular wedges. Separate each triangle into two at the seam. Set the triangles, crumbly side up, on a slotted broiler rack. In a small

dish, combine the olive oil, dill, and cheese. Use a pastry brush to paint the mixture lightly onto the triangles. Bake in the center of the oven until just brown at the edges and slightly curled, about 5-7 minutes. Serve warm or at room temperature.

*(The Good Herb)*

**Broccoli and Potatoes with Dill**

Serves 4

"Dill, scallions, capers, and lemon can give ordinary vegetables a lift."

2 medium potatoes (about 1 pound), cut into 1-inch chunks (try it with sweet potatoes too!)

Handful of fresh dill sprigs

1/2 pound broccoli florets (about 1 1/4 cups)

3 scallions, minced

2 tsp. capers, minced

3 Tbsp fresh lemon juice

1 Tbsp olive oil

1 tsp. fresh minced dill or 1/2 tsp. dried

Freshly ground black pepper

Steam the potatoes, covered, over boiling water to which you've added the handful of dill for about 5 minutes. Add the broccoli and continue steaming until the vegetables are tender, about 5 minutes more.

Tip the potatoes and broccoli into a large serving bowl and add the scallions, capers, lemon juice, olive oil, dill, and pepper to taste. Toss well. Serve warm as a side dish or very slightly chilled as a salad. Or use as a filling for crepes or omelettes.

*(The Good Herb)*

**Roasted Sunchokes**

Serving sizes vary

Put on about two cups of water to boil, and heat your oven to 500 degrees. Scrub the sunchokes' skins thoroughly, then cut them into 1" chunks (you can peel off what skin you can: the knobs are a challenge.) When the water's boiling, drop them in and parboil for 7-10 minutes, then drain. In a shallow pan with 1-2 Tbsp of olive oil with a pinch of salt, roast the sunchokes for 15 minutes or more, until the interiors are quite soft. In the last five minutes, separately melt some butter with two chopped garlic cloves (plus herbs and/or lemon zest if you want), then dress the sunchokes with that sauce and continue roasting until the "creamy interior" is gained. Serve immediately in a warm bowl.

*written by Karen Dale using Andrea Chesman's "The Garden Fresh Vegetable Cookbook."*