

THIS WEEK'S HARVEST:

CAULIFLOWER OR HAVA BEANS

RED POTATOES

GRAPEFRUIT

LETTUCE MIX

KALE

HERB MIX—DILL, DANDELION GREENS, SORREL

I'ITOI ONIONS

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 MOZZARELLA

MOLLY'S TAMALES

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

CONTACT: KARNA OTTEN

FLAGCSA @GMAIL.COM OR

928-213-6948

WWW.FLAGCSA.COM

VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



THURSDAY APRIL 15TH, 2010

Farm Visit on Sunday!

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 and 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

Payment Reminders

If you could please remember to bring your payment into pick-up today, that would be so helpful. If you forget, could you make an effort to bring your cash or check on Friday? CSA will be open from 11am-6pm on Friday. Or, you can stick it in the mail (with checks payable to CSA/CSF) and address it to:

Flagstaff CSA
P.O. Box 126
Flagstaff, AZ 86002

Thank you ever so much!

May 7 First Friday Artwalk, CSA is the Hotspot!

! We are planning a housewarming party for the CSA from **6-9pm on Friday May 7** and you are all invited !

Please bring someone with you who doesn't know about the CSA and help us to spread the word.

We are working very hard to get our **shareholder number up to 400** as this will sustain our beautiful market.

There will be lots of yummy food, maybe a farmer or two, shareholder artwork, music and more.

We are collaborating with 5-6 other galleries and will bring some delicious dishes to share and talk about the CSA at those galleries involved. We will be all over the place! If you are interested in helping, showing art or cooking something and haven't made it to a meeting, please talk to Karna at the pick up or email her.

Make it a night our for the First Friday Art Walk on May 7!

2010 Locally Raised Pork Contract

Beginning later this summer, a limited number of pork shares will be offered through the Flagstaff CSA. The pigs are being raised by Flagstaff residents Reed and Laura Allen, who live just east of town and raise a variety of plants and animals on their small farm. In the past, the Allens have raised pigs to provide pork for their family; this season, several of the pigs will be sold as pork shares to members of the Flagstaff CSA. The pigs live in a large outdoor pen with both open and enclosed areas and are being fed food scraps (essentially compost) from local restaurants and the CSA.

Because of the limited number of shares available, we are asking those interested to reserve their shares with a \$100 deposit. Following the slaughter and packaging of the pork, the total cost per share will be determined; this cost will be comparable to the market value of this kind of pork. Each share will contain a variety of pork cuts and will range from 30-40 pounds. See Karna for a contract and more information.

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 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

CSA Urban Garden

Thanks to local company Morning Dew Landscaping for helping us prepare the site, right in front of CSA, for an urban community garden.

Please consider them for your landscaping needs!

Email: azlandscaping@aol.com

(928) 779-3125

Located right next to Tacos Locos on Phoenix Avenue.

LOVE THE EARTH DAY!

Flagstaff Earth Day 2010 Community Celebration is scheduled for Saturday, April 17th from 11:30 AM till 4:00 PM on the South Lawn of Flagstaff's City Hall. The event will feature live entertainment, food, exhibitors, kids' activities, supervised bike parking, Bookman's buying event and an electronics waste recycling drop off station (from 11:30 AM – 3:00 PM).

Earth Day 2010 Keynote Speaker is Brad Lancaster, he will speak on Friday, April 16th at 6:00 PM at the High Country Conference Center. The Keynote event is titled, Harvesting Water and More to Turn Wastes into Resources: The Story of Rain Beer, Urban Drool Harvesting, Managing Mega-Cities Like Forests, and more. The event is free and open to the public and is sponsored by the City of Flagstaff and the Arizona Association of Environmental Education.

The spring litter awareness and volunteer cleanup event, Eyeful Tower of Trash (ETOT), started on April 1st and will run through Earth Day. The entire community will see the tower grow as our neighborhoods become cleaner. Groups and individuals are encouraged to organize and complete neighborhood and Adopt-an-Avenue cleanups. Please contact the Environmental Code Enforcement Program to schedule a clean up call (928) 213-3604.

Flagstaff Earth Day 2010 Service Project is community beautification. Volunteers will meet in the Wheeler Park parking lot at 9:00 AM on Saturday, April 17th. Volunteers will divide into groups and then disband into nearby neighborhoods. Focus will be on picking up litter, cleaning up sidewalks, cleaning drainages and fences and ultimately beautification the neighborhoods.

The City of Flagstaff Hazardous Products Center (HPC), together with E-Waste Harvesters will host an electronics for recycling drop off station from 11:30 AM – 3:00 PM on Saturday, April 17th. Electronics accepted include but are not limited to: televisions, computer towers, monitors, laptops, peripherals, DVD/VCR players, cords and cables. AA, AAA, C and D batteries should be removed from electronic equipment first and placed in the battery-drop bucket located at the electronics acceptance site or the battery-drop bucket located inside City Hall at the information booth. Businesses with large quantities of electronics for Earth Day electronic recycling should call the HPC at 928.527.9005 for same day scheduling.

The City of Flagstaff is committed to enhancing our community's quality of life. However, community sustainability requires participation from the entire community. Your action helps make a difference. Flagstaff Earth Day 2010 will be better than ever with the support of people like you.

More information is available at www.flagstaff.az.gov/earthday.

All events are FREE and open to the public!

Yessss!

Cauliflower Rye Casserole

Servings vary
1 cup flat beer
3 cups rye bread cubes
1 head cauliflower, cut into florets
2 Tbs. butter
1 tsp. caraway seeds
2-3 cups grated sharp cheese
4 eggs
1 tsp. dry mustard
½ tsp. ground coriander
Salt and pepper to taste
Dry bread cubes in 300-degree oven for 10-15 minutes. Saute cauliflower in butter with caraway seeds just until tender. Combine bread, cauliflower and cheese and spread evenly into buttered 2-quart casserole dish. Mix eggs, spices and beer and pour mixture over cauliflower. Bake at 350-degrees for 30-45 minutes, until puffed and golden.
(Thanks to Lisa Rayner for the submission; adapted from *Sundays at Moosewood*.)

‘Alternative’ Chips

Serves 2
3 large potatoes
1 Tbsp veggie oil
Scrub potatoes but do not peel them. Cut them into thin chippy slices. Mix the oil with 3 Tbsp water and pour over potatoes. Arrange on a baking sheet and bake in a reheated oven at 425 degrees for 20-30 minutes, or until golden brown. Serve in small bowls with salad, if you like.
(*New Recipes for Young Vegetarians*)

Spiced Grapefruit

Serves 2
1 large juicy grapefruit
2 Tbsp apple juice concentrate
Grated rind of one small lemon
1/2 tsp. mixed spices (cinnamon, nutmeg, cardamom, fennel, you choose!)
1 Tbsp whole wheat breadcrumbs
Cut grapefruit in half. Using a very sharp knife, cut between the membranes to loosen the fruit segments. Mix together apple juice, lemon rind and spices. Pour over each grapefruit and sprinkle with breadcrumbs. Place the grapefruit halves under you broiler for 10 minutes, or until browned and bubbling. Serve immediately.
(*New Recipes for Young Vegetarians*)

Crispy Cabbage-Dill

Servings vary
1/2 small head cabbage
1 bunch watercress (or sorrel)
1/2 small carrot
Brown rice vinegar
Tamari soy sauce
Roasted pumpkin seeds
Sunflower sprouts (optional)
Dill
Cut cabbage in small squares, and slice watercress or sorrel fine. Juilenne cut carrots, then dice fine, to make “confetti.” Plunge vegetables in boiling water for 1-2 minutes, just long enough to tenderize, but keep crisp and colorful. Drain and cool in a strainer. Toss with seeds and sprouts, and about 1 tsp. each of the vinegar and tamari. Season liberally with dill.
(*The Self-Healing Cookbook*)

Kale and Potato Tarragon Salad

Serves 6
2 pounds small potatoes, scrubbed
7 Tbsp olive oil, divided
1 medium onion, diced
1 bunch kale, large stems removed, leaves chopped into 1-inch pieces
1 clove garlic, minced
2 Tbsp white vinegar
2 Tbsp lemon juice
1/4-1/2 tsp. tarragon, divided
Salt and pepper to taste
Steam or boil potatoes until fork-tender. Drain, cut into large bite-size pieces, place in a large bowl, and cover to keep warm. Meanwhile, heat 1 Tbsp olive oil in a wide skillet over medium heat. Add onions; sauté until translucent. Add kale and garlic; cook until kale is tender, about 5 minutes more (you can cover pan to help wilt kale). Combine vinegar, lemon juice, 1/4 tsp. tarragon, remaining 6 Tbsp olive oil, and salt and pepper. Add kale mixture to potatoes and pour dressing over everything. (It’s important to toss the dressing while the mixture is hot, to soak in the flavors). Add more salt, pepper, or tarragon as necessary. Serve warm or at room temperature.
(*From Asparagus to Zucchini*)