

THIS WEEK'S HARVEST:

ARTICHOKES

NOPALES

CARROTS

CITRUS

RED POTATOES

LETTUCE BLEND

ELEPHANT GARLIC

BEANS/WHEATBERRIES/
OR CRUSHED RED PEPPERS

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

Community Supported Art Walk!

♪ Flagstaff Community Supported Agriculture's Housewarming feast of food, art, music and more will be celebrating at 116 W Cottage Ave. for First Friday Art Walk May 7 from 6-9pm. Fill your souls and your bellies as we share a collage of art and yummy recipes from our own CSA shareholders, Flying M Ranch, Cottage Place, Satchmo's and Local Alternative Inc. Sample locally brewed Kolsch Bier, Doña Ella Stout and Ginger ale by Matt Oldham and homemade lemonade made with fresh ingredients from Arizona. Come south of the tracks where Anna Ramsey will be painting faces with her creative and unique style. Sambatuque, Acoustic Soup and Eli and Scott Katz will be entertaining our ears.

♪ We have something for all the senses so please stop by to eat, drink and be happy as we celebrate our community and the very talented artists who support the CSA. Visit with Farmer Frank and many other producers of local and regional goods that you will see at the CSA and the Flagstaff Community Market. We are spreading the love and will be serving delicious dishes at seven other galleries on the map. Look for us at Sundara, Zani, Seasoned Kitchen, Mountain Sports, Rocket Man, West of the Moon and Animas Beads where there will be great raffle prizes that will benefit the Urban Community Garden we are building on our front lawn and lots of information on what we are



Art by CSA member Leah Berger

ASIS Massage Education Comes to Flagstaff!

ASIS Massage Education is pleased to announce its new Flagstaff location at 113 W. Phoenix Ave., right next to Zani, between Biff's Bagels and Fratelli's Pizza. As Arizona's oldest and most comprehensive massage school, ASIS Massage Education offers massage therapy programs for those interested in becoming therapists as well as a student clinic which offers affordable massages to the community. The clinic begins on May 3 and runs through August, with appointments available on Mondays and Wednesdays at either 3:45 or 5 pm. **CSA members receive \$10 off, so you pay only \$15 for a 50 minute, professional bodywork experience!**

Please call to schedule your appointment, 928-226-1400, or visit us on the web at www.asismassage.com.

Hope to see you!

It's Meat-Share Time Again

Once again beef and lamb shares are available from A Bar H Farm based in San Simon, Arizona. Owners Anya and Harry Owens and Josh Koehn produce their natural grass-fed beef and lamb on their 40 acre farm which provides plenty of fresh water and trees for shade. Cattle over three months old are raised to a mature weight without antibiotics, steroids, or growth stimulants creating mild, sweetly flavored, healthy meat. The ground beef is 85%-95 % lean. It is processed and state inspected at Guzman's Meat Processing in Cochise, AZ..

Josh Koehn's Pastured Raised Chickens are raised out in green pastures with movable shade/protection structures. They are fed a well balanced feed without antibiotics, growth hormones or medication. No antibiotics or growth hormones are used. Upon maturity the birds will be processed, inspected and flash frozen at a local ADA (Arizona Department of Agriculture) plant. You can taste the difference. Pastured poultry is firmer, leaner and more flavorful.

Please see contracts attached to Karna's email; please have orders in by May 8, delivery is on Saturday, May 15.

Community Supported Agriculture Urban Garden

Flagstaff CSA is breaking ground to plant an urban community garden and build a rain catchment system. We will be working on moving the cinder and getting the soil ready next week with work days Tuesday and Thursday at 3pm.

Urban Lifeways Newstart Project will be leading this project but we need your help. If you are interested in getting involved please talk to Karna.

We are doing a Community Workshop on Saturday May 15 to install the rain catchment system with the generous support of Josh Berger and Eden on Earth. Look for more details coming soon.

Thanks All

Grand Canyon Trust Community Education Series

The Grand Canyon Trust Community Education Series is pleased to announce its upcoming event; "Get Inspired to Act!" will be on May 11, from 5:30-8pm at the Orpheum. This is a FREE community event that will be screening "Earth Days: The Seeds of a Revolution", a documentary film chronicling the 1st decade of the environmental movement. There will be food, music, and a volunteer fair for your perusal.

For more info, please check out www.grandcanyontrust.org. Thanks!

NAU Earth Day, April 22, 2010: "Keepin' It Fresh"

Please join NAU students on the 2nd floor of the Union Expansion on campus for this great event **TODAY, APRIL 22, 2010!** Please bring clothes, plastic bags, incandescent light bulbs and electronics to recycle. And despite bad weather, the tree planting event will still take place for the Applied Research and Development retention basin; volunteers will gather in the Union Expansion at 4pm and head over ARD.

Make sure you wear clothes and shoes that can get dirty...

If you'd like to volunteer, please be on the 2nd floor from 10am-12pm. See you there!

For questions, please call Jane at 806-336-9053 or visit <http://green.nau.edu/earthday.html>.

Flagstaff Foodlink Youth Gardening Opportunities

Sue Norris from the Flagstaff Foodlink Youth Gardening program would like to mention a few upcoming opportunities for gardening-inclined community members to help create gardens at various local schools. Your willingness to mentor these eager young students and teachers enables these gardens to be sustainable! If you'd like to volunteer your time and expertise, here are a few chances:

☀ Marshall school will be having a work day sometime in the beginning of May; if you're interested, please stay tuned.

☀ Kinsey will be hosting an Arbor Day celebration and work day on April 30, beginning at 12:30pm. Norma Rodebush is leading the effort, so please contact her at rladysombra@aol.com or call 213-9597. Be sure to bring your shovels and pruning tools if you've got 'em!

☀ Stefan from Montessori is looking for experienced gardeners to help set up the garden on Switzer Mesa; he needs materials for beds and can be reached at: stefan@flagmontessori.com.

Thanks for helping spread the word!

SSLUG Coldframe & Hoop House Building Workshop With Local Woodworker John Gordon

a coldframe?

A cold frame is a basically a box for planting with no bottom and a slanted top. They're built low to the ground, and used to protect plants from cold temperatures. The top of a cold frame is typically built with a thick, sturdy opaque plastic. They let light and warmth in during the day, and retain that heat at night.

a Hoophouse?

"With a hoop house you can pretend you've moved two growing zones south without ever packing a box. Your season will be longer and your garden will produce more. Imagine eating homegrown cherry tomatoes in October or November. Crisp, baby lettuce in February."

The Details:

Sunday, 25th April 2010, 11a-4p
In the SoBe Duck House Backyard (Jo's house)
412 S. Beaver St. (928 814 5559)
RSVP to gardensslug@gmail.com

Please bring:

If you have....

A contribution for John

A sun hat!

A dish to share (if you have a kitchen)

Safety goggles and work gloves

Close-toed shoes

Students for Sustainable Living and Urban Gardening (SSLUG)

PO Box 6036

Northern Arizona University

Flagstaff, AZ 86011

<http://www.gardensslug.org/>

gardensslug@gmail.com

Spanish Artichoke and Onion Tortilla

Serves 4

“The Spanish eat this cake for dinner at ten o’clock at night. They also take it for picnics and eat it between two pieces of bread like a sandwich. For lunch or dinner it is served with a salad, bread, and red wine, followed by a salad with manchego cheese.”

1/2 cup olive oil

5 large potatoes, or more smaller ones, peeled and thinly sliced

1 medium onion, also thinly sliced

4 large eggs

1 tsp. sea salt

1/4 tsp. freshly ground black pepper

More olive oil

Finely chopped artichoke hearts

Garlic to taste, chopped

Parsley to taste also

Heat oil in a large skillet, over medium heat. Stir in potatoes and onions; cook, uncovered, stirring occasionally for 30 minutes or until potatoes and onions are tender, brown, and caramelized. Add artichoke hearts about halfway through potato cooking time.

Now beat the eggs, salt, and pepper in a medium-sized bowl. Mix potatoes and onions with eggs, parsley, and garlic; pour back in skillet and cook over medium heat, using a spatula to push sides of mixture toward center to form a firm, round cake. Turn potato cake over by inverting it onto a plate the size of the pan, then sliding it back into the pan to continue cooking on the other side, until firm and brown. Continue pushing sides with spatula to form cake. Slide tortilla onto a serving plate and brush with a little more olive oil.

(Adapted from *One Taste: Vegetarian Home Cooking from Around the World*)

Buttermilk Garlic Dressing

Makes ~ 1 1/2 cups

1-2 elephant garlic cloves

4 Tbsp minced green onion

3 Tbsp white wine vinegar

1/2 cup buttermilk

1/3 cup sour cream

Large pinch of sugar

1/2 cup olive oil

Mince garlic; mash to a paste with a fork or the back of a knife. Whisk garlic, green onion, vinegar, buttermilk, sour cream, and sugar in a bowl. Gradually whisk in the olive oil. Season generously with salt and pepper to taste.

(From *Asparagus to Zucchini*)

Ginger-Carrot Breakfast Cookies

I don’t know how many it’ll make...

3/4 cup rolled oats

1/2 cup oat flour

1/2 cup brown rice or barley flour

2 cups cooked millet

1 1/2 Tbsp corn oil

1 cup finely shredded carrot

1 tsp. vanilla

1 tsp. finely grated ginger

1/4 tsp. sea salt

1 Tbsp poppy seeds or sunflower seeds

1/2 cup water (approx.)

Lightly roast oats and flours by stirring over medium heat in a skillet, until toasty smelling but not browned.

Mix all ingredients together and add just enough water for a moist, pliable—but not too mushy—dough.

Shape into cookies on an oiled baking sheet and bake at 350 degrees for about 30 minutes. Also great muffin batter; bake at 350 for 45 minutes for muffins.

(*The Self-Healing Cookbook*)

Roasted Nopalito Salad

Serving sizes vary

Nopalito cactus pads, rinsed and trimmed

2 Tbsp olive oil, divided

Salt to taste

1 1/2 cups fresh salsa

1/2 tsp. salt, or to taste

Salad mix

Crumbled Mexican queso anejo, dry feta or grated parmesan

Preheat oven to 375 degrees. Cut cactus into 3/4-inch squares. Place them on a baking sheet and toss with 1 Tbsp olive oil. Sprinkle with a few pinches of salt.

Roast cactus, stirring occasionally, until it is tender and all the liquid has evaporated, about 20 minutes.

Let them cool...and combine nopalitos with salsa and remaining Tbsp of olive oil. Season with salt and mix with salad. Sprinkle with cheese of your choice.

(*Joy of Cooking*)