

Meat-Eaters, Take Heed!

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.

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 to spread the word!

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!

CSA Garden Workday TODAY!

Want to come play in the dirt in front of CSA?
Today's your lucky day!

At 3pm, the garden workday will begin with volunteers armed with work gloves and rakes starting to get the plot ready for spring planting.

Come join the fun!

Woo-hoooo!

A Gigantic Thank YOU!

...to a handful of CSA members who have so generously donated their time/materials/electrical work so that we can get our freezer and new refrigeration in order:

•Scott Sanders, Mark Murray, and Senna Ratliff from Tom Goodman Electric

•Jason Ryan, from HD Electrical Supply

Thank you so much!

