

THIS WEEK'S HARVEST:

SPAGHETTI SQUASH

WHITE TURNIPS

SWISS CHARD

BRAISING MIX

CARROTS

SPRING MIX

TAT SOI

FARMER'S CHOICE

ALSO AVAILABLE AT
CSA PICK-UP:

COFFEE

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

EGGS

BEEF

HOT SAUCE

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

CONTACT:
KARNA OTTEN AND
TODDLER JOLA

FLAGCSA
@GMAIL.COM OR
928-637-5197

WWW.FLAGCSA.
COM

VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



THURSDAY, DECEMBER 10TH, 2009

'Tis the Season

Good Thursday, all! Winter has blown in full-force; hopefully you were safely blizzarded in and able to enjoy the beauty of our first big snow. This week for pick-up we've got another bushel of healthy greens, some more turnips, carrots, and squash. It's time to get creative!

The storm may have had some of us bundling up for some wintry activities, but for the Flying M Ranch it meant a loss of valuable produce. Their greenhouse froze the night it got down to 8 degrees, so we won't be seeing any produce from them for awhile. We'll miss those tomatoes and look forward to more as soon as possible!

Our new location is serving us very well, don't you agree? We do, however, need some serious work done before we will be in compliance with the county. And in order for us to sell temperature-controlled items, such as beef and eggs, we have to pull up the carpet and put down Vinyl Compression Tile. We must also put door closers on the front, back, and bathroom doors, install a utility sink and a mixing faucet in the bathroom, and put ventilation in the bathroom.

So...that's a lot of work! And we're so fortunate and grateful to have had kind, skilled volunteers offer to do the work for trade of produce, but we still need to pay for the materials. This is where it becomes a bit of a group effort; the estimated costs are at \$2000. We'll keep you posted as we learn more about how this is going to work. Look forward to a letter from Karna about more specifics. Thanks ahead of time for your continued support.

Speaking of support, here's another friendly reminder if you've forgotten to pay for your second half: please have your payment in this week! If you're unable to make it this week, then please mail your checks to: PO Box 126, Flagstaff AZ 86001.

Also, there will not be any CSA pick-up on Dec. 26th, or the 31st for the holidays. If you'd like to give the gift of CSA to your loved ones who don't live nearby, check out www.localharvest.org to find a participating CSA. Flag CSA is also offering gift certificates for 4-week shares, see below for more details.

Thanks, everyone and happy snow!

Biz

☼☼ **2nd-Half payments are still due if you're not yet paid: Please talk to Karna if you're not certain how much you owe. Make checks out to Flagstaff CSA/CSF.**

☼☼ Navajo Churro Lamb shares will be delivered on Dec. 17th; bring your checkbooks or cash to pay for the remaining balance.

☼☼ Stumped for holiday gift ideas? CSA is pleased to be offering 4-week share gift certificates so you can share the bounty of fresh produce with people who may not buy it for themselves. Or you may purchase a gift certificate for any amount that can go toward some of the other items for sale through CSA. Useful gifts are sometimes the very best!

Turnips with Greens and Raisins

Serves 3-4

2 Tbsp butter, divided

2 tsp. olive oil

1 medium yellow onion, diced

1 bunch turnips and greens

About 1/2 cup raisins

Salt

12 ounces orzo or bow-tie pasta, cooked and cooled (optional)

Heat 1 Tbsp of the butter and all of the oil in a large skillet over medium flame. Add onions and cook, stirring often, until they begin to soften, about 5 minutes. Meanwhile, wash the turnips and trim the leaves from the root. Chop the roots into a 1-inch dice. Discard any yellowed turnip leaves and roughly chop the nice ones. Once the onions are softened, add the turnip roots. Sprinkle with a bit of salt, stir, and cover. Cook until turnips can be easily pierced with a knife, about 8 minutes. Uncover, turn the heat up to medium high, and cook, stirring now and then, until turnips turn light brown at the edges. Add the chopped greens and raisins and cook until the greens are wilted and tender, another 3-4 minutes. Add remaining 1 Tbsp butter and salt to taste. Eat as a side dish or toss it with cooked pasta for a main dish.

(From *Asparagus to Zucchini*)

Baked Winter Squash

Serving sizes vary

Preheat oven to 375 degrees. Scrub your squash and deeply pierce it in 4-5 places with a knife; set in a baking dish or on a rimmed baking sheet. Bake until the flesh is tender when pierce with a thin knife, about 45 minutes to 1 1/2 hours, depending on size and type. Once done cooking, cut in half through the stem end, scoop out the seeds, and serve with butter, salt and pepper, and finely chopped herbs such as oregano and thyme. Spaghetti squash has an affinity for cream, olive oil, grated Parmesan, red pepper flakes, and sauces typically used on pasta.

(*Joy of Cooking*)

Ginger-Lemon Stir-Fried Vegetables

Serves 4

2 Tbsp vegetable or sesame oil

1 medium onion, peeled, halved, and thinly sliced

6 cups vegetables, your choice (tat soi, carrots, turnips, chard, whatever you've got lying around)

Flavoring mix:

1/2 cup fresh lemon juice

1/4 cup honey

1/4 cup tamari

2 Tbsp grated fresh ginger root

1/2 tsp. sea salt

Cut the vegetables into different shapes for texture: slices, circles, diagonals. Wash and drain separately; set aside.

Make the flavoring mixture: mix lemon juice, honey, tamari, ginger, and salt in a small bowl until blended; set aside. Heat oil in a Chinese wok or medium skillet over medium-high heat. Add onion and cook, stirring occasionally, about 3 minutes or until tender. Mix in the sturdier veggies and cook and stir for a few more minutes to soften slightly. Add remaining veggies and flavoring mixture, reduce heat to low, and cover. Let vegetables steam in their own juices 5 minutes or until they are tender but still crisp. Serve with rice, potatoes, or cooked noodles—soba, rice, or egg. For protein and texture, add cooked tofu. For an Italian flavor, use sun-dried tomatoes, zucchini, and eggplant. (*One Taste: Vegetarian Home Cooking from Around the World*)

Turnip Pep Talk

Again we find ourselves either cringing at the prospect of having to figure out what to do with *Brassica rapa var. rapifera*, being overjoyed with an old favorite root, or feeling a smidge of indifference when it comes to the ubiquitous turnip. Whichever camp you hail from, here are a few more turnip ideas:

- Scrub them well with a stiff-bristled veggie brush; no need to peel unless you really want to.
- Try them raw with a dip, or grate into salads and slaws.
- Boil 1/2 to 1-inch thick turnip slices or cubes for 8-10 minutes; boil whole small ones for 15-20 minutes.
- Steam cubes or slices for 12-15 minutes; small whole ones will be done in 20-25 with steaming.
- Bake turnips alone for 30-45 minutes at 350 degrees, basted with oil or butter, or bake along with other seasonal roots.

(From *Asparagus to Zucchini*)

If You Have Submissions...

Please email either myself or Karna and we'll be more than happy—thrilled, in fact!—to include your ideas/recipes/suggestion/thoughts: flagcsa@gmail.com or macy.mouritsen@gmail.com. Thanks!