

THIS WEEK'S HARVEST:

PECANS

PURPLE TURNIPS

BEETS

COLLARD GREENS

CARROTS

MUSTARD GREENS

ORANGES

WINTER SQUASH

ALSO AVAILABLE AT CSA PICK-UP:

COFFEE

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

HOT SAUCE

CERAMIC MUGS

GIFT CERTIFICATES

FLAG CSA LOVES VOLUNTEERS...

EMAIL OR CALL IF YOU'VE GOT SOME HANDS TO LEND

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VISIT OUR BLOG!

**HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM**



THURSDAY, DECEMBER 17TH, 2009

See You Next Year!

As we converge before the upcoming two-week break from CSA, with the excitement of Christmas building in some of us and the pressures beginning to weigh heavily on others, it's comforting to know that we will come back after the holiday to the same routine. The same Thursday afternoons of rosy-cheeked folks with bags brimming and bellies singing their baritone grumble, children nibbling snow, and a community of people sharing and celebrating a way of life.

So, there will be no CSA pick-up on Dec. 26th or Dec. 31st. Today, then, is your last chance to purchase gifts from a wide variety of local sources. Bring some extra cash or your checkbook if you'd like to stock up on victuals for yourself or discover that edible, practical gifts are often the very best kind. Also, if you'd like to share local goodness with loved-ones who live far away, visit www.localharvest.org to find CSAs across the country that will enable you to give local from a distance.

Thank you all for your continued produce infatuation; we'll see you next year!

Here's a sweet letter from our two world-travelers:

Hello Everyone,

Jola and I are in Xela, Guatemala in a Spanish school and staying with a very kind family. We leave on Saturday morning to start a new adventure and plan to head to the coast, Livingston, then down to Honduras to see some ruins and then to El Salvador to visit Manuel's farm. It is very beautiful here and we are very happy.

I hope you are all having a good week.

Remember, no pick up for the next two weeks for the holiday break. Also, we will no longer sell beef and eggs until we get the changes made in our space to be in compliance with the county.

There are many great gift options this week: locally made ceramic mugs, coffee, honey, dates, gift certificates, 4 week shares, and more...

Thanks so much to you all for a wonderful year.

Much Love,

Karna

FYI

☺☺ **Navajo Churro Lamb will be delivered TODAY! Please remember to bring cash/checks to pay for your remaining balance. Thank you for your support!**

☺☺ **2nd-Half payments are still due if you're not yet paid: Please check at pick-up if you're not certain how much you owe. Make checks out to Flagstaff CSA/CSF and mail your payment to: PO Box 126, Flagstaff AZ 86001.**

Braised Swiss Chard

Serving sizes vary

1 bunch of chard

3 Tbsp extra virgin olive oil (EVOO)

3 cloves garlic, minced

1 small can tomato sauce

Salt and pepper to taste

Clean chard; cut off stems. Don't bother drying leaves, as moisture will help the braising process. In a large-ish skillet, braise the garlic in the oil until it's nicely golden. Add chard and braise until wilted. Add tomato sauce and cook over low heat for about 10 minutes. Add salt and pepper to taste.

(Thanks to CSA member Mark Buckholz for the recipe...I can taste it already!)

Tofu and Vegetables in Creamy Sesame Sauce

Serves 4-6

4 Tbsp vegetable oil (2 Tbsp and 2 Tbsp)

1 package firm tofu, patted dry with a towel, halved, and cut into 3/4-inch pieces

1 medium onion, peeled, halved, and finely sliced (about 1 cup)

2 cloves garlic, peeled and finely chopped

1 small red or green chili, finely chopped

1/4 tsp. finely chopped fresh ginger

2 medium carrots, or more small ones, cut into thin, match-like sticks (about 2 cups)

2 medium zucchini, cut the same as the carrots

Mustard or collard greens, washed and roughly chopped (optional)

Sauce:

1 cup boiling water

1/2 cup tahini

4 tsp. soy sauce

4 tsp. honey

1 Tbsp sesame seeds

1/2 cup diced, peeled, and seeded cucumber

Heat 2 Tbsp oil in a large, nonstick skillet over medium-high heat. Stir in tofu and cook until lightly browned. Remove tofu from skillet and set aside.

Add remaining 2 Tbsp oil to skillet. Cook onions until soft over medium heat, about 10 minutes with the occasional stir. Add garlic, chili, ginger, carrot, and zucchini. Continue cooking for about 3 minutes, stirring occasionally.

Now make the sauce: Mix the boiling water, tahini, soy sauce, and honey in a small bowl. Pour sauce along with tofu pieces and greens into the skillet; reduce heat to low, cover and cook, stirring once in a while, for about 15 minutes or until the veggies are tender. Add more water if it's too thick and you'd like more sauciness. Transfer to a serving dish and gar-

nish with sesame seeds and chopped cucumber.

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

Ukrainian Beet and Bean Stew

Makes 6-8 servings

1 tsp. vegetable oil

2 cups sliced onions

1/2 cup chopped celery

3 cups water

3 cups sliced cabbage

1 cup sliced carrots

3 cups chopped potatoes

4 cups peeled, cubed raw beets (or 5-6 medium beets)

3 cups un-drained whole tomatoes, chopped (28 oz.)

2 tsp. caraway seeds

2 Tbsp white or cider vinegar

1/2 tsp. salt

2 cups cooked kidney beans (or 15-oz. can, drained)

1 Tbsp dried dill (1/4 cup fresh)

Ground black pepper to taste

Chopped scallions

Plain yogurt

In a pot, heat oil briefly, add the onions and celery; sauté on medium heat, stirring continuously for 4-5 minutes, until browned. Add 1 cup of water, cover, lower the heat, and simmer for 5 minutes. Add the cabbage and carrots, stir well, and simmer, covered, for 5 minutes. Add the remaining 2 cups of water, the potatoes, beets, tomatoes, caraway seeds, vinegar, and salt; bring to a boil, lower the heat, cover, and simmer for about 35 minutes, until the beets are tender. Add the beans and dill. When the stew is hot, add pepper to taste. Serve topped with chopped scallions and a dollop of yogurt.

(*Moosewood Restaurant Low-Fat Favorites*)

Turnips

Turnips may be eaten raw with some sort of dip, grated into salads or slaws, sliced/cubed and boiled, steamed, baked, or sautéed. They are versatile and love being part of stews, baking next to squash or meat, being mashed to smithereens with potatoes and/or scalloped. If you've made friends with turnips, you'll find that they will never abandon you and will come rolling to the rescue to add wholesome flavor and willingly help create a robust meal.

(*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!