

THIS WEEK'S HARVEST:

TURNIPS

MUSTARD GREENS

SPAGHETTI SQUASH

BOK CHOY

BEETS

ENDIVE

EGGPLANT

I'ITOI ONIONS

OTHER LOCAL GOODS AVAILABLE AT THE CSA NOW LOCATED AT 116 W. COTTAGE AVE. PICK UP IS FROM 1-8PM ON THURSDAYS.

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

CONTACT: KARNA OTTEN AND TODDLER JOLA

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VISIT OUR BLOG!

HTTP:// FLAGCSARECI-PES.BLOGSPOT.COM



THURSDAY, DECEMBER 3RD, 2009

Local is as Local Does

Hi CSA. I hope your week of eating, perhaps more than you usually do, has left you well-insulated for the brrrr factor that has descended upon our fair city. Luckily the chill of Flagstaff winter has more than a few redeeming qualities, thank goodness: a bright sun, the beauty of fresh snow, sweet little songbirds toughing it out as they peck the trees for insect morsels, and, of course, CSA to look forward to each week. I shudder to think about life without CSA—boring, predictable, and static. Thanks to all of you for continuing to support local farms and the families who keep them alive.

Also keen on keeping local endeavors alive is Flagstaff Foodlink, which is hosting an event, "Spare Your Change to Change Your Local Food System." This Saturday, from 5-10pm at the Green Room, come join the all-ages bash and empty your piggy-banks. There will be local food, local music—The Bears and the Bees, Tony Norris, Joseph Langham, the Erogenous Jones Band, and others—with a great raffle and chances to win a compost bin, Ashokala soil amendment starter kit, and rest-

-aurant packages from Criollo, Diablo Burger, Pesto Brothers, and MORE! There is a \$5 suggested donation, but no amount is too large or small so be there or be...missing a really great time!

Also, Navajo-Churro Lamb orders are due this week. This lamb is raised and herded over open range where it grazes on wild grasses, herbs, and shrubs. It's leaner than other breeds, and the meat reflects the flavor of the land on which it was raised. As the original breed of the Navajo people, these sheep are rare and resilient, with fleece that is great for weaving. These animals sustained Pueblo, Hispanic, and Native people of the southwest for nearly 400 years. And thanks to preservation efforts, these precious creatures are no longer facing extinction. By purchasing this lamb you are supporting our Navajo neighbors and their shepherding traditions, rare-breed preservation and biological diversity. Not only a healthy and sustainable local food source, but a way of life and a respect for ancient traditions. For more info, visit: www.slowfoodusa.org/index.php/programs/details/us_presidia/

Enjoy!

Biz

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

☼ Slow Food has shares of delicious Navajo-Churro lamb available; see order form attached to the email or contact Karna at pick-up.

☼ 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!

Grilled Vegetable Salad with Tomato-Rosemary Dressing

Serves 4

3 yellow summer squash, or some other squash, sliced thinly lengthwise

3 zucchini, also thinly sliced lengthwise

2 thin purple Asian eggplant, sliced the same as squash

1 onion, thinly sliced

1/4 cup lemon juice

1 Tbsp balsamic vinegar

1 tsp. olive oil

2 medium tomatoes, chopped

2 tsp. fresh minced rosemary or 1 tsp. dried

1 clove garlic, minced

2 Tbsp minced fresh chives or P'ittoi onions

Lemon wedges for serving

If the weather is cold and/or damp: Double garlic and add a minced fresh jalapeno along with it.

If the weather is hot and/or dry: Serve the salad slightly chilled on a bed of mixed greens.

Prepare the grill or preheat the broiler. Combine squash and zucchini, eggplant, and onion in a large bowl and stir in lemon juice, vinegar, oil, tomatoes, rosemary, and garlic. Let the vegetables marinate for 20 minutes, then grill or broil about 4 inches from the heat source, turning frequently, until mottled with brown and tender, about 15 minutes. Sprinkle with the chives or green onions before serving warm or at room temperature with the lemon wedges.

(Savoring the Day)

Stir-Fried Bok Choy with Cashew Sauce

Makes 4 servings

1/2 cup raw cashews

1/4 cup white wine vinegar

1/4 cup sugar

1/4 cup soy sauce or tamari

1 Tbsp minced gingerroot

Pinch of red pepper flakes

1 1/2 pounds bok choy

1/4 cup peanut oil

Toast cashews in a dry skillet, tossing frequently, until lightly brown and fragrant. Combine cashews, vinegar, sugar, soy sauce, ginger, red pepper flakes, and 2-4 Tbsp water in a blender or food processor; puree until smooth. Set aside. Wash bok choy stems and leaves well, making sure to rinse away dirt in the ribs. Separate the leaves from the stalks. Cut stalks into 1-inch pieces and roughly chop leaves. Heat peanut oil in a large skillet over high heat until hot but not smoking. Add bok choy stems and cook, stirring often, until crisp-tender, 2-3 minutes. Add the leaves and cook

until they wilt and turn bright green, another minute or so. Remove to a platter and cover with cashew sauce, or serve sauce on the side. This recipe is modified from one found on the Internet. You may substitute rice vinegar for white wine vinegar (for a milder sauce) and toasted, salted cashews for the roasted ones.

(From Asparagus to Zucchini)

Mashed Turnips with Cream and Crispy Shallots

Serves 6-8

1 1/2-2 pounds turnips, peeled and coarsely chopped

3 Tbsp butter, divided

1 cup thinly sliced shallots, or sweet red onion

1/2 cup heavy cream or nondairy substitute

1/8 tsp. grated nutmeg

Salt and pepper

1-3 tsps. Minced Italian (flat-leaf) parsley

Place turnips in a large pot of cold water. Bring to a boil and cook until tender, about 15 minutes. Drain well and puree turnips in a food processor (or mash them with a hand-held masher). Heat 2 Tbsp of the butter in a small skillet over medium flame, add shallots or onions, and cook, stirring often, until shallots are tender and golden brown, about 15 minutes. Remove shallots from skillet and drain on paper towels. Combine the cream and remaining 1 Tbsp butter; bring to a simmer and stir into the pureed turnips. Season with nutmeg; add salt and pepper to taste. Place in a serving dish, garnish with shallots and parsley, and serve immediately. This recipe is adapted from one by a chef at Union Square Café in Manhattan.

(From Asparagus to Zucchini)

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)