

THIS WEEK'S HARVEST:

SPRING MIX

TOKYO BEKHANA

MIZUNA

BABY FENNEL

CARROTS

DILL

CITRUS

ARUGULA

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

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

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WWW.FLAGCSA.COM

VISIT OUR BLOG!

HTTP://FLAGCSARECI-PES.BLOGSPOT.COM



THURSDAY FEBRUARY 11TH, 2010

Dear People Unite!

Greetings to the Turnip Clan; may t-nip recipes fill your hearts and bellies today as you swap tales from your kitchens at the communal hearth of CSA from 4-7pm TODAY! There will be turnip-centered dishes and recipes for your perusal; if you've got a favorite thing you do with these oft misunderstood roots, please come enlighten some others who would like to learn how to tame these wily beasts.

Our duty of raising a significant chunk of cash to re-outfit our building has been hugely successful; and we only need about \$400 more to cover the cost of all the changes and the county fee. So, on Tuesday, Feb. 16th, is our next annual CSA event meeting; it will be at CSA and everyone is welcome to join, especially if you've got any ideas or would like to volunteer. A hearty, on-going thank you goes out to everyone who has helped in any way: So thank you all!

Many of you know or have heard about Cory Sheeley and the challenges she and her family are facing with her recent diagnosis with leukemia. You can help

by attending a benefit concert this Saturday at the Coconino Center for the Arts. Cory's father, Tom Sheeley, is hosting and performing in an all-day guitar-a-thon to raise money... This event will feature a silent auction of local art, a place to make donations, and some home-cooked food! So come join in: Feb. 13th, beginning between 9:30-10:30 a.m. and going ALL DAY. Thanks for your support of wonderful, beautiful woman.

And a couple more things to mark on your calendar:

☀ 'A Garden Symposium' featuring Michael Martin Melendrez and Bill McDorman will take place at the Cline Library Assembly Hall on Feb. 27th, from 9am-5pm. This is a non-credit CCC course costing \$15. Register online at: <http://coconino.edu/> or call 928-526-7654.

☀ The 'High Desert Gardening Series', also through CCC, is offering a weekend class called "Extending the Season" on Fri, Sat, Sun., April 2, 3, and 4th at the 4th St. Campus. Visit the CCC website or call the instructor, Kim Howell-Costion, at 928-526-7696 to leave a message.

Meat Orders and New CSA Session

☀ Beef and lamb shares are once again available from A Bar H Farm in San Simon, AZ. Anya and Harry Owens and Josh Koehn produce their natural grass-fed beef and pasture-raised lamb on their 40-acre farm, providing the animals plenty of room and top-notch living conditions. See the attached order-form for more specifics, but be sure to have your order in by **Sat., Feb. 13th**. Delivery is on Feb. 27th, from 11am-6pm. (The meat is available to non-CSA-shareholders as well, so tell all your omnivorous friends!)

☀ The next CSA session starts on **Thursday, Feb. 18th**; payments will be due and it's a great time to rally some newcomers—thanks for helping spread the word about the joys of local food and community supported agriculture!

Carrot Fennel Orange Soup

Makes 4 servings

2 Tbsp butter or oil

1 medium, or a few baby, fennel bulb(s)

4 cups sliced carrots

1 garlic clove, sliced thinly

4 cups water, veggie or chicken broth

1/2 tsp. salt, or more to taste

1/3 cup orange juice

1/4 cup sour cream, optional

Heat butter or oil in a large saucepan over medium heat. Add sliced fennel and cook, stirring often, until soft and beginning to turn golden. Add carrots and garlic; cook and stir for a minute or two. Add water or broth and salt; bring to a simmer, cover, and cook until carrots and fennel are tender, about 20 minutes. Puree mixture in a food processor, blender, or with an immersion blender. Stir in orange juice and sour cream until smooth and creamy. Reheat on low, but do not boil. Serve each bowl garnished with fennel fronds.

(From Asparagus to Zucchini)

Broccoli and Potatoes with Dill

Serves 4

2 medium red potatoes, cut into 1-inch chunks

Handful of fresh dill sprigs

1/2 pound broccoli florets, about 1 1/4 cups

3 scallions, minced

2 tsp. capers, minced

3 Tbsp fresh lemon juice

1 Tbsp olive oil

1 tsp. minced fresh dill

Freshly ground black pepper

Steam the potatoes, covered, over boiling water to which you've added the handful of dill, for about 5 minutes. Add the broccoli and continue steaming until the vegetables are tender, about 5 minutes more. Tip the potatoes and broccoli into a large serving bowl and add the scallions, capers, lemon juice, olive oil, minced dill, and pepper to taste. Toss well. Serve warm as a side dish or very slightly chilled as a salad. Or you can use it as a filling for crepes or omelettes.

(The Good Herb)

Granola with Fennel and Pecans

Makes 8 cups, or 16 servings

3 cups rolled oats

3/4 cup sunflower seeds

3/4 cup pumpkin seeds

3/4 cup wheat bran

3/4 cup oat bran

1 1/2 cups chopped pecans

2 Tbsp fennel seed, crushed in a mortar or grinder

1/4 cup canola oil

1/2 cup brown rice syrup

1 cup dried cherries or blueberries

Preheat your trusty oven to 300 degrees. In a large bowl, combine oats, sunflower seeds, pumpkin seeds, wheat bran, oat bran, pecans, and fennel seed. Combine the oil and syrup in a small saucepan and heat over medium heat until the mixture is warm and thin, about 2 1/2 minutes. Pour the syrup onto the oat mixture. Use a metal spoon to mix well (the granola will stick to wood), making sure all the ingredients are lightly coated with syrup. Scoop the granola onto two large baking sheets with sides. Set the trays in the oven and bake until golden brown, about 25-30 minutes, stirring every 10 minutes or so. (The granola in the bottom pan will probably bake faster, so switch the top and bottom if it looks like it might risk burning.) The pumpkin seeds may pop, but that's okay. Once done, let the granola cool, then stir in the fruit. Store the cereal in tightly covered glass jars. Serve it as breakfast with milk or add it to muffin and/or pancake batters. Would make a great Valentine's gift...

(The Good Herb)

Tokyo Bekhana (a type of Mustard green...)

This robust green is highly versatile: stir-fry it, boil it, sauté it with other veggies, or eat it raw in salads or sandwiches for a zesty kick. They are naturally peppery and pair well with butter, apple-cider vinegar, garlic, ginger, etc.

[http://catalparidge-](http://catalparidge-recipes.blogspot.com/2006_06_01_archive.html)

[recipes.blogspot.com/2006_06_01_archive.html](http://catalparidge-recipes.blogspot.com/2006_06_01_archive.html)

Mustard Green Sauce

Yields: a goodly amount

2 cups mustard greens, raw

1 egg

2 Tbsp red wine vinegar

2 3/4 cups oil

1/2 bunch green garlic stalks or green onions

2 Tbsp Dijon mustard

Puree mustard greens with the egg in a blender or food processor. Add the red wine vinegar; blend/drizzle the oil slowly as you mix. Add garlic and Dijon. Blend until all is smooth. May be refrigerated for several days or frozen for future use. Excellent on meats or veggies and can be used as a dip.

<http://yumyum.com>

Recipe Sharing is Wonderful

Please email either myself or Karna and we'll be more than happy to include your ideas/recipes/suggestion/thoughts: flagcsa@gmail.com or macy.mouritsen@gmail.com. It's so great to see what other people are cooking...