

THIS WEEK'S HARVEST:

GREEN GARLIC

PURPLE SAKA MUSTARD
GREENS

WHITE TURNIPS

SPRING MIX

CARROTS

KALE

BLACK SPANISH RADISH/
VALENTINE RADISH

CITRUS

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

CONTACT: KARNA OTTEN

FLAGCSA @GMAIL.COM
OR

928-213-6948

WWW.FLAGCSA.COM

VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



THURSDAY FEBRUARY 18TH, 2010

Spring Season, Commence!

Spring season already, you may query? But it's still so wintry, though! True, true, but yes, CSA begins spring season—which runs from February 18th to June 10th—today! So, this session will take us from the depths of snowy winter to the cheery highs of Flagstaff summer, when the Farmer's Market starts.

If you're a returning shareholder, just be sure to bring your checkbook or some cash; you don't need to fill out another contract. However, for you newcomers, please be sure to print and fill out your contract and bring it to pick-up today with your payment. Checks can be made out to: Flagstaff CSA/CSF. (CSF stands for Crooked Sky Farms.) And, if you would rather mail in your payment, please do and send it to:

Flagstaff CSA
P.O. Box 126
Flagstaff, AZ 86002

Our physical address, so you know where to go, is:
116 West Cottage, in the Beaver Street Brewery Parking Lot.

Also, thanks to everyone who has invited new people to join CSA—without continual growth, we'd never get as mighty and strong as we are now! Keep it up! (And, when you get someone to commit to a season, you'll get \$10 off your share!)

Here's a repeat of some upcoming events you may find interesting:

☀ '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.

Be sure to check out the next few pages for more wonderful community events and some super turnip recipes from the great turnip challenge last week. See ya!

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 attached order-form for details: **TODAY** is the **ABSOLUTE LAST DAY** to order meat!!! 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 **today, 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! (Continuing members need not fill out form.)

Welcome, Team Captains to the 2010 Climb to Conquer Cancer!

My name is Ann Eagan and I am the Co-chair for Team Development. Michele Eisenberg, my co-chair, and I are both cancer survivors and with your help we can make the 2010 Climb to Conquer Cancer the best yet! This year the Climb will take place on Saturday, August 21 and I know that seems quite distant, especially when we can barely make it around town with all the snow piles. But it is time to get started. Please join us at the first team captain's meeting:

Lamb of God Church (2615 E. 7th Ave.)

Tuesday, February 23, 2010

5:30 p.m.

Refreshments provided

Because of your hard work and success in fundraising, the 2009 Climb raised an average of \$70 per participant in a time of economic distress. While challenges remain, we are confident that if all of us work together we will do even better this year. Michele, myself, and others of the Climb Committee are here to help you and your teams fundraise. This is a promise; we will help – the more you and your teams raise, the more successful the Climb will be. The money we raise will be used to fund research to find a cure, provide education and services for patients and their families, and advocate for changes.

Join us at the team captain's meetings to share your stories, ideas, learn new ways to raise money and have fun. In the meantime, start getting your teams together and start thinking about ways to make your team be the top fundraiser! Here is one idea to get you started:

Take the \$5 challenge! Call, email, or talk to 20 of your co-workers, neighbors, friends and/or family members and ask each of them to donate \$5. It is easy and with very little effort, you have raised \$100. Then ask your team members to do the same. If every participant in the Climb raises \$100, we will have raised \$400,000! We can do it!

Let's work to create a world with more birthdays! We will see you on February 23.

Ann Eagan and Michele Eisenberg

ann.eagan@nau.edu michele.eisenberg@nahealth.com

CSA Storefront Gets a Green Makeover

We would like to thank Chris Watson and ReGroup for helping us make our building a more energy efficient space. Please consider them for your weatherization needs.

ReGroup completed some weatherization of the CSA store this week. This an overview of our findings and actions. During our safety testing, we found a small gas leak at the water heater and a call was made to the landlord to correct. The duct work for the gas furnace was tested for leakage and we found that about 30% of the heating air was leaking directly into the attic and never reaching the interior of the store. We sealed the ducting and reduced the overall leakage by 60%. While in the attic, we also sealed several large penetrations that allows the warm air to leak out of the store. The weather-stripping was replaced on the front door to reduce drafts. These measures will save the CSA \$25-30 per month during the heating season and keep the store a more constant and comfortable temperature throughout the summer. We also identified the need for attic insulation, which is almost non-existent.

ReGroup is proud to support the Flagstaff CSA. Chris has been a member for over two years and greatly appreciated the opportunity to help make the store a more comfortable, safe and sustainable space, while reducing the operating costs.

ReGroup is extending an offer of 10% off its auditing and retrofit services to any CSA member in 2010.

Chris Watson, LEED-AP

Resource Conservation Group, Inc

www.ReGroupConserve.com

(928)864-6703

(866)444-4033

Events, events, events!

February 18th, 7pm -- ARD atrium
Green Fund Kick-off Potluck
Green Fund kick-off potluck with the CCC group! It will be important for all of us to support this fund and to get our creative juices flowing (including Earth Day discussion).

February 19th, 5:30-8:30pm
Green Room Benefit -- proceeds go to support Family Food Center! Help support the needed funds to help improve the energy efficiency of the Family Food Center that serves a great number of our Flagstaff Community.

February 19th, 6:30pm
Wild and Scenic Environmental Film Festival -- Orpheum Theater. Doors open at 6:30 PM with an opening reception and music by Dave McGraw and Crow Wing. Event begins at 7:00 PM.

The Grand Canyon Wolf Recovery Project is excited to host the Wild and Scenic Environmental Film Festival on tour at the Orpheum Theater on February 19, 2010. The festival tour brings to Flagstaff a selection of conservation films that will inspire and motivate participants to go out and make a difference in their community and around the world. An opening reception and environmental fair with local conservation groups, drinks, food, and music by Dave McGraw and Crow Wing will connect festival attendees with local environmental issues and ways to become involved. A raffle will benefit the work of the Grand Canyon Wolf Recovery Project and its efforts to bring back wolves and restore ecological health in the Grand Canyon region. Location: The Orpheum Theater, 15 W. Aspen Ave., Flagstaff, AZ 86001

Ticket Price: \$10.00 (admission price includes one free raffle ticket). Tickets are available in advance at Anima's Trading Co. and Rainbow's End in Flagstaff, and at the door on night of event.

For more information: Contact Emily Nelson, info@gcwoolfrecovery.org, (928) 202-1325.

<http://www.gcwoolfrecovery.org>

<http://www.wildandscenicfilmfestival.org>

February 20th 4-10pm
Green Room Benefit Fundraiser:
HopiTutskwa Permaculture & Sustainable Green Building, Fruit Tree Orchards for Hopiland.
You are invited to a benefit fundraiser at the Green Room on Saturday February 20th from 4-10pm. There will be music, info, raffles and plenty of fun and dancing. Proceeds will benefit HopiTutskwa Permaculture and a sustainable green building project as well as Fruit Tree Orchards for Hopiland. Please spread the word and I hope to see you there.

February 22nd, 6:30-7:30pm
SSLUG meeting
University Union, Walnut B room
Come learn what's new with SSLUG and how you can get involved.

Also, we will have a special speaker, Jim Bell, who is eager to share some insight on the purposeful introduction of mushrooms and other fungi to improve the soil. Hope you can all make it!

Liz Krug

Graduate Student, Sustainable Communities program

March 5th, 5pm - Garner Auditorium on south campus
Slow Food NAU Film showing of "FRESH"
"FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet. FRESH addresses an ethos that has been sweeping the nation and dishes out a call to action that America has been waiting for.

March 6th & 7th

Heirloom Orchard Workshop with Nate O'Meara & Gary Nabhan

Please find attached a flier for a heirloom orchard workshop that I am co-hosting with Gary Nabhan in southern Arizona. If you or someone you know may be interested please pass the word along. Thank you!

Other:

Subject: Sustainable Ag Trip to Guatemala

Friends and Colleagues,

A friend of mine from Texas A&M University is a PhD student in the Department of Agricultural Leadership, Education, and Communications and will be leading a Spring Break trip (ag-related) to Guatemala March 13-21, 2010. The details and information including the application due date of Feb. 22nd are attached. I will also gladly give you my friend's contact information if you have specific questions for her.

Thanks

Heather

(For more information about these and other events, please visit: <http://www.green.nau/events.html>)

A Turnip Recipe

1-2 turnips
1 burdock root (med. length and med. thickness)
1 parsnip
1 yellow beet
1 rutabaga
1 medium or half of a large celery root (optional, but quite yummy)
Chop them all up, steam them until soft and then puree them in a food processor.
I add coconut oil (about 4 tbsp or more to taste) and some water (about 1/2 cup) depending on consistency. Salt and pepper to taste. I like it creamy, like whipped potatoes. You can also not process so much and keep it more chunky. It is incredibly sweet!!
Blessings of Infinite Love and Gratitude,
Kristin Grayce McGary LAc, MAc, CLP

A Note about Gluten-Free Bread

Next week, Feb. 25th, we'll be having some great locally-made gluten-free bread for sampling at CSA pick-up. If this excites you, be sure to be there and connect with this wholesome goodness.

Amish Relish

1 lb radishes or turnips, thinly sliced
1 small onion, thinly sliced
Syrup:
2 tbsp allspice berries (or some cinnamon sticks)
1/4 tsp whole cloves
1 tsp mustard seeds
1 cup white vinegar
3/4 cup sugar
1/2 tsp salt
3/4 cup water
Put spices in a spice bag or tea ball. Bring the syrup ingredients to a boil. Reduce heat, cover, and cook 5 minutes. Uncover and cook 10 minutes. Pour hot syrup over radishes and onions and let stand 5 minutes before using or storing. Good with tacos!
(From *The Amish Cook At Home: Simple Pleasures of Food, Family, and Faith*)

Easy Turnips

Cut 4 turnips into bite-sized pieces. Heat oil in pan. Fry turnips. Cut up 6-8 dates (pits removed) and when turnips turn golden, add dates. Add sugar to taste (about 2 tbsp). Remove from heat and serve hot.
(From turnip challenge...)

Finnish Turnips

Ingredients:
4 small turnips, chopped
2 tbsp butter
1/2 tsp salt
1 cup heavy whipping cream
2 eggs, beaten
1/3 cup packed brown sugar
1 cup crushed corn flakes cereal
2 tbsp crushed corn flakes cereal
Directions:
1. Preheat oven to 350 degrees.
2. Bring a pot of salted water to a boil. Add turnips, cook until tender but still firm. Drain.
3. In a large bowl, add turnips, butter, salt, cream, eggs, brown sugar, and 1 cup corn flakes. Blend until well mixed.
4. Pour into a 2 quart casserole dish, sprinkle with remaining 2 tablespoons crushed corn flakes. Bake for 45 to 50 minutes.
(Thanks to whoever shared this recipe!)

Greens and Green Garlic

Makes 4 servings
A few chopped green garlic stalks add a springy sweetness to collard greens, kale, or Swiss chard. You can even use spinach, just cook the green garlic an extra few minutes before adding the spinach and reduce the greens' cooking time to just 3 or 4 minutes. The prosciutto is completely optional.
1 to 2 Tbsp. olive oil or other cooking oil
3 green garlicks, chopped
1/8 tsp. salt plus more to taste
2 slices prosciutto, sliced (optional)
1 bunch collard greens, kale, or Swiss chard thinly sliced or chopped
Freshly ground black pepper (optional)
Fresh lemon juice (optional)
Heat a large frying pan over medium high heat. Add oil. Swirl and add green garlic and salt. Cook, stirring, until wilted, about 1 minute. Add prosciutto, if using, and cook, stirring, until it loses its bright pink tone, about 1 minute. Add greens, stir to combine, add 1/4 cup water. Cover, reduce heat to medium low and cook until greens are well wilted, about 3 minutes. Stir, cover, and cook until tender. Depending on the greens used (chard will take a shorter time than the others) and your taste, this will take anywhere from 3 to 8 minutes. Add salt, pepper, and lemon juice to taste, as you like.
(<http://localfoods.about.com>)