

THIS WEEK'S HARVEST:

RED FIRE CARROTS

TANGO/LOLA ROSA SALAD MIX

SPINACH

RUBY STRIPE

SWISS CHARD

CILANTRO/DILL

WHITE GRAPEFRUIT

BABY FENNEL

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 25TH, 2010

A Growing Hunger

Hey There. As icicles drip-drop from roofs and the sun enters with her toasty guns a'blazin', it's hard not to feel a growing hunger for Spring—sandals and seeds and wet soil and long days and big blue skies. Aaaaah. Soon, dears, soon.

But for now, we're still knee deep in the evidence of winter's whims. So, thankfully, we have a few more months of CSA to get us through the brrrrr. Spring session started last week, so 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. If you're new, please do fill one out.

Checks can be made out to: Flagstaff CSA. 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 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 another 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 SATURDAY. 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 page for more wonderful community events.

Stay warm and happy!

Meat Order Pick-Up, New CSA Session and GLUTEN-FREE!

☀ Beef and lamb shares from A Bar H Farm will be delivered at CSA **this Saturday, Feb. 27th, from 11am-6pm**. Please remember to bring cash or your checkbooks to pay for your remaining balance.

☀ The new session started last week; if you plan to continue **please pay this week**. If you aren't continuing and have not let us know, email or call Karna ASAP. Thank you! (Continuing members need not fill out form.)

☀ Gluten-free bread, cookies, and bagels will be available today for your sampling/purchasing pleasure. Even people who can tolerate gluten like these products, so give them a try!

Of Interest...

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>)

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 is 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 allow 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

Sweet Carrot Butter

“Sweet, creamy and super as a spread on whole wheat toast, rice cakes, or even waffles...”

4 cups carrots, sliced

1/2 cup water

Pinch of sea salt

1 heaping Tbsp arrowroot powder, dissolved in 2 Tbsp water

1-2 Tbsp sesame tahini

Slice carrots into 1-inch chunks and place in a pressure cooker with water and salt. Bring to pressure, turn down and simmer for 10 minutes. (If you don't have a pressure cooker, steam them for about 20 minutes).

Puree carrots in blender, with 1/2 cup liquid from cooking. Dissolve arrowroot in cool water, mix with carrot puree, and reheat. Stir until it bubbles. For a buttery flavor, stir in some sesame tahini and spread!

(The Self-Healing Cookbook)

Balsamic-Glazed Veggies with Lentils

Serves 6

“Rich, flavorful lentils combine with root vegetables and a balsamic-mustard glaze in this quintessential winter dish. The addition of fresh spinach or Swiss chard adds a refreshing bit of greenery.”

1 Tbsp vegetable oil

2 onions or leeks, white part only, cleaned and finely chopped

6 stalks of celery, thinly sliced

6 carrots, cut into a small dice

4 cloves garlic, minced

1 Tbsp tomato paste

1/4 cup balsamic vinegar

1 Tbsp Dijon mustard

2 medium potatoes, peeled and very thinly sliced

2 cups brown lentils, picked over and rinsed

4 cups water, or chicken or veggie broth

1 pound fresh spinach leaves or Swiss chard, stems removed, washed and coarsely chopped

In a skillet, heat oil over medium heat. Add onions or leeks, celery and carrots and stir to combine. Cover, reduce heat to low and cook until veggies are softened, about 10 minutes. Increase heat to medium. Add garlic to pan and cook, stirring, for 1 minute. Add tomato paste, balsamic vinegar and Dijon mustard and stir to combine thoroughly. Add potatoes and stir. Place lentils in your crock-pot. Add contents of skillet, along with the stock. Stir to combine well. Cover and cook on low for 8-10 hours or on high for 4-5 hours, or until lentils are tender. Stir in spinach or chard; cover and cook on high for about 20 minutes, until spinach is cooked and mixture is hot and bubbly.

(The 150 Best Slow Cooker Recipes)

Alu Gobi (Spicy Potatoes and Cauliflower)

Makes 4 large, delicious servings

1 Tbsp olive oil

1 tsp. fennel seed, finely ground

1 tsp. cumin seed, finely ground

1 tsp. coriander seed, also finely ground

1 tsp. ground turmeric

1 large onion, chopped

1 pound potatoes, cubed

1 large head cauliflower, cut into bite-sized florets

1 bunch baby fennel, chopped

1/2 lemon, thinly sliced (including the skin)

3 bay leaves

1 1/2 cups veggie or chicken stock

1/4 cup dry white wine

2 Tbsp tomato paste

Pinch of cayenne, or to taste

Minced fresh cilantro leaves for garnish, to taste

Heat a large frying pan over medium-high heat, and pour in the oil. Add the fennel seed, cumin, coriander, turmeric, onion, and garlic and sauté until the onions are fragrant and wilted, about 5 minutes. Now add the potatoes, cauliflower, lemon, fennel plant, bay leaves, stock, wine, tomato paste, and cayenne. Bring to a boil, then reduce the heat to a gentle simmer. Cover loosely and simmer until the potatoes and cauliflower are very tender, about 25-30 minutes. Serve warm, sprinkled with cilantro, as an entrée with rice or bread.

(Adapted from The Good Herb)

Spanish Greens Featuring Ruby Stripe

Serves 2-4

2 Tbsp veggie oil of your choice

3 cloves garlic, flattened or smashed with the flat of a knife

1 pound Ruby Stripe, stemmed and well-washed

Salt and pepper to taste

1/4 cup golden raisins

3 Tbsp toasted pine nuts

Heat oil over high flame in a very large skillet. Add garlic cloves and stir-fry until golden, about 30 seconds. Discard garlic! (Sounds crazy, but I think the point of the garlic in this dish is to infuse the oil...)

Toss in greens. Season with salt and pepper. Cover; wilt greens for 2-3 minutes. Add raisins and pine nuts. Season once more and serve.

(Adapted from From Asparagus to Zucchini)

Keep 'em Coming!

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.