

THIS WEEK'S HARVEST:

LETTUCE MIX

BABY BRAISING MIX

RUTABAGAS

CITRUS

RAPINI (BROCCOLI RABE)

ARUGULA

CARROTS

SQUASH: BUTTERNUT, PUMPKIN, OR KABOCHA

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

CONTACT: KARNA OTTEN

FLAGCSA@GMAIL.COM OR

928-213-6948

WWW.FLAGCSA.COM

VISIT OUR BLOG!

HTTP://FLAGCSARECI-PES.BLOGSPOT.COM



THURSDAY, JANUARY 14TH, 2010

Dear Compliance, We're Getting Closer!

G'day, fellow veggie-heads. Hopefully everyone's digestion is back on track after last week's plentiful fiber load—but when isn't a CSA bushel fibrous to the max, really? Well, today you're going to read more about the on-going process of upgrading our sweet building to comply with the County Health Department.

The good, amazing, great news? We have already raised \$800 so far! That's huge—nearly halfway there!

The reality? We still need a bit more (roughly \$1200) to sell temperature-controlled items—eggs, beef, cheese, etc.

The nitty-gritty? We need to:

- remove the carpet and lay Vinyl Compression Tile
- install a mixing faucet, proper ventilation, and a utility sink in the bathroom
- acquire door closers for the front, back, and bathroom doors.

So, there is still work to be done and money to be raised. If you, or anyone you know, happens to be a licensed plumber who might be interested in doing a little work for a trade, please see Karna.

And no donation is too large or small, so if you've got any extra to share, please do! We will keep writing about this and updating the amount of money raised until we've reached our goal. Thanks again for your continued support and generosity.

Hip Mamas Unite!

CSA is pleased to be hosting the Hip Mama seasonal swap on Monday, January 18th from 10am-1:30pm.

If you've got clothes or items that are no longer of use to you or your children, please bag them up and come on down for a swap-a-roo that's sure to leave you and your little ones looking hip and feeling groovy.

Calling all Quarter (1/4) Shareholders:

☀ If you picked up on Dec. 10th, then your rotation will resume next week, Jan. 21st.

☀ If you picked up on Dec. 17th, the last day before the 2-week break, then you will start your rotation TODAY.

Feel free to call if you have any questions.

Welcome, CSA Storefront!

Well, folks, it has finally happened: the CSA market is now open 5 DAYS A WEEK!!!

•The new hours are:

Tuesday-Saturday, from 11am until 6 pm.

Thursday pick-up is still from 1-8pm.

Come shopping and support local endeavours!

And a big congratulations to Karna! The dream is now reality; it's been a long time in the making. Thank you for believing in all the possibilities! See you there.

Baby Carrots in the “Sauce that Dances”

Makes 6 servings

“The recipe title implies that dishes with this sauce are highly seasoned and piquant and dance in your mouth from the chile burn.”

2 pounds young-ish carrots, trimmed and peeled

1/4 cup extra virgin olive oil

2 Tbsp tomato paste

1 cup water

1 head garlic, peeled as much as possible without breaking the cloves off

2 dried red de arbol chiles

1 tsp. ground caraway

1 tsp. ground red chile or cayenne pepper

Salt and freshly ground black pepper to taste

1 Tbsp white wine vinegar

Bring a saucepan filled with lightly salted water to a boil and cook the carrots until almost tender, about 5 minutes. Drain and set aside. In a large skillet over medium-high heat, add olive oil, tomato paste, water, head of garlic, dried chiles, caraway, ground chile, salt, and pepper. Once the mixture begins to boil, reduce the heat to low, cover, and simmer for 10 minutes. Add the carrots and cook until completely tender, about 15 minutes. Add the vinegar, increase heat to high, and cook for 2 minutes. Serve hot.

(Some Like it Hot)

“You Won’t Believe These” Brown-Roasted Rutabaga Wedges

Serves 6-8

4 medium rutabagas (about 3 pounds)

2 Tbsp olive oil

3 Tbsp high-quality balsamic vinegar

Sea salt

Heat your oven to 500 degrees. Cut ends off rutabagas and peel them. Use a heavy, sharp knife to cut each rutabaga in half lengthwise, then cut each half into 3-4 long wedges. Place wedges in a very large baking pan and toss with olive oil to coat them well. Spread them out into a single layer and try to keep them from touching one another. Roast in hot oven for 20 minutes. Use tongs to turn each wedge over. Roast for another 15-20 minutes. Remove from oven and toss with balsamic vinegar and salt to taste. Serve hot. This “hot-oven” approach to roasting is credited to cookbook author Barbara Kafka.

(From Asparagus to Zucchini)

Mashed Rutabaga with Orange

Makes 6 servings

2 pounds rutabaga, peeled and diced

2 Tbsp frozen orange juice concentrate, thawed

1 Tbsp butter

Salt and pepper

1 orange, (optional, for garnish)

Put diced ‘bagas in a medium saucepan and add water to about halfway up the rutabagas. Bring to a boil and cook, stirring occasionally, until very tender. Drain off the water. For a chunky texture, mash with a potato masher. For a smoother texture, run rutabagas through a food mill or process in a food processor until smooth. Stir in orange juice concentrate and butter and season to taste with salt and pepper. Garnish with fresh orange zest or thin slices of orange. This can be made ahead of time and refrigerated or frozen, then warmed in the oven. It goes well with sage-rubbed pork and mushrooms or ham.

(From Asparagus to Zucchini)

Garlic-Braised Broccoli Rabe (Rapini)

Makes 4 servings

1 bunch broccoli rabe (about 1 pound), stems peeled, if desired

2 Tbsp extra virgin olive oil

1 1/2 Tbsp salt

1 clove garlic, thinly sliced

1 small dried red chile pepper

Salt and black pepper to taste

Bring 4 quarts of water to a rolling boil in a stockpot and add the 1 1/2 Tbsp salt. Meanwhile, cut the rapini into 1-inch pieces. Add this to the boiling water and boil for about 2 minutes, then drain and cool slightly. Squeeze the moisture out of the leaves. Heat the oil in a large skillet and add the garlic and chile pepper. Add the broccoli rabe and cook, stirring occasionally, until tender, about 4 minutes. Remove and discard the chile. Season with salt and pepper to taste.

(Joy of Cooking)

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!