

THIS WEEK'S HARVEST:

SWEET POTATOES

POTATOES

SPRING MIX

PURPLE STRIPE

PURPLE TURNIPS

CARROTS

HERB MIX

WHEAT BERRIES

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

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VISIT OUR BLOG!

HTTP://
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WEDNESDAY JANUARY 20TH, 2010

Rendezvous at Mid-Week

Happy winter, all! Due to the approaching rumor of more delicious snow, the prudent people at Crooked Sky Farms decided to bring us our bounty today rather than risk dangerous conditions and/or road closures. So, our mid-week gets a little boost!

We're still in the fundraising process of getting into compliance with the Health Department codes to sell those special temperature-controlled items, so here's a re-cap of what has been happening:

You amazingly generous people have helped CSA raise \$1400! We cannot thank you enough for your donations...it's truly delightful and impressive.

Still there's a bit more to raise to reach our goal of \$2500; but at this rate we'll be revamping the space in no time! Just in case you still aren't sure of what exactly needs to be done to meet these codes, here it is again:

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.

No big deal, right? Easy stuff, with all the support we're getting! And if you or anyone you know has the abilities to do some licensed plumbing in exchange for a trade, please let Karna know. As we've said in the past, no donation is too small or large, so if you've got a little extra something we'll put it to good use.

Well, folks, stay warm and safe in the next few days. Shovel mindfully and drive slowly; we'll look forward to seeing you at pick-up.

Cheers to winter!

Calling all Quarter (1/4) Shareholders:

☀ If you picked up on Dec. 10th, then your rotation will resume TODAY, Jan. 20th.

☀ If you picked up on Dec. 17th, the last day before the 2-week break, then you will be back on rotation next week.

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!

Crunchy Turnip Crumble

2 large turnips
A smidge of molasses or brown sugar
2 eggs
1 tsp. baking powder
1/2 tsp. salt
White pepper
Fresh nutmeg
1/4 cup breadcrumbs
2 Tbsp melted butter
Cook peeled turnips in boiling water until tender. Purée in a food processor with molasses, eggs, baking powder, salt, pepper, and nutmeg. Pour into a pie plate. Melt butter and toss with breadcrumbs. Sprinkle this mixture over turnips. Bake at 350 for 25-30 minutes.

(Thanks a bushel-ful to CSA member Hilary for this recipe!)

Quinoa with Mushrooms, Kale, and Sweet Potatoes

1 cup quinoa
2 Tbsp olive oil
2 small sweet potatoes (about 1 pound), peeled and cut into 3/4 inch pieces
10 oz. button mushrooms, quartered
2 cloves garlic, thinly sliced
1 bunch kale, stems discarded and leaves torn into 2-inch pieces
3/4 cup dry white wine
Kosher salt and black pepper
1/4 cup grated Parmesan cheese
Place the quinoa and 2 cups water in a small saucepan and bring to a boil. Reduce heat and simmer, covered, until all the water is absorbed, 12 to 15 minutes. Meanwhile, heat oil in large pot over medium heat. Add potatoes and mushrooms and cook, tossing occasionally, until golden and beginning to soften, 5 to 6 minutes. Stir in garlic and cook for 1 minute. Add kale, wine, 3/4 tsp. salt, 1/4 tsp. pepper. Cook, tossing often, until the veggies are tender, 10-12 minutes. Serve over the quinoa and sprinkle with parmesan. Enjoy!!!

(Cheers to members Renee and Mick for sharing this with us!)

Thanks for Sharing!

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. It's so great to see what other people are cooking...

Fish Soup with Purple Stripe

4-6 oz. white-meat fish filet
Toasted sesame oil
4 cups water
3-inch strip wakame seaweed, cut small
1/2 cup daikon, halved and sliced
1 cup chopped purple stripe (similar to mizuna, a mustardy green)
1-2 I'toi onions, sliced
Flavorings:
European: 1/2 tsp. thyme and marjoram and sea salt to taste
Japanese: 1/2 tsp. grated ginger and 1-2 tsp. tamari
Rub a few drops of oil in a small skillet. Lightly sauté fish on medium-low heat until it flakes easily. Bring water to a boil in a saucepan, add daikon and wakame, and simmer for 10 minutes. Add fish, purple stripe, and flavoring of your choice; simmer until tender. Add green onion just a few minutes before servings.
(The Self-Healing Cookbook)

Herb-Roasted Potatoes

Makes 2-4 servings
1 pound potatoes, cut into 1/2-inch pieces
1-4 cloves garlic, chopped
3-4 Tbsp of your favorite herb: chopped parsley, rosemary, thyme, fennel, dill, cilantro, etc.
3-4 Tbsp olive oil
Salt and pepper to taste
Heat oven to 350 degrees. Coat potatoes with other ingredients and spread out on a shallow baking dish. Roast until tender, 40-45 minutes.
(From Asparagus to Zucchini)

Egg-Fried Rice with Carrots

Serves 4
2 cups cooked long-grain rice
3 eggs, beaten
2 Tbsp vegetable oil
1 clove garlic, finely chopped
3 I'toi onions, finely chopped
Several carrots, thinly sliced
1/2 cup peas, frozen, fresh, or cooked
1 Tbsp tamari soy sauce
1 tsp. sea salt
In a small saucepan, cook eggs over a moderately low heat, stirring until lightly scrambled. Remove and keep warm. In a wok or large skillet, heat oil and add garlic, onions, carrots, and peas; stir-fry over high-ish heat for a few minutes. Stir in rice, soy sauce, eggs, and salt. Stir well and enjoy.
(Adapted from "Step by Step Chinese Cooking")