

THIS WEEK'S HARVEST:

BEETS

I'ITOI ONIONS

WHITE TURNIPS

RED POTATOES

CILANTRO

BABY BRAISING MIX

SALAD MIX

BOK CHOY

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 28TH, 2010

## So Close

Alright, people. In case you've not yet heard CSA's super announcement, here it is:

•Thanks to generous donations from you delightful members, we are now within \$200 of our goal...

•...You've helped us raise \$1800!!!

It's truly extraordinary that after just a few weeks of putting the word out that we need to make some changes to the building, we're already pretty much there!

There's something compelling and sweet about a community of folks so devoted to something that it's a simple matter of asking for help and—viola!—it comes. At the risk of being repetitive, and on behalf of CSA as a whole, we want to thank you profusely for all your contributions. A few bucks here, a few hundred over there, some pocket-lint-tinged spare change and we've got ourselves a bona-fide storefront, complete with code-meeting standards. Miraculous.

Bless you all and hallelujah to communities coming together for a common cause; it's the way things ought to be.

We will be selling eggs each week now! CSA has a commissary agreement with Morning Glory Café, in which they store the eggs for us and we sell 'em.

Support your local poultry farmers, and be sure to check out the wonderful article on the next page by Julie Lancaster.

### Nibbles & Knowledge with John Sharpe

On February 6, 2010 from 3:30-7:30 p.m. come join chef John Sharpe at The Turquoise Room at La Posada in Winslow.

This lively cooking demonstration and dinner are certain to inspire and inform while filling your belly with some of the finest food around.

Please RSVP by January 31st and for more information visit:

<http://theturquoiseroom.net>.

## Store Hours

•The new hours are:

Tuesday-Saturday, from 11am until 6 pm.

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

•And if anyone has ideas, comments, and/or local products you'd like to see or recommend, please feel free to share with Karna.

## **London Zoo: Underground poultry: Flagstaff's renegade chicken farmers**

**By Julie Lancaster**

**(First published in the Arizona Daily Sun on Monday, Jan. 18th)**

Skulking through the back alleys of our Flagstaff thoroughfare, you hear a gentle cooing. Peering into backyards, you discover a secret society to which many of your neighbors subscribe: urban chicken farming. You won't spot them wearing tell-tale overalls. Our hen-raising metro-underbelly includes the girl next door, the music teacher, wood worker, housing appraiser, belly dancer, mechanic and speech therapist.

All are teeming with reasons to raise eggs. This new breed of farmer wants to give her children a connection to their food while reducing their carbon footprint by consuming local food. These farmers want to support humane animal treatment while saving money on organic, nutrient-dense eggs. Kitchen scraps, weeds and insect digest into free fertilizer. This quickly growing hobby leaves our pals of poultry wondering why every U.S. citizen hasn't already subscribed to this chick lit.

Scared to start? Don't be. For under \$50 you can get everything you need: your chicks, a waterer, a feeder, feed, bedding and a brooder (a 250-watt heat lamp and box for the first eight weeks). Bedding can be dried leaves, a towel or shredded paper.

Salvage materials for the living area or coop; creativity in design is common. Consider ventilation and light. Most families choose flocks between four and eight birds. Experts advise building the coop bigger than planned as you may acquire more chickens. Remember: the quickest way to thin your flock is to leave it exposed to birds of prey and wild or domesticated animals, especially at night.

Within Flagstaff city limits, households may keep up to 25 hens as long as they are beyond 50 feet of a residential dwelling.

At time of purchase, your chicks are between 1 day and 4 weeks old. Keep them warm for the first eight weeks as they feather and expediently increase size and weight. Start the brooder at 90 degrees, decreasing five degrees/week. Lots of peeping indicates they are too cold. Hold them gently; a bond that starts now will last.

Food until 6 weeks: chick starter feed. Until 5 months: pullet grower. Beyond: laying feed. Let them frolic outside daily: the more bugs, foraged food, kitchen scraps, grit, exercise and sunshine, the better.

Egg production begins around 6 months. As these ladies age from chick, to peep, to pullet, to hen, peak laying precedes two years of age. From a healthy Flagstaff hen, egg production may slow during winter, summer heat and the annual molt. She becomes less reliable as her 7-year life span nears.

Locally available, popular Flagstaff breeds are cold tolerant, productive and amicable. The Natural Chicken Hatchery sells year-round while Olsen's Grain stocks in March. Rhode Island Reds are prolific egg producers. Buff Orphingtons are pretty. Arcana/Ameraucana lay blue eggs. Bardrocks are hardy winter layers.

Once your flock is established, ensure clean water and add food when necessary. Collect eggs. Clean the coop weekly. Observe and love your hens. Subscribe to Backyard Poultry Magazine or join a Facebook Chicken Farmers group. Reference City Chicks or Chickens in your Backyard, or even Raising Chickens for Dummies.

Urban chicken farming is in. Don't let this local food movement pass you by!

*Julie Lancaster is a certified permaculturalist, professor of motivational studies, career coach and local gardener.*

Greetings, Garden Starts CSA members old and new!

I look forward to meeting everyone! I have attached the registration and pick-up schedule for this year's CSA. Please feel free to forward this email on to anyone else who would like to be part of the Garden Starts CSA (they do not have to be members to be on the e-mailing list).

Since this my first year running the CSA, and in response to some of your feedback and feedback from successful long-time Flagstaff growers, I've made a few changes to the CSA. The changes will, hopefully, bring you increased garden productivity and simplify the running of the CSA.

I've adjusted some of the CSA veggie varieties, and have set up the pick-up dates so that they best fit Flagstaff's short growing season. What this means is that you will have intensive transplanting between the first week of May and the end of June. You will not be receiving cool weather crops in July (since at that point your garden is hopefully full and flourishing with summer crops!). If you would like to grow a fall veggie garden, please let me know, and I will start a smaller fall CSA. The fall CSA will be inexpensive, and have just one pick up in mid to late Aug of a selection of cool weather crops - your pick, if you choose. Signing up for the "main" summer CSA will not automatically enroll you in the fall pick up.

The (summer) CSA is also slightly smaller than it has been over the last two years -- and less expensive! :) If you would like to know the numbers of plants and varieties in each share to pre-plan your garden, just let me know, and I'll happily email those to you. This year, I've reduced the amounts of flowers and cole crops in the share, and tried to stick to the "basics."

I'd love your feedback!

We are taking registrations now - please mail them in to Flagstaff Native Plant and Seed, at the address listed on the registration form. I expect we'll be able to accommodate at least 60 (and possibly 70) shares this year.

Best to you during these snowy days of winter,  
~Meredith Hartwell

Contact Meredith at [merhartwell@gmail.com](mailto:merhartwell@gmail.com) for more information on getting involved in the Garden Starts CSA.

### **Whole Wheat Berries Pancakes**

This perfectly delicious pancake recipe made with fresh wheat berries makes enough 'cakes for 2 very hungry people!

1 cup milk  
3/4 cup whole wheat berries  
2 tsp. baking powder  
2 Tbsp brown sugar  
2 eggs  
Dash of salt  
Fresh fruit or syrup, for serving

Using a glass blender (will scratch plastic), blend milk and wheat berries for 4 minutes on high. (Stop blender intermittently if you're concerned about over-working your blender.)

Add baking powder, brown sugar, eggs, and salt to the blender. Replace lid and blend for 1 minute on low. Spoon batter onto a hot greased griddle. Flip pancakes once during cooking (pancakes are ready to flip when bubbles on top stay open). Cook pancakes for several minutes, until done. Serve with fresh fruit or syrup!

([www.TammiesRecipes.com](http://www.TammiesRecipes.com))

### **Spicy Bok Choy with Sesame Noodles**

Serves 4

1 package (8-9 ounces) fresh sesame- or garlic-flavored linguine  
1 Tbsp peanut oil  
1 Tbsp sesame oil  
1 Tbsp minced ginger  
2 Tbsp minced garlic  
1/2 tsp. hot red pepper flakes  
4 heads bok choy, bottoms trimmed, heads cut in half lengthwise  
8-12 brown mushrooms, thickly-sliced, or  
1 sweet yellow bell pepper, cut into chunks  
1 cup sake (rice wine) or chicken stock  
2 Tbsp soy sauce or tamari

Boil noodles in lots of salted water until barely tender. Drain and keep warm. Meanwhile, heat a wok or very large, heavy skillet over highest flame. Add oils, swirl the pan to coat its bottom, and add the ginger, garlic, and hot pepper flakes. (Keep your face away from the steam—it's spicy!) Stir-fry for 30 seconds or less, then add the bok choy and mushrooms (or sweet pepper) and continue to stir-fry for another 2-3 minutes. Add the sake or stock and soy sauce, cover the wok, and let steam until everything is tender, 5-8 more minutes. Divide the noodles among 4 soup plates or deep bowls. Portion the bok choy mixture over the noodles and serve pronto.

(*From Asparagus to Zucchini*)

### **Mellow Root Stew with Kombu**

Makes a few servings of stew

6-inch strip kombu (a type of seaweed, available at New Frontiers)

1 1/2 cups water  
1 onion  
1 carrot  
1 turnip  
1 stalk celery and leaves  
2 cabbage leaves  
1 heaping Tbsp kuzu\*  
2 Tbsp cold water  
Tamari soy sauce to taste

1/2 tsp. basil or thyme (optional)  
1/2 cup diced seitan (also optional)

Place kombu and water in a pot and bring to a boil. Cover and simmer 20 minutes, then remove kombu, slice in 1/2-inch squares, and add back to the pot. Cut all the veggies into bite-sized wedges or slices. Add onion, roots, and celery to kombu and simmer for 15 minutes. Then add cabbage and simmer 5 minutes more, or until everything is tender. Dissolve kuzu in cool water, and stir this into the stew until it thickens. Flavor to taste with soy sauce and optional herbs. For meaty heartiness, add chunks of seitan...a savory, high-protein wheat-gluten product.

\*Kuzu: A white root-starch (no flavor), made from the 7-foot-long roots of the kuzu plant. It dissolves in cold water and is used in daily cooking by many to thicken sauces, stews, puddings, and Chinese veggie combinations. Check out the health-food store.

(*The Self-Healing Cookbook*)

### **Turnip Challenge, Anyone?**

Karna had the brilliant idea that we oughta come together as a group and discover some turnipy protocols that will prevent them from falling off the radar of things we like to eat. How would you all feel about having a sort of turnip cook-off at CSA sometime soon? Anyone interested could bring in their turnip creation along with copies of the recipe and we could swap tales of woe and triumph...

Let us know if you'd like to be a part, and we'll announce it and make it happen! Thanks!

### **Recipe Sharing is Grand**

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