

THIS WEEK'S HARVEST:

RADISHES

CARROTS

WHITE TURNIPS

TANGELOS

BUTTERNUT

SQUASH

KALE

SPRING MIX

WATERCRESS

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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THURSDAY, JANUARY 7TH, 2010

It Takes a Village...

Hallo, everyone. Welcome back! It seems like it has been forever since we gathered last; my ubiquitous stock-pile of green, leafy vegetables dwindled around Christmas-time and I'm in desperate need of replenishment! The holidays can be packed full of so much—time with precious people, trips to faraway places, and often an overabundance of food and drink and closeness. As I filled my belly up with the requisite dinner rolls a la Mom and dreamt of dental floss while crunching home-made butter toffee, I began to long for the simplicity of eating fresh, local food. Two weeks without it seemed like quite a long, bloated time...

And now it's January. Twenty-ten! The new year prances in on the winds of change with whichever fill-in-the-blank item we most need—renewal, release, opportunity, motivation, new beginnings—you name it! CSA will be rising to the occasion by devoting the first part of this year to raising the necessary funds (\$2000) to make the changes needed to be in compliance with the county in order to sell those ever-important temperature controlled

Items like eggs, beef and cheese. We have, thanks to the generous devotion of you, our members, already raised **\$500!** Thanks to everyone who has helped so far, and we'll keep you posted with more chances to show your support. Together, we can do it! Happy eating!

Attention Quarter (1/4) Shareholders: Making our way back into the swing of things requires a little coordination on your parts, if you could.

☀ If you picked up on Dec. 10th, then your rotation will resume today. Again, if the last time you received veggies was way back in the beginning of last month, please make sure to come today for a new bushel.

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

If you're uncertain when you last picked-up, stop by to double check to make sure you get back onto the right schedule. Thank you all!

Calling all Stragglers!

If you've still not paid for the 2nd-half, please put that on top of your to-do list!

**Make checks out to Flagstaff CSA/CSF and mail your payment to:
PO Box 126, Flagstaff AZ 86001.**

Thanks for your prompt attention!

Butternut Squash, Carrot & Cashew Soup

Serves 6

1 Tbsp butter or olive oil
3 cups peeled, diced b-nut squash (about 1 small squash)
2 cups chopped, peeled carrots (about 4 medium)
3/4 cup thinly sliced leek or chopped onion
1 cup raw cashews
32 ounces chicken or veggie broth
1/4 tsp. ground black or white pepper
1/4 tsp. ground nutmeg
1/4-1/2 cup half-and-half or non-dairy substitute
Sour cream (optional)
Tamari roasted pumpkin seeds (optional)
Heat butter or olive oil in a large saucepan; add squash, carrot, leek and cashews. Cook over medium heat for about 8 minutes, stirring occasionally. Add broth, bring to a boil, reduce heat and simmer, covered, for 25-35 minutes or until veggies are very tender. Cool slightly.
Now place one-third of the squash mixture in a food processor or blender. Cover and process or blend until almost smooth. Repeat with remaining squash mixture. Return all of the mixture to the saucepan. Add pepper and nutmeg; bring to just boiling. Add half-and-half or soy creamer and gently heat through. If you so desire, garnish with pumpkin seeds and sour cream.

(Thanks to a little recipe hand-out from New Frontiers)

Watercress and Mushroom Salad

6-8 servings

Juice of 1/2 lemon
1/2 tsp. dry mustard or 1 tsp. prepared Dijon-style mustard
1 small clove garlic, minced or put through a press
1/4 tsp. dried tarragon
Salt and pepper
1/2 cup olive oil
1-2 bunches fresh watercress
1/2 pound fresh mushrooms, sliced
Combine the lemon juice, mustard, garlic, tarragon, and salt and pepper; stir in the olive oil. Toss with the cress and mushrooms just before serving.

(The Vegetarian Feast)

Turnips and Carrot Puree with Cumin

Serves 8

4 cups peeled turnips, cut into 1/2-inch cubes
2 cups thinly sliced carrots
1 tsp. toasted cumin seeds*
2 Tbsp butter
1 tsp. granulated sugar

1/2 tsp. salt

1/4 tsp. black pepper

1/4 cup water or vegetable stock

Combine ingredients in a slow-cooker or crock-pot. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until vegetables are tender. Using a potato masher, food processor, or blender, puree or mash until smooth. Serve immediately.

*To toast the cumin, place the required amount in a dry skillet and heat over medium heat, stirring until the seeds release aroma and just begin to brown. Immediately remove from heat and transfer to a small bowl to cool.

(The 150 Best Slow Cooker Recipes)

Casserole of Turnip and Leeks with Bleu Cheese

Makes 8 servings

1 Tbsp butter
3 large leeks, white part only, cleaned and thinly sliced
1/2 tsp. black pepper
1 can condensed cream of celery soup
1/2 cup water
2 lbs. turnips, peeled and cut into 1/2-inch cubes
1/4 cup whipping cream
3 Tbsp bleu cheese, crumbled
Salt to taste

In a skillet, melt butter over medium heat. Add leeks and cook, stirring, until softened. Add pepper and celery soup and stir well. Add water and stir to combine thoroughly. Place turnips in slow cooker and pour contents of pan over them. Stir to combine. Cover and cook on low for 8-10 hours or on high for 4-5 hours, or until turnips are tender. Stir in cream and cheese after cooking and cover the pot and cook on high for about 15 minutes or until cheese melts. Transfer mixture to a food processor, in batches, and process until smooth. Season with salt to taste and serve immediately.

(The 150 Best Slow Cooker Recipes)

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!