

THIS WEEK'S HARVEST:

SQUASH
RED ONION
SORREL
GREEN ONION
RED POTATOES
YUKON GOLD POTATOES

GRAPEFRUIT
CRUSHED RED CHILIES

ALSO AVAILABLE:

COFFEE
HONEY
OLIVE OIL
YUMMY SOAP
BREAD
HOT SAUCE
CERAMIC MUGS
GIFT CERTIFICATES
HUMMUS
EGGS
TAMALES
DATES
MOCHI
ADUKI BEAN CAKES
SPICEY HONEY MUS-
TARD
CITRUS
FLYING M BEEF
FRESH PULLED MOZZA-
RELLA
MOLLY'S TAMALES

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VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



THURSDAY JUNE 3RD, 2010

Penultimate Pick-Up before Summer CSA

☼ In case you've not yet heard, the last week of the Spring season is next week, June 10. Our first-ever Summer CSA begins on June 17, so be sure to get your contract in by next week if you plan to continue for the summer. There are some mouth-watering things to look forward to: tomatoes, squash, okra, onions, potatoes, cucumbers, peppers, corn, chili peppers, large variety of melons, and much more. Contracts can be found on the CSA website or at pick-up; please mail them to: Flagstaff CSA P.O. Box 126, Flagstaff AZ 86002.

☼ The CSA storefront will continue to be open during the summer as well, so be sure to swing by for some eggs, cheese, beef, cookies, or any of the other wonderful local products even if you're not going to be getting a summer share.

☼ This Friday is once again First Friday Art Walk. We are hosting FARM (Flagstaff Agricultural Revitalization Movement) and photographers Cameron + Kelly Studio. Fun starts at 6pm so please come on by. Compost demos, baked goods walk, music, facepainting and more!

Did you Know?

A group of Flagstaff home canners has formed to purchase vegetables and fruit in bulk for canning. So far, there are three of us. We can fruit, jams and jellies, tomato sauce, ketchup, pickles, corn and much more. Farmers sell their produce in flats at a much lower cost than the "market" cost. They also sell their "uglier" produce at a very cheap rate. Would you like to buy flats of heirloom tomatoes at \$1 or less per pound? We are talking to farmers who sell at the Flagstaff Community Market to find the best deals and learn when various foods will be ripe. We might also purchase canning lids in bulk and other items. To join our e-mail list, contact Lisa Rayner at lisa@lisarayner.com.

*P.S.
We need some: plastic bags, egg cartons, and 2 gallon or bigger glass jars. Bring them in if you've got some to share! Thanks!*

10th SEASON

FARMERS MARKET

Sundays

Flagstaff City Hall
(Parking lot)

May 30 - Oct. 10
8 am - 12 pm

Wednesdays

St. Pius X
(Cedar & 4th St.)

July 7 - Sept. 22
4 pm - 7 pm



Sponsored by:



Flagstaff Community Markets

For more information

Art & Heather Babbott • (928) 774-7781

flagstaffmarket@gmail.com • www.flagstaffmarket.com

Sweet-and-Sour-Tofu with Summer Squash

Serves 4-6

1 pound firm or extra-firm tofu, sliced into bite-sized pieces
2 yellow summer squashes, sliced into half-moons
1 large onion, sliced
3 1/2 cups water
1/3 cup barley malt
4 Tbsp tamari or shoyu
2 Tbsp rice vinegar
2 Tbsp kudzu

Simmer onions, summer squash, tofu, and 3 cups of water for about 15 minutes, or until veggies are as tender as you like them. Stir in barley malt, rice vinegar, and tamari. Dilute kudzu in 1/3 cup cold water. Stir it into the sweet-and-sour veggies. Taste and adjust the seasonings, if desired, by adding more tamari for a saltier flavor, more barley malt for sweetness, or more rice vinegar for a more sour taste.

(The Quick and Easy Organic Gourmet)

Crispy Potatoes with Sorrel

Makes 4 servings

Blanching the potatoes before helps them brown and crisp in very little oil.

1 pound small new potatoes
1 Tbsp olive oil
2 Tbsp minced fresh sorrel

Slice the potatoes thin. Steam them over boiling water, covered, until barely tender, for about 5 minutes. Heat a well-seasoned cast-iron skillet over medium-high heat. Swirl in the oil so that the bottom of the pan is well-coated. (If you don't have cast-iron, use a nonstick pan but don't preheat.) Pat the potatoes dry and layer them evenly in the skillet. Reduce the heat to medium and let the potatoes sizzle, without stirring, until browned, about 4 minutes on each side. Just before you remove the potatoes from the heat, sprinkle them with sorrel. Serve warm.

(The Good Herb)

Penne with Mushrooms and Fresh Sorrel

Serves 6

This easy-to-make dish is great for spring picnics!

1 Tbsp olive oil
12 ounces mushrooms, sliced
2 cloves garlic, mashed through a press
1 medium onion, sliced
1 dried hot chili pepper, or flakes
1 cup chopped tomatoes, canned are okay
6 cups hot cooked penne or other tubular pasta
1/3 cup minced fresh sorrel leaves

Heat a large sauté pan over medium-high heat, then pour in the oil. Add the mushrooms, garlic, onion, and

hot pepper and sauté for about 5 minutes. Stir in the tomatoes and cook until saucy and fragrant, about 7 minutes more. In a large bowl, toss the penne with the sauce and sorrel. Serve warm.

(The Good Herb)

Quinoa Fritters

Makes about 36 fritters for 4-6 servings

1 Tbsp vegetable oil
4 green onions, white and green parts only, finely chopped
1/2 tsp. paprika
1 Tbsp finely chopped fresh parsley
1 Tbsp finely chopped fresh cilantro
1 cup cooked quinoa, (5-6 Tbsp raw=1 cup cooked)
1/4 cup unbleached all-purpose flour
1/2 tsp. salt
1/4 tsp. freshly ground white pepper
1/2 tsp. cayenne pepper
1/4 cup freshly grated Parmesan cheese
2 large eggs, lightly beaten
6-8 cups vegetable oil, for frying

In a small skillet, heat the 1 Tbsp veggie oil over medium heat. Add the green onions and paprika and cook until soft, 1 minute, stirring. Remove from the heat and stir in the parsley and coriander. Transfer to a bowl and mix in the cooked quinoa. Add the flour, salt, white pepper, cayenne, Parmesan, and eggs. Mix well. The "dough" will be a thick, gooey batter. Refrigerate for 15 minutes. Preheat the frying oil to 350 degrees in a deep-fryer or an 8-inch saucepan fitted with a basket insert. Drop heaping teaspoonfuls of the quinoa mixture into the hot oil, being careful not to crowd the fritters (you will likely need to cook 2 or 3 batches). Cook until golden, about 2 minutes, then remove with a slotted spoon to paper towels to drain. Keep the fritters warm in the oven while you cook the rest. Serve hot with:

Peruvian Creole Sauce

Makes about 2 cups

1 medium-sized white onion, thinly sliced
3 fresh *rocoto* chiles or 6 fresh large green jalapeno chiles, seeded and finely chopped
1 large garlic clove, finely chopped
2 Tbsp finely chopped fresh cilantro
Juice of one lemon
1/4 tsp. salt
1/4 tsp freshly ground black pepper

In a medium-sized bowl, mix together all the ingredients. Cover with plastic wrap and refrigerate for 1 day before using.

(Some Like it Hot: Spicy Favorites from the World's Hot Zones)