

THIS WEEK'S HARVEST:

SWISS CHARD

BEETS

RED POTATOES

SPRING MIX

CILANTRO

ENDIVE

YELLOW ONIONS

ORANGES

ALSO AVAILABLE AT
CSA PICK-UP:

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 MOZA-
RELLA

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 MARCH 11TH, 2010

A Letter from the Board

Dear CSA,

The Flagstaff CSA Board of Directors is currently accepting applications from CSA shareholders who are interested in becoming involved in CSA operations. We currently have three positions vacant we would like to fill in the next few months. (One of these positions is the Board Treasurer, so if you enjoy playing with numbers we'd love hearing from you!)

What does it take to be a member of the CSA Board? First of all it takes a strong desire on your part to help spread the word about the value of CSAs and help us grow. The Board oversees CSA activities, working closely with our coordinator, Karna Otten. Some of the things we are focusing on right now are:

- *Increasing the number of CSA shareholders in Flagstaff to 500;*
- *Developing a strong financial foundation so we can continue to grow, offering new and exciting agricultural products from local producers;*
- *Expanding our store front activities;*
- *Outreach to underserved communities, including obtaining an EBT machine and creating more distribution opportunities;*
- *And educating the public on how our food choices affect both ourselves and our planet.*

If you are committed to the values of the CSA and would like to offer your passion, time, and sweat please consider throwing your hat into the ring. Board members serve two year terms and we are currently meeting once a month.

If you're interested, please submit a letter of interest to Karna Otten (flagcsa@gmail.com). You may also submit a resume or other supplemental information you think might help us make a decision. We hope you'll consider joining us as we continue to grow our CSA!

*Todd Barnell
Flagstaff CSA Board President*

YOU MUST PAY TODAY!

☀ ALRIGHT, FOLKS. WE'VE BEEN VERY PATIENT WITH LETTING PAYMENTS SLIDE UNTIL YOU REMEMBER...BUT IT'S BEEN TOO LONG AND WE HAVE TO SAY IT AGAIN: IF YOU'VE NOT YET PAID, DO IT TODAY OR...WE'LL BE VERY SAD. IT'S IMPORTANT TO THE HEALTH OF CSA THAT THE PAYMENTS ARE MADE IN A TIMELY MANNER. THANK YOU!

☀ Make your checks out to: Flagstaff CSA/CSF.

And please, if you're not bringing you money to pick-up, mail it to: Flagstaff CSA

P.O. Box 126
Flagstaff, AZ 86002

“Extending the Season”

☀ The ‘High Desert Gardening Series’, through CCC, is offering a weekend class called “Extending the Season” on Fri, Sat, Sun., April 2, 3, and 4th at the 4th St. Campus. Visit the CCC website or call the instructor, Kim Howell-Costion, at 928-526-7696 to leave a message.

2nd Annual Sedona/Verde Valley Spring Planting Festival March 14-21, 2010

“This festival is dedicated to connecting people to place and to one-another by cultivating gardens and celebrating the Arts sponsored by Gardens for Humanity. At the heart of Gardens for Humanity lies the belief that ecological education will help give our children and all members of our community the values, tools and experiences needed to seek and regain balance with the natural world.”

For logistics and details about the festival please visit: <http://www.gardensforhumanity.org>.

Attention Facebook Users!

Here’s a snippet from Julie Lancaster about her very exciting Facebook Page:

As you will see on Facebook (thank you already Lisa!), I just started a Flagstaff Planting Guide, Garden Community page.

I am really excited about it, as the intent is: A forum for Flagstaff Gardeners to share gardening events, local info, growing successes, and green community!!!!

I am really excited about where it could go – everyone sharing what’s happening in their garden, letting each other know about good green events in town, tips for success, gardeny links – that sort of thing.

Would you consider sending a “page suggestion” to Facebook local folks/your friends you know that would be interested in this sort of thing?

If you’d like to find this page and help spread the word, log-in to FB and search for “Flagstaff Planting Guide, Garden Community” and it’ll pop right up.

What a fine, fine resource!

Thanks Julie!

May Art Walk: CSA Open House

♪ That’s right! CSA is going to be an art-walk destination on May 7th. We are currently in the planning stages and are searching for a crew of volunteers willing to help before and during the event.

If you’re interested, please speak with Karna and sign up on the sheet at the desk.

It’s going to be great fun! ♪

2nd Annual CSA Farm Visit!

Greetings everyone!!

I hope you're all having a great week so far. I wanted to send a quick save the date note about our member day coming up in April. Right now, we're planning to have all our CSA members (and friends of theirs) come visit our South Phoenix field Sunday April 18th from 10am - 1pm.

We did our last member day last June and I think we're going to try to do it annually in the Spring. Tonia, Victoria and I are planning on cooking again for everyone. We haven't done much other than just plan on the date and time. Please start sharing this information with your members and I'll make an official invite that you can forward to your members.

Hope all is well!!

Jen :)

Crooked Sky Farms
www.crookedskyfarms.com

Veal Raised by KEBA FARMS

56163 W. Papago Road

Maricopa, AZ 85139

Owned by the Frank Family

Jeremy Frank was raised on various farms in the southwest and around the US. Currently, on his 6 acres in **Hidden Valley Arizona** he is cultivating a dynamic permaculture environment.

The Holstein calves that provide for the veal Keba Farms offers come to the farm shortly after being born from **USDA Certified Organic stock on Pratt Dairy Farm in Maricopa Arizona.**

Jeremy, along with his wife, 3 small children and their friend Miguel care for these calves **bottle feeding them fresh milk** till they are 4 weeks old. Although they are not allowed to freely trample the vegetable gardens, these animals all have plenty of direct contact with their friends and **exercise space** enjoy being together. As they grow to about 6 – 8 weeks they are able to graze on green micro-pastures and feed daily on locally raised **organic alfalfa and grain.**

You can expect the meat to be very lean and tender.

Please let us know if you have any questions and how you enjoy our products.

Interim contact in Flagstaff on behalf of Keba Farms:

Jonathan Netzky of Local Alternative Inc.

(847) 830 2569 /jnetzky@gmail.com



One of 30+ micro pastures



Organic locally purveyed feed



Vegetable production



Living/Exercise areas



The veal calves have many friends also running around the farm including heritage chickens, proud roosters, wonderfully excitable quail, rabbits, and goats.



Farmer Jeremy in front of shaded area for newborns.



Pastured chickens

Cumin Beets

Serves 4-6

1 Tbsp vegetable oil
1 onion, finely chopped
3 cloves garlic, minced
1 tsp. cumin seeds
1 tsp. salt
1/2 tsp. black pepper
2 medium tomatoes, peeled and coarsely chopped
1 cup water
1 pound beets, peeled and thinly sliced (if small, just use them whole)

In a skillet, heat oil over medium-high heat. Add onion and cook, stirring, until softened. Stir in garlic, cumin, salt and pepper and cook for 1 minute. Add tomatoes and water and bring to a boil. Place beets in slow-cooker and pour tomato mixture over them.

Cover and cook on low for 8-10 hours or on high for 4-5 hours, until beets are tender.

Tip: Peeling the beets before ensures that all the delicious juices end up on your plate.

(The 150 Best Slow Cooker Recipes)

Pear, Walnut, and Endive Salad

6 servings

Prepare Vinaigrette* using walnut oil

Toss with enough vinaigrette to moisten:

4 Belgian endives or 1 head frisee, trimmed
Spring mix

Divide and arrange greens onto 6 plates with:

1 large pear or Granny Smith apple, cored and sliced
6 fresh figs, halved (optional)

Sprinkle with:

1/2 cup walnuts, toasted*
12 oz. Gorgonzola, Roquefort, or feta, crumbled

*Vinaigrette: yields 1 cup

1 small clove garlic, peeled
2-3 pinches salt

Mix garlic and salt into a paste. Place in a small bowl and add:

1/2 tsp. salt
1/8 tsp. ground black pepper
1/4 cup red wine vinegar or fresh lemon juice
1 tsp. minced shallot
1/4-1/2 tsp. prepared mustard

Whisk until blended. Add gradually, whisking constantly after each addition:

3/4 cup walnut oil

If made in advance, cover and refrigerate. Shake well before using.

*Toasted walnuts: Spread nuts on an un-greased baking sheet and toast at 325 degrees for 5-7 minutes.

Make sure to check and stir them often to prevent burning. For stovetop toasting, place nuts in a dry skillet over medium heat and cook, stirring or shaking pan frequently, until they just begin to release their fragrance, about 4 minutes.

(Joy of Cooking)

Curried Corn Samosas

Makes 8 samosas

1/2 cup whole wheat pastry flour
1 1/2 cups unbleached all-purpose flour, plus a little extra for kneading and rolling
2 tsp coriander seed, finely ground
Pinch of sea salt

About 2/3 cup water

1 cup corn kernels (cut from 2 large ears or frozen)
1/4 cup fresh cilantro (coriander) leaves, minced
2 scallions, minced

1 clove garlic, mashed or chopped

1/2 tsp. cumin seed, finely ground

1 tsp. ground turmeric

Pinch of cayenne, or to taste

3 Tbsp freshly grated mozzarella or soy substitute

About 2 tsp. olive oil

To make the dough, combine the flours, coriander seed, and salt in a medium bowl and mix well. Pour in 2/3 cup water and work it with a large rubber spatula until you have a dough, adding a bit more water if necessary. Transfer the dough to a lightly floured clean counter and knead for about 3 minutes. Then return dough to bowl, cover, and let it relax at room temperature for about 15 minutes.

Meanwhile, make the filling: Combine the corn, coriander leaves, scallions, garlic, cumin, turmeric, cayenne, and mozzarella in a small bowl.

Place the dough on a lightly floured surface and slice it into 8 pieces. To make the samosas, roll each ball out to a 4-inch circle, place a Tbsp of filling in the center, fold the circle in half, and pinch the edges closed.

To cook the samosas, heat a well-seasoned cast-iron skillet over high heat. Use a pastry brush to paint the oil into the skillet. Set the samosas in the pan and let them sizzle until lightly browned, about 2-3 minutes on each side. Serve warm, as part of an appetizer or as a main course with soup or salad.

Note: To make a quick dip for samosas, combine equal parts of spicy salsa and plain yogurt.

Enjoy!

(The Good Herb)