

THIS WEEK'S HARVEST:  
 CURLY MUSTARD GREENS  
 GREEN GARLIC  
 ONIONS  
 CARROTS  
 SPINACH  
 ORANGES

BEETS  
 LOLA ROSA/TANGO MIX

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 18TH, 2010

## A Letter from the Board (Repeat)

*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>.

### **Invite your Friends!**

...to Julie Lancaster’s new Flagstaff Planting Guide, Garden Community 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. 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.

So good! ♪

### **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. Last time I had posted our map on the website and we unfortunately got a lot of unwanted guests (in addition to our treasured CSA members). So, in an effort to keep it on the down low to the public...I'll only be emailing the details to you all and then will depend on you to forward to all your members.*

*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](http://www.crookedskyfarms.com)

## If You Care About Preserving OLD ORCHARDS, please read on...

Aztec Ruins National Monument is accepting public comments on its General Management Plan (GMP). This plan will guide park actions for the next 10-15 years.

The plan calls for removal of orchards and scattered fruit trees throughout the park, and revegetation with native species. The orchards consist of some 175-200 pear and apple trees in varying degrees of health. Some trees are located in orchards just west of the West Ruin, others are located near the Animas River, out of view of visitors. Additional trees, including apricots, are scattered in various places elsewhere. Although unknown, the ages of the trees vary. The pear trees are at least 50 years old, and the apple trees closer to 100 years. The Animas River Valley was at one time a prolific and important fruit growing region. Most of the old orchards in the region have disappeared.

The GMP presents only two alternatives for orchard treatment 1. continue existing conditions, ie. provide minimal care and some irrigation 2. remove all trees throughout the park. An alternative to "restore" the orchards and maintain them was dismissed from analysis.

Those who are interested and want to comment on this issue or the plan can:

Obtain the full plan online at: [http://www.nps.gov/azru/parkmgmt/upload/GMP\\_EA.pdf](http://www.nps.gov/azru/parkmgmt/upload/GMP_EA.pdf)

Obtain a newsletter online that summarizes the alternatives, the preferred alternative, and environmental impacts at: [http://www.nps.gov/azru/parkmgmt/upload/febnewsletter\\_web-2.pdf](http://www.nps.gov/azru/parkmgmt/upload/febnewsletter_web-2.pdf)

Submit comments until **April 10** online at: <http://parkplanning.nps.gov/azru>. Once on this first page, click on "General Management Plan;" then in the left column, click on "Open for Public Comment." Finally, follow the directions for entering comments.

The National Park Service is not required to consider comments that are not "substantive." ***Comments in favor or against the proposed action or alternatives are not considered substantive.*** Substantive comments include those that address accuracy of information, the adequacy of environmental analysis, and that present reasonable alternatives for consideration.

Those who comment should ask to be put on the mail list for future communication about the orchards.

Substantive comments regarding this issue include comments such as:

--The historic and scientific values of the orchards are needed for an accurate impact analysis.

--A full description of the nature of and present conditions of the orchard, past and present care, and their costs are needed for an accurate analysis.

--The reasons to dismiss the alternative from analysis are not adequate:

1. Scientific information addressing specifically *orchard* irrigation water effects on ruins deterioration is not evident.

2. Cited park mission goals and fundamental values do in fact support the presence of the orchards.

3. The assertion that visitors are "distracted" by the orchards is unfounded and not supported by evidence.

Estimated costs for the proposed action and alternative treatment are unrealistic and not substantiated.

The use of partnerships to assist in managing the orchards was not considered.

6. The assertion that the orchards represent a low priority resource for funding is not a valid reason for dismissing the action from further analysis.

--The plan does not consider a full range of alternatives for managing the orchards. Other alternatives need to be considered, including: varying levels of treatment taking into account the different locations of the trees, alternate irrigation strategies if orchard water is scientifically shown to be unacceptable to ruins preservation, establishing partnerships to assist in their care.

--Orchards should be treated as an historic resource throughout the plan, pending a Determination of Eligibility for National Register of Historic Properties listing.

--The impact topic of historic resources (including the orchard) should not have been eliminated from the environmental analysis because there could be an adverse effect by removing historic resources such as the orchard.

--The environmental impact analysis is inadequate. It does not rely on current and adequate scientific information, does not fully consider impacts on wildlife and vegetation and historic resources (orchards), inadequately assesses impacts on visitors, and defined impact measurements were incorrectly applied.

*Thank you for your attention; the time it'll take you to read this and help somehow is nothing compared to the time these amazing trees have spent giving standing tall and sharing their fruit...thank you, thank you, thank you for helping.*

## Amazing Wheat Berry Recipe, aka Wild Wheat Berry Salad

“I don't use measurements and it is amazing every time. You can also use any grain or rice or quinoa in place of the wheat berries, but wheat berries are best. Also, the brown rice and wild rice do not need to be used if you don't have them on hand. Try this and you will thank me!”

Wheat berries  
Brown rice  
Wild rice  
Pecans  
Dried cranberries  
Scallions  
Cilantro  
Mint  
Thyme  
Olive oil  
Sesame oil  
Balsamic vinegar  
Tamari  
Lemon juice

A word about cooking wheat berries: They work best if soaked for 8 hours or overnight, prior to cooking. For 1 cup of berries, soak in 3 cups of water. Now add 1/4-1/2 tsp. salt to the soaking liquid and the berries; bring to a boil. Reduce heat and simmer, uncovered, until tender but chewy, about 45-60 minutes. If soaking isn't an option, bring 3 cups water and salt (above measurements) to a boil. Stir in berries, reduce heat, and simmer, uncovered, until tender but chewy, about 1 1/4-1 1/2 hours. Drain excess water if necessary.

(1 cup dry berries=about 2 1/4 cups cooked).

Combine grains with other ingredients in a large bowl; mix well and dive in! Thanks for the submission to CSA member Kim Seiferth.

(Wheat berry info from: *Joy of Cooking*)

### Beet Borsht

Serves about 4-6  
4 medium-sized beets  
1 onion, peeled  
4 cups boiling water  
1 Tbsp salt  
1/2 cup mild vinegar or 1/4 cup lemon juice  
3 Tbsp brown sugar or to taste  
Cut tops from beets about 2 inches from the roots. Scrub beets thoroughly, cover with enough cold water and boil for 15 minutes, or until tender enough to pierce easily with a fork. While beets are boiling, wash leaves and stems (optional) and chop finely; set aside. Strain liquid from beets (cooking liquid) into a

soup pot. Peel beet skins off (once cooled a bit, it's nice to do this just with your hands under a little bit of running cold water—they usually slide right off).

Now grate peeled beets with a fine grater. Grate onion into grated beets. Add this to the strained beet juice/cooking liquid and chopped beet tops in the soup pot. Add salt and bring to a quick boil. Reduce heat and cook for 5 minutes; add vinegar and sweeten to taste with brown sugar.

Add a boiled potato, or a hard-boiled egg, 3 Tbsp diced cucumber and 1 Tbsp sour cream to each bowl just before serving. Use some of that copious fresh dill you may have lying around as a garnish, if you wish.

Thanks to member Dorothy Rissel for this submission. (<http://www.numkitchen.com>)

### Sautéed Mustard Greens with Green Garlic

4-6 servings

A large bunch of mustard greens, cleaned and coarsely chopped

2 Tbsp extra virgin olive oil

2 garlic cloves, thinly sliced

1 small dried red chile pepper, crumbled, or 1/4 to 1/2 tsp. crushed red pepper flakes

Salt to taste

Juice of 1/2 of a lemon or 1 1/2 Tbsp red wine vinegar

Lemon wedges

Soy sauce or tamari

Heat oil, garlic, and pepper in a large skillet over medium-low heat until the oil is fragrant and the garlic is just beginning to color. Add stems of mustard greens and sprinkle with a little salt; cook, stirring occasionally, until nearly tender, about 2 minutes. Add the leaves and cook, partially covered, until both the leaves and the stems are tender, 3-5 minutes more.

Season with lemon juice or vinegar; taste and adjust salt if needed. Serve in a bowl, surrounded with lemon wedges, or, instead of salt and lemon, dot with the soy sauce or tamari.

Makes a great side-dish or goes well atop rice or quinoa...enjoy!

(Adapted from: *Joy of Cooking*)

*Thanks for the submissions, folks!*

*Keep 'em coming!*