

THIS WEEK'S HARVEST:

- SWISS CHARD
- MUSTARD GREENS
- VALENCIA ORANGES
- SWEET POTATOES
- CARROTS
- DILL
- HEAD O' LETTUCE
- RUTABAGA

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 MUSTARD
- CITRUS
- FLYING M BEEF
- FRESH PULLED MOZARRELLA

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 4TH, 2010

What's that you're saying, Wind?

Hello Blustery Flagstaff Day!

Whew, have you been outside yet? It's enough to make a day of indoor activity—homework, scrubbing the stove, doing laundry, cooking, you name it!—seem quite desirable. As the sun-lass plays hide-and-seek with our chilly noses and the clouds are in cahoots with her whimsical ways, it is clear that the March has begun...

With this, many of you know, comes CSA's Spring session, which started a few weeks ago. Repetitive, yes, but here's one last reminder to (please-and-thank-you) pay for your share if you've not yet done do.

Checks can be made out to: Flagstaff CSA/CSF. (CSF stands for Crooked Sky Farms.) And, if you would rather mail in your payment, please do and send it to:

Flagstaff CSA
P.O. Box 126
Flagstaff, AZ 86002

Our physical address is:
116 West Cottage, in the Beaver Street
Brewery Parking Lot.

Here's a poem for you:

Spring is like a perhaps hand
by e. e. cummings

*Spring is like a perhaps hand
(which comes carefully
out of Nowhere)arranging
a window,into which people look(while
people stare
arranging and changing placing
carefully there a strange
thing and a known thing here)and*

changing everything carefully

*spring is like a perhaps
Hand in a window
(carefully to
and fro moving New and
Old things,while
people stare carefully
moving a perhaps
fraction of flower here placing
an inch of air there)and*

without breaking anything.

New Product: Keba Farms Veal

☀ This veal is from certified organic calves, who are brought to Keba Farms, milked to 4 weeks and then allowed to graze on the property. They are never confined, and spend their short lives roaming around and eating supplemental organic feed or alfalfa hay and grains. This veal undergoes federally inspected processing in Hidden Valley, Maricopa, AZ. If you're interested, just ask Karna at pick-up.

☀ If you forgot to pick up your beef or lamb shares on Saturday, please remember to get them today. Bring your checkbooks or some cash to pay for the remaining balance. Thanks!

Heirloom Orchard Workshop and High Desert Gardening Series

☀ March 6th & 7th Heirloom Orchard Workshop with Nate O'Meara & Gary Nabhan
Nate O'Meara and Gary Nabhan will be hosting this workshop in southern Arizona this weekend. If you or someone you know may be interested please pass the word along. Thank you!

☀ 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.

☀ Subject: Sustainable Ag Trip to Guatemala

Friends and Colleagues,

A friend of mine from Texas A&M University is a PhD student in the Department of Agricultural Leadership, Education, and Communications and will be leading a Spring Break trip (ag-related) to Guatemala March 13-21, 2010. The details and information including the application due date of Feb. 22nd are attached. I will also gladly give you my friend's contact information if you have specific questions for her.

Thanks

Heather

(For more information about these and other events, please visit: <http://www.green.nau/events.html>)

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!

Slow Food NAU gets FRESH!

SLOW FOOD NAU PRESENTS: FRESH

Friday March 5, 2010

5 pm

Gardner Auditorium in the Business Building

Fresh celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical version for a future of our food and our planet.

Fresh addresses an ethos that has been sweeping the nation and is a call to action America has been waiting for.

Door opens @ 5 pm

Film starts @ 5:30 pm (72 minute documentary)

Donations accepted at the door -- to help purchase materials for the composting project at the Flagstaff Family Food Center!

A raffle will be included!

Sponsored by Slow Food NAU

Aduki-Carrot Soup with Sage

Makes 4 servings...but probably ought to be doubled!
“Chinese and Japanese healers consider aduki beans to be a potent tonic for the kidneys. And since they also hold that healthy kidneys are the key to all manner of human energy and that the kidneys suffer during periods of stress, this soup becomes an important evening restorative.”

1 quart vegetable stock or brewed roasted barley tea*
5 medium carrots, diced
2 medium onions, chopped
1/4 cup dried aduki beans (available at New Frontiers)
1/4 cup loosely packed shredded dried daikon radish
4 dried shiitake mushrooms, stemmed and crumbled
1 bay leaf
1 tsp. minced fresh sage or 1/2 tsp. dried
1 Tbsp miso
2 Tbsp minced fresh chives

In a large soup pot, combine the stock, carrots, onions, beans, daikon, mushrooms, and bay leaf; bring the mixture to a boil. Reduce heat, cover loosely, and simmer until the beans are very tender, about 50 minutes. Meanwhile, in a small bowl, combine the sage, miso, and chives with 2 Tbsp of water. When the soup is ready, remove the pot from the heat and stir in the miso mixture. (Miso should never be boiled...)

* “Roasted barley is available at health food stores, Asian markets, and some supermarkets. It’s barley that has been roasted to a deep, rich broth and makes a fragrant tea, or stock, that looks like beef bouillon. Some Japanese and Chinese healers hold that roasted barley tea is tonifying to an overindulged liver. Korean healers use the tea to help treat stomach cancer.”
(*Savoring the Day*)

Well-Thymed Rutabaga

Serves 4-6
1 1/2-2 lbs. rutabaga
Chicken or vegetable stock
1 cup sour cream, or plain yogurt
1-2 Tbsp minced fresh thyme or lemon thyme
Salt and pepper to taste

Ok. Please peel your rutabaga, dice the flesh, and place in a saucepan. Add just enough stock to cover rutabaga, bring to a simmer, and cook until tender.

You can serve this in three different ways:

1. Soup: Stir in the remaining ingredients and viola!
2. Side-dish: Drain off stock and stir in remaining ingredients.
3. Puree: Drain off most of the stock and puree rutabaga with remaining ingredients, using immersion blender, food processor, or blender.

(*From Asparagus to Zucchini*)

Dill-Dipped Skillet Panfish

Makes 4 servings
1 cup whole wheat pastry flour, or white flour
1 Tbsp salt
1 tsp. cracked black pepper
3 eggs
2-3 Tbsp chopped fresh dill
1 Tbsp clarified butter, or regular butter
2 Tbsp olive oil
1 pound fresh perch, bluegill, crappie, or other panfish fillets

Combine flour, salt, and pepper in a pie pan. Beat eggs with dill in another pan. Heat half the butter and oil in a heavy skillet over medium-high flame. Cook fish in batches without crowding the pan: dredge in flour on both sides, shaking off excess. Dip floured fillets into egg mixture. Let excess drip off, then add to the hot pan (the fat should sizzle immediately) and cook 2-3 minutes. Brown on second side for 2-3 minutes. Serve hot. These are good “plain” but you can also serve them with some yogurt.

(*From Asparagus to Zucchini*)

Greens with Coconut and Spices (Balinese)

Serves 4
Sambal chili paste:
2 medium tomatoes, quartered
4 medium cloves garlic, peeled
2 small fresh green chilies, roughly chopped
1 tsp. granulated sugar
1 small shallot, peeled and quartered
1/4 cup cashews or macadamia nuts
1/4 tsp. ground turmeric
1-inch piece fresh ginger, peeled and finely chopped
3 Tbsp veggie oil

Greens:
3 cups cooked greens, drained of all water
1/2 cup shredded unsweetened coconut
2 Tbsp lime juice
1/4 cup fried shallots
Sea salt
Make sauce: blend everything, except oil, together until a coarse paste forms. Heat oil in small skillet and add paste and cook, stirring, until it reduces by half.

Let cool.

Squeeze water out of greens and chop. Mix greens, chili paste, coconut, lime juice, and 2 Tbsp fried shallots in a bowl. Season with salt. Top with remaining fried shallots and serve with steamed rice.

SO GOOD!

(*Sharing the Table: Vegetarian Home Cooking from Around the World*)