

THIS WEEK'S HARVEST:

- SUMMER SQUASH
- ARTICHOKES
- POTATOES
- GRAND CANYON SWEET ONIONS
- WHEATBERRIES
- ORANGES/GRAPEFRUIT
- APRICOTS (TWO SHARES)

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 MUSTARD
- CITRUS
- FLYING M BEEF
- FRESH PULLED MOZZARELLA
- MOLLY'S TAMALES

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- VISIT OUR BLOG!
- HTTP://FLAGCSARECI-PES.BLOGSPOT.COM



THURSDAY MAY 20TH, 2010

Bicycle Sonata

What if our city was a bicycle-only haven? Can you imagine it? Cars magically transforming into all-purpose, pedal-powered dream machines, roads giving way to avenues regulated by leg-power and rosy-cheeked smiles, and an ambiance so calm and aware that people magically begin to think and live sustainably.

Just imagine.

I fantasize about this often while fighting back noxious car fumes at the intersection of Beaver and Route 66 or pedaling uphill, gulping black tailpipe poison. Our current situation with cars leaves much to be desired, as it is a lifeway that makes little sense beyond the convenient, the immediate.

But so it is.

And it won't last, we all know that. There very well could be a day in our future in which cars exist only as relics of a dumber time, a time filled with monstrous mistakes and travesties masquerading as

good ideas. Life in the fast lane might not need to be so fast, and thankfully our fair city reminds us of this with the much-loved, annual Bike to Work Week.

This week's festivities include some exciting ones today and tomorrow: ☺ Thursday is Bike to School Day—saddle up with your kiddos and freshen up your morning commute. Then at 5pm at the Thorpe Park Ramada is a family potluck. Following this at the Adult Center at 7pm is the Student Film Festival and Awards; come on over for dessert and inspiring films. Winners of Wednesday's Golden Sprocket Award will be announced as well. ☺ Friday brings BTWW to a close with the much-anticipated "Bike to Beer" event. Who wouldn't love this one? Join fellow cyclists at the Green Room and enter to win the New Belgium Cruiser Raffle! Gold Sprints will be awarded throughout the evening...

And, if you cycle to CSA pick-up, you'll get a little something extra!

Comings and Goings

☺☺☺ CSA's Spring Season ends on June 10th, so be sure to sign up for the All New Summer Session and return your contracts soon! Year-round CSA—YES!!! Contracts can be found on the CSA website or at pick-up; mail them to:

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

☺☺☺ Check out the Farmer's Market flyer on page 3...even though CSA will be open year-round, the market still offers many great local foods and products you don't want to miss... Yaay, local Flagstaff goodness!

Flagstaff Agricultural Revitalization Movement

Do you want to come help start some gardens?

If you do, please read on...

The New Start Garden workday is TOMORROW, 05/21, at 10 am. They will be planting beans and corn! Come join the fun and make some new friends while catching up with some that you already know!

The Hopi Permaculture Project tree planting/workday is on Monday, 5/24, at 8 am at the STAR school. This is 30 minutes east of Flagstaff off of Leupp Road. Come one, come all!

Check it Out!

"ENVIRONMENTAL ED. OPPORTUNITY: Mountain Voyagers is a new community-based environmental education program in Flagstaff. We meet at and run out of Mountain Charter School, though most of the time will be spent off-campus in the community and wilderness. Mountain Voyagers is a program that strives to connect children to the people, organizations and natural environments that comprise their community here in Northern Arizona. We believe that it is this sense of community that creates the environmental stewards and community leaders of tomorrow. Of special interest to CSA members: one of the meetings will focus on sustainable food systems! Two programs are available: one for 3rd through 6th graders, and another for 6th through 8th graders. Registration is now open for the fall 2010 session. Registration materials and further information are available at: <http://sites.google.com/site/flagstaffmountainvoyagers> or by calling Laurie Altringer at 225-7830."

Come Get a Student MASSAGE...You Know You Want to!

ASIS Massage Education is pleased to announce its new Flagstaff location at 113 W. Phoenix Ave., right next to Zani, between Biff's Bagels and Fratelli's Pizza. As Arizona's oldest and most comprehensive massage school, ASIS Massage Education offers massage therapy programs for those interested in becoming therapists as well as a student clinic which offers affordable massages to the community. The clinic is underway and will continue through August, with appointments available on Mondays and Wednesdays at either 3:45 or 5 pm. **CSA members receive \$10 off, so you pay only \$15 for a 50 minute, professional bodywork experience!**

Please call to schedule your appointment, 928-226-1400, or visit us on the web at www.asismassage.com. Hope to see you!

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

Baked Summer Squash

Serves 4

1-1 1/2 pounds summer squash

Salt and pepper

1 cup whole wheat flour

1-2 tsp. dried thyme

1/2 tsp. curry powder

1/8 dried oregano

1/2 tsp. salt

1/2 cup safflower oil

Scant 1 cup tomato juice

Heat oven to 400 degrees. Oil a large baking dish.

Slice squash lengthwise or diagonally 1/8-inch thick.

Season with salt and pepper to taste. Place in baking dish to make overlapping layers. Combine remaining ingredients and spread on top of summer squash.

Bake until lightly browned, about 20-25 minutes.

Serve hot. This recipe works great for thinly-sliced eggplant, green tomatoes, and onions too.

(From Asparagus to Zucchini)

Onion Marmalade for Grilled Fish, Meat, or Tofu

Makes 4 servings

3 Tbsp butter

2 large onions, sliced

2 Tbsp sugar

3 Tbsp balsamic vinegar

Heat butter in large skillet over medium flame. Stir in onions and sugar and cook, stirring frequently, until onions are caramelized (thoroughly wilted and deepened in color), about 20 minutes. Deglaze the pan, i.e., stir vinegar into pan to release any bits from bottom and then cook until all the vinegar has been absorbed into the onion mixture and the flavors come together, about another 7 minutes. This makes a delicious topping for grilled items...and it's now officially BBQ weather!

(Adapted from From Asparagus to Zucchini)

Smoked Whitefish and Potato Cakes

Serves 4 hungry mungries

2 cups flaked whitefish (about 1 pound before boning), or other smoked fish of your choosing

1 1/2 cups leftover mashed potatoes

3 Tbsp minced onion

2-3 Tbsp prepared horseradish

1 egg, beaten

Pepper

2 Tbsp butter

Sour cream

Chopped fresh chives

Mash whitefish with fork and remove stray bones.

Combine with potatoes, onions, horseradish, egg, and

pepper to taste. Form into 3-inch patties (8-10 total). Chill in fridge for 1 hour. Heat butter over medium flame in large skillet. Add patties and cook until lightly browned on bottom, 3-4 minutes. Carefully turn and cook the other side. Serve with sour cream and chives. Delicious as breakfast, lunch, or dinner!
(From Asparagus to Zucchini)

Rice Salad Vinaigrette

Serves 4-6

1/3 cup finely diced carrots

3/4 cup green beans, cut in 1/4-inch bits

1/4 cup diced celery

1/4 cup diced green bell pepper

1/2 cup chopped red onion

3 Tbsp minced fresh parsley

2 1/2 cups cooked rice, warm or cold (or cooked wheatberries)

4 Tbsp grated Parmesan cheese

4 Tbsp olive oil

3 Tbsp white wine vinegar

Salt and pepper

Pinch of thyme

Pinch of basil

Pinch of oregano

Cook the carrots and green beans in a minimum or salted water until they are barely tender and drain immediately. Combine the first 7 ingredients together in a large bowl and toss together. Combine the cheese, olive oil, vinegar, and seasonings and whisk until smooth. Pour the dressing over the salad, toss until everything is thoroughly combined, and put in the refrigerator to chill out for several hours.

(The Vegetarian Epicure: Book Two)

A Word about Summer-Style (Yin) Cooking

“In warm weather, use more expansive cooking methods, to help you lighten up and relax:

—steam, quick-boil, or make salads

—serve cool or at room temperature

—eat lighter, more upward-growing foods

—choose soft, leafy greens

—use less salt

—enhance with vinegar, lemon, fresh ginger, parsley, or other herbs”.

(The Self-Healing Cookbook)