

THIS WEEK'S HARVEST:

SUMMER SQUASH

RED POTATOES

CITRUS

GREEN ONIONS

YELLOW ONIONS

PEACHES

APRICOTS (OR DRIED 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 MUSTARD

CITRUS

FLYING M BEEF

FRESH PULLED MOZZARELLA

MOLLY'S TAMALES

CONTACT:

KARNA OTTEN

FLAGCSA @GMAIL.COM

OR

928-213-6948

WWW.FLAGCSA.COM

VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



THURSDAY MAY 27TH, 2010

Poetry is Necessary Today

I could write about the beauty of local food and all that it embodies, or comment on the blessed state of our bellies when we eat said food, or any number of other topics, really. But I'm not going to do that today because you already know these things. You know them very well.

Instead I'm going to share a poem by Naomi Shihab Nye. Enough of my words, here are hers.

Summer CSA Season!

☺☺☺ CSA's Spring Season ends on June 10th, so be sure to sign up for the first-ever summer season and return your contracts soon! Year-round CSA at last!

☺☺☺ 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.

☺☺☺☺ Check out the Farmer's Market flyer on page 2...even though CSA will be open year-round, the community market still offers many great local foods and products you don't want to miss...

Famous
by Naomi Shihab Nye

The river is famous to the fish.

The loud voice is famous to silence,
which knew it would inherit the earth
before anybody said so.

The cat sleeping on the fence is famous to the
birds

watching him from the birdhouse.

The tear is famous, briefly, to the cheek.

The idea you carry close to your bosom
is famous to your bosom.

The boot is famous to the earth,
more famous than the dress shoe,
which is famous only to floors.

The bent photograph is famous to the one who
carries it
and not at all famous to the one who is pictured.

I want to be famous to shuffling men
who smile while crossing streets,
sticky children in grocery lines,
famous as the one who smiled back.

I want to be famous in the way a pulley is famous,
or a buttonhole, not because it did anything spec-
tacular,
but because it never forgot what it could do.

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

Crookneck Sauté

Serves 2-4

1 onion, sliced thinly
2 yellow crookneck squash
1/2 bunch watercress or a few kale leaves
“Artfully cut, this yellow and green side-dish is a beauty. Slice squash on the diagonal. Cut stems of watercress finely, and leaves in larger pieces. Or, cut kale along the lines of growth, and chop stems finely. To water-sauté, boil 1/4-inch water, add onion and squash, cover, and simmer 5 minutes. Then, add greens and simmer 5 minutes more (this keeps them

(The Self-Healing Cookbook)

Potatoes with Tahini and Cilantro

Serving sizes vary
Potatoes, scrubbed
Garlic, chopped finely
Cilantro, washed and minced
Tahini, to taste
Green onions, minced
Salt and pepper to taste

This has been one of my favorite quick meals lately and with so many spuds to use, it comes in handy. Steam potatoes until tender. Mix garlic, onions, cilantro, tahini, and pepper in a small bowl. Drizzle over top of hot potatoes and season with salt to taste. Any variation of this recipe is sure to fill your belly up and make your taste-buds happy. Add some greens and have a potato-y, salad-y feast.

(Macy's Personal Pantry)

Gingery Chickpeas in Spicy Tomato Gravy

Serves 8-10

1 Tbsp veggie oil
2 onions, finely chopped
4 cloves garlic, minced
2 Tbsp minced gingerroot
2 tsp. ground coriander
1 tsp. ground cumin seeds
1 tsp. salt
1/2 tsp. black pepper
2 tsp. balsamic vinegar
2 cups coarsely chopped tomatoes, canned or fresh
2 cups dried chickpeas, cooked and drained (or 2 cans chickpeas, rinsed and drained)
Chopped green onion to taste

In a skillet, heat oil over medium heat. Add onions and cook, stirring, until they begin to brown, about 10 minutes. Add garlic, ginger, coriander, cumin, salt and pepper, and cook, stirring, for about 1 minute. Add balsamic vinegar and tomatoes and bring to a boil. Place chickpeas in slow-cooker; pour tomato

mixture over and stir well. Cover and cook on low for 6-8 hours or on high for 3-4 hours, until hot and bubbling. Garnish with chopped green onion. I can smell it already....

(The 150 Best Slow Cooker Recipes)

Red Devil Squash Creole

Serves 6-8

6 medium crookneck summer squash
3 Tbsp butter
2 medium onions, sliced into rounds
1 red bell pepper, cut in strips
1 large green bell pepper, cut in strips
3 Tbsp brown sugar, optional
3 Tbsp flour
1 quart tomatoes, quartered
Salt and pepper
1/4 pound sharp cheese, grated
Steam or blanch squash until barely tender; drain. Melt butter in large skillet, add onions and pepper strips, sauté until wilted. Sprinkle brown sugar over mixture; add flour, stirring gently. Stir in tomatoes; simmer a few minutes. Heat oven to 350 degrees. Butter a baking dish. Layer half the squash in baking dish; top with half the tomato mixture. Repeat layers. Season with salt and pepper; top with cheese. Bake for 30 minutes, until cheese is browned.

(From Asparagus to Zucchini)

Beer Battered Onion Rings

Makes 4-6 servings

1 1/2 cup flour
1 1/2 cup beer
4-5 large onions
4 cups vegetable or corn oil
Popcorn salt
Whisk flour and beer in bowl until smooth. Cover and let stand at room temperature for 3 hours. Slice onions into 1/4-inch rounds and separate into rings. Heat oil to 375 degrees. Dip onion rings in batter, a few at a time, then immerse in hot oil and fry until golden brown, turning once. Drain each batch on paper towels and salt lightly. If anyone actually makes these, write to us and let us know how they turned out!

(From Asparagus to Zucchini)