

THIS WEEK'S HARVEST:

POTATOES—RED AND YUKON GOLD

TORPEDO ONIONS

ARTICHOKES

ICEBERG AND BUTTER LETTUCE HEADS

SWEET POTATOES

WHEATBERRIES

BEETS

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://  
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PES.BLOGSPOT.COM



THURSDAY MAY 6TH, 2010

## Community Supported Art Walk Tomorrow!!!

♪ Flagstaff Community Supported Agriculture's Housewarming feast of food, art, music and more will be celebrating at 116 W Cottage Ave. for First Friday Art Walk May 7 from 6-9pm. Fill your souls and your bellies as we share a collage of art and yummy recipes from our own CSA shareholders, Flying M Ranch, Cottage Place, Satchmo's and Local Alternative Inc. Sample locally brewed Kolsch Bier, Doña Ella Stout and Ginger ale by Matt Oldham and homemade lemonade made with fresh ingredients from Arizona. Come south of the tracks where Anna Ramsey will be painting faces with her creative and unique style. Sambatuque, Acoustic Soup and Eli and Scott Katz will be entertaining our ears.

♪ We have something for all the senses so please stop by to eat, drink and be happy as we celebrate our community and the very talented artists who support the CSA. Visit with Farmer Frank and many other producers of local and regional goods that you will see at the CSA and the Flagstaff Community Market. We are spreading the love and will be serving delicious dishes at seven other galleries on the map. Look for us at Sundara, Zani, Seasoned Kitchen, Mountain Sports, Rocket Man, West of the Moon and Animas Beads where there will be great raffle prizes that will benefit the Urban Community Garden we are building on our front lawn and lots of information on what we are



Art by CSA member Leah Berger

## Volunteer with Grand Canyon Trust on the Kaibab Plateau!

☀ Grand Canyon Trust is conducting ongoing research on the effects of livestock grazing after wildfire on the Kaibab Plateau, north of Grand Canyon. In May 2010 a new phase of the project will begin, where experimental plots that have not been grazed since the 2006 Warm Fire will be enclosed to prevent future livestock grazing. Grand Canyon Trust needs volunteers to help build barb-wire fences around these plots to protect them from grazing. Two trips are scheduled for May 16 - 21 and May 21 - 26, 2010. Volunteer food and transportation are provided. This is a great opportunity to meet new people, build your own skills and local knowledge, and visit a remote and beautiful place. For more information please contact J. Porter at [grandcanyontrust.org](http://grandcanyontrust.org).

## Here, Here, Dear Omnivores

Once again beef and lamb shares are available from A Bar H Farm based in San Simon, Arizona. Owners Anya and Harry Owens and Josh Koehn produce their natural grass-fed beef and lamb on their 40 acre farm which provides plenty of fresh water and trees for shade. Cattle over three months old are raised to a mature weight without antibiotics, steroids, or growth stimulants creating mild, sweetly flavored, healthy meat. The ground beef is 85%-95 % lean. It is processed and state inspected at Guzman's Meat Processing in Cochise, AZ..

Josh Koehn's Pastured Raised Chickens are raised out in green pastures with movable shade/protection structures. They are fed a well balanced feed without antibiotics, growth hormones or medication. No antibiotics or growth hormones are used. Upon maturity the birds will be processed, inspected and flash frozen at a local ADA (Arizona Department of Agriculture) plant. You can taste the difference. Pastured poultry is firmer, leaner and more flavorful.

**Please see contracts attached to Karna's email; please have orders in by May 8, delivery is on Saturday, May 15.**

## Flagstaff Foodlink Youth Gardening Opportunities

*Sue Norris from the Flagstaff Foodlink Youth Gardening program would like to mention a few upcoming opportunities for gardening-inclined community members to help create gardens at various local schools. Your willingness to mentor these eager young students and teachers enables these gardens to be sustainable!*

*If you'd like to volunteer your time and expertise, here are a few chances:*

☀️ Nina Schmidt, the point person for Marshall is looking for a master gardener to be on their team. Any of you knowledgeable folks interested? They will be having a barbeque and work-day Friday, May 14 at 12:30. You might want to attend and see if you would like to commit to help some through the summer.

☀️ Stefan from Montessori is looking for experienced gardeners to help set up the garden on Switzer Mesa; he needs materials for beds and can be reached at: [stefan@flagmontessori.com](mailto:stefan@flagmontessori.com).

Happy planting!

## Grand Canyon Trust Community Education Series

The Grand Canyon Trust Community Education Series is pleased to announce its upcoming event; "Get Inspired to Act!" will be on May 11, from 5:30-8pm at the Orpheum. This is a FREE community event that will be screening "Earth Days: The Seeds of a Revolution", a documentary film chronicling the 1st decade of the environmental movement. There will be food, music, and a volunteer fair for your perusal.

For more info, please check out [www.grandcanyontrust.org](http://www.grandcanyontrust.org). Thanks!

## Too Good to go Without?

Summer CSA share pre-registration begins this week. If you are a current shareholder and would like to continue with the CSA for the summer season, you need to sign up in the next two weeks. Then we will open pre-registration up to non-shareholders. Please fill out a contract for the summer CSA, first payment will be due on June 17. Contracts are available at the CSA, the website, or in this week's email. Tell your friends!

## A Super Thorough Thank YOU!

...to a handful of CSA members who have so generously donated their time/materials/electrical work so that we can get our freezer and new refrigeration in order:

•Scott Sanders, Mark Murray, and Senna Ratliff from Tom Goodman Electric

•Jason Ryan, from HD Electrical Supply

Visist [www.goodmanelectric.com](http://www.goodmanelectric.com) for more info...

### **Sweet Potato Walnut Bread**

Makes 8 servings

Looking for something to bring to a spring potluck?

This tasty bread is sure to be a crowd-pleaser...

2 cups flour

2 cups sugar (this seems like a lot, maybe try less?)

2 tsp. cinnamon

1 tsp. baking soda

1/4 tsp. baking powder

1/4 tsp. salt

3/4 cup vegetable oil

3 large eggs

1 tsp. vanilla extract

3 cups grated sweet potato

1 cup chopped walnuts

Heat oven to 350 degrees. Grease a 9-by-5-inch loaf pan. Sift flour, sugar, cinnamon, baking soda, baking powder, and salt into a bowl. Combine oil, eggs, and vanilla in another bowl; mix well. Stir in sweet potatoes. Stir wet ingredients into flour mixture. Stir in walnuts until barely combined. Spread in pan. Bake until toothpick inserted near center comes out dry, about 1 hour and 20 minutes. Cool on a rack for about 15 minutes. Run a knife along edges of pan to release the bread and invert it onto rack to finish cooling.

*(From Asparagus to Zucchini)*

### **Herb-Roasted Potatoes**

Makes 2-4 servings, can easily be doubled

1 pound potatoes, cut into 1/2-inch pieces

1-4 cloves garlic, chopped

3-4 Tbsp of your favorite fresh herbs: chopped parsley, rosemary, thyme, fennel, dill, cilantro, etc.

3-4 Tbsp olive oil

Salt and pepper to taste

Heat your oven to 350 degrees. Coat potatoes with other ingredients and spread on a shallow baking dish. Roast until tender, 40-45 minutes.

*(From Asparagus to Zucchini)*

### **Papas a la Huancaína**

#### **(Traditional Peruvian Potato Salad)**

Serves 8-10

Juice of 1 lemon

1/8 tsp. cayenne

Salt and pepper to taste

1 medium onion, thinly sliced

3 pounds potatoes

10 ounces queso fresco (available in certain grocery stores)

1 cup heavy cream !

2-3 hot yellow or green peppers, seeded to your preference

6 Tbsp olive oil

3/4 tsp. turmeric

1 cup black olives

3-4 hard-cooked eggs, quartered

Combine lemon juice, cayenne, salt, and pepper in a bowl. Add onion, separated into rings, and marinate at room temperature, tossing often. Boil potatoes in salted water until barely tender. Drain and keep warm. Blend cheese, heavy cream, and hot peppers in blender or food processor until thick and smooth. Heat olive oil and turmeric over low heat in large pan, add cheese mixture, and cook, stirring constantly, until smooth. Drain onions. Arrange potatoes on platter and pour sauce over them. Garnish potatoes with onions, olives, and eggs. Serve warm or at room temperature.

*(From Asparagus to Zucchini)*

### **Roasted Beet Salad**

Makes 2-4 servings

6-8 small beets, scrubbed, tops trimmed to 1 inch

Olive oil

Salt and pepper to taste

1/4 cup pecans

1 Tbsp Dijon mustard

4 Tbsp white wine vinegar

1/2 cup extra-virgin olive oil

4 cups baby salad greens

Torpedo onion, thinly sliced

1/4 cup crumbled bleu cheese, optional

Heat outdoor or indoor grill. Place beets on heavy foil; drizzle with olive oil and sprinkle with salt and pepper. Wrap tightly; grill until beets can be easily pierced with a fork, about 30 minutes. Meanwhile, toast pecans in a dry pan on the grill, tossing frequently. Finely chop the nuts. When the beets are cooled a bit, use a paper towel to remove the peel, stems, and tails. Cut beets into quarters. Combine mustard and vinegar in a bowl. Whisk in olive oil until thickened. Add salt and pepper to taste. Toss salad greens in a bowl with a little dressing. Portion the greens onto 2-4 plates. Top with beets, onions, bleu cheese, and pecans. Drizzle with as much more dressing as you like. Adapted from Michael Waupoose's winner in the 2001 Food for Thought Recipe Contest. Feta and walnuts may be substituted; dried cranberries may be added.

*(Adapted from From Asparagus to Zucchini)*

### **Wheatberries=Wheatgrass**

If you soak your berries overnight and then plant them in flats, they'll grow! Dogs and cats love to nibble this nutritious stuff and it can be juiced for humans too...