

THIS WEEK'S HARVEST:

SWISS CHARD

BRAISING MIX

RAPINI

WHITE TURNIPS

ROASTED CHILIES

ORANGE ACORN SQUASH

RADISHES

SPRING MIX

ALSO AVAILABLE AT CSA PICK-UP:

COFFEE

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

BEEF

HOT SAUCE

FLAG CSA LOVES VOLUNTEERS... EMAIL OR CALL IF YOU'VE GOT SOME HANDS TO LEND

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VISIT OUR BLOG!

HTTP://FLAGCSARECIPES.BLOGSPOT.COM



THURSDAY, NOVEMBER 19TH, 2009

Meat Pick-Up Today!

Greetings, folks. Welcome to another week of vegetal bliss. In the forecast today we've got a possible newcomer: rapini, also known as broccoli rabe. A distant cousin of broccoli, rapini has a mustardy bite and is slightly bitter. Blanche to remove some of the bitterness and enjoy this character as part of the line-up in salads, stir-frys, casseroles, or braised with garlic (see next page.)

As I was putting together the recipes for this week, I found myself browsing through this amazing blog with a-to-z recipes of all sorts of deliciously interesting produce: our very own CSA blog!

If you're new to CSA or have never taken the time to check out this wonderful resource, I implore all of you cooks to take a peek. Easy to use, super informative, and locally maintained, this blog makes the never-ending experiment of consumption a bit tastier and a whole lot more fun.

Take a look:
<http://flagcsarecipes.blogspot.com>.

Crooked Sky Farms is thinking about putting together a Crooked Sky Cookbook comprised of CSA shareholders best recipes. If you think you would be interested in submitting recipes, ideas and stories please email Jennifer Woods at the farm. farmerfrank@crookedskyfarms.com
We have been getting more recipes from shareholders and it is so fun to be able to share these with everyone so please keep bringing them in.

A note from Karna:
I don't have an official announcement to make but there will be one coming, hopefully by tomorrow. CSA will need to move from the Phoenix St. location due to complications with the building and expenses that CSA can't absorb. We have another site in mind and are currently negotiating the lease and terms. Please watch for an announcement for location of next weeks pick up. I appreciate everyone's patience as we change, grow and become a more sustainable organization. See you all later.
Karna

Things to Know

☼ **MEAT PICK-UP IS TODAY, FROM 1-6:30 PM. (Anya and Josh need to get back to Phoenix, so staying until 8 is difficult for them...) So, if you've ordered meat, please don't forget to bring cash or your checkbook...and a few extra arms!**

☼ Thanksgiving week pick-up will be on Wednesday the 25th: same time, new place. CSA will be making an announcement soon on it's new location.

Bryon's Stuffed Spaghetti Squash

Cut rectangular hole along the length of the squash and remove seeds.

Fill with: Sausage (or not and make this vegetarian), onion, green chili and mushroom

Sprinkle with: Italian seasonings, garlic and Parmesan cheese

Beat 2 eggs and pour in.

Replace rectangle top and place in a pan.

Bake at 350 degrees for approximately one hour.

Slice into 3/4" thick rounds to serve.

Mmmmm...

(Thanks to the CSA member who submitted this!)

Garlic-Braised Broccoli Rabe

Serves 4

1 1/2 Tbsp salt

1 bunch broccoli rabe, about 1 pound, stems peeled if desired

2 Tbsp EVOO (extra-virgin olive oil)

1 or more cloves garlic, thinly sliced

1 small dried red chile pepper

Salt and black pepper to taste

Bring 4 quarts water to a rolling boil in a stockpot; add salt. Cut the broccoli rabe into 1-inch pieces and add it to the boiling water and boil for 2 minutes. Drain the greens slightly. Squeeze the moisture out of the leaves. Heat oil in a large skillet over medium heat and add garlic and pepper. Add rabe and cook, stirring occasionally, until tender, about 4 minutes. Remove and discard chile; season with salt and pepper.

(Joy of Cooking)

Turnip and Pea Potage

Makes 4 servings

1 pound turnips, peeled and diced

1 cup chopped onion

3 cups stock

1 cup instant dried milk

2 Tbsp butter

2 cups frozen green peas, defrosted

Salt and pepper to taste

Boil turnips in water until tender. Drain. Combine with onion and stock in a soup pot. Puree dried milk, butter and peas in a blender or food processor. Add to soup pot. Season with salt and pepper to taste. Heat and serve.

(From Asparagus to Zucchini)

If You Have Submissions...

Please email either myself or Karna and we'll be more than happy—thrilled, in fact!—to include your ideas/recipes/suggestion/thoughts: flagcsa@gmail.com or macy.mouritsen@gmail.com. Thanks!

Wheatberry Delight, a la CSA Blog

Have you guys checked out CSA's wonderful blog lately? If not, I highly recommend it! (<http://flagsarecipes.blogspot.com>). I pulled this recipe directly from there:

"CSA member Betsy Buford is sharing a recipe for a wheat berry salad. She thought some members might still have some kickin' around the pantry from a few weeks ago. Thanks Betsy!

1 cup hard winter wheatberries

Kosher salt

1 cup finely diced red onion (1 onion)

6 tablespoons good olive oil, divided

2 tablespoons balsamic vinegar

3 scallions, minced, white and green parts

1/2 red bell pepper, small diced

1 carrot, small diced

1/2 teaspoon freshly ground black pepper

Place the wheatberries and 3 cups of boiling salted water in a saucepan and cook, uncovered, over low heat for approximately 45 minutes, or until they are soft. Drain.

Saute the red onion in 2 tablespoons of olive oil over medium-low heat until translucent, approximately 5 minutes. Turn off the heat and add the remaining 4 tablespoons (1/4 cup) of olive oil and the balsamic vinegar.

In a large bowl, combine the warm wheatberries, sauteed onions, scallions, red bell pepper, carrot, 1/2 teaspoon salt, and the pepper.

Allow the salad to sit for at least 30 minutes for the wheatberries to absorb the sauce. Season, to taste, and serve at room temperature.

(courtesy of foodnetwork.com)."

Red, White, and Spring Green Crunch Salad

Serves 6

1 small bunch radishes, stems, leaves, and ends trimmed off

1 medium turnip, peeled, or 4-5 salad turnips, scrubbed

1 small cucumber, halved lengthwise and sliced

4 Tbsp rice wine vinegar

1 Tbsp sugar

4 Tbsp chopped fresh mint

Salt and pepper to taste

Finely dice the radishes, turnips, and cucumber. Combine with remaining ingredients and 4-6 Tbsp water in a bowl. Chill 1/2 to 1 hour before serving.

(From Asparagus to Zucchini)