

THIS WEEK'S HAR-
VEST:

GREEN CHILIES

TOMATOES

PUMPKINS

SWISS CHARD

I'ITOI ONIONS

BRAISING MIX

EGGPLANT

RADISHES

ALSO AVAILABLE AT
CSA PICK-UP:

COFFE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

BEEF

HOT SAUCE

CHICOS

SALVES

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

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VISIT OUR BLOG!

HTTP://
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THURSDAY, OCTOBER 22ND, 2009

Think Good Thoughts

Hi, everyone, welcome to the third week of CSA pick-up. We've got a little bit of an issue: You may have seen the "No Occupancy" signs up around the building. Karna spoke with the city today and they have okayed us holding the CSA in the space. The city is working with the property owners to resolve the issues and we will keep you posted as we know more.

We appreciate your patience and our hope is that the issues will be resolved quickly so we can move forward with plans for the space. There will be a petition at the pick-up; please take a moment to read and sign it. Thank you for your patience and keep on thinking those good thoughts!

And it's time again to order your meat shares from A Bar H Farm in San Simon, AZ. Owners Josh Koehn and Anya and Harry Owens produce their natural, grass-fed beef and lamb on 40-acres with plenty of fresh water and shady trees for these animals. Each A Bar H beef share will range from \$75-90, depending on the weights of the steaks and roasts and will contain approximately 14 pounds of meat. They are also offering a ground beef special: 10 pounds at \$5.55/lb and a Half Box option for those of you on a smaller budget or less freezer space.

Lamb shares are also available; each share ranges from \$55-70 and will be around 7 pounds. All meat comes frozen and will require a good bit of freezer space. Each order of lamb or beef requires a \$20 deposit with the rest of the balance due at pick-up. Please make checks out to: A Bar H for lamb and Josh Koehn for beef.

Josh Koehn's pasture-raised turkeys and chickens will also be for sale; these animals are fed a well-balanced diet without antibiotics, growth hormones, or medication. Turkeys will be in the 13-18 pound range, with the average weighing in at about 15 pounds; they are \$4.20/lb. Chickens will be an average of 4 pounds and will also cost \$4.20/lb. Please make checks out to: Josh Koehn. All the details are on the order form that will be available at the pick up, website and in your email.

Contracts for all meat are due by **Nov. 5th** and the shares will be delivered on **Nov. 19th** at the CSA location. Great for the holidays or just stocking up on some high-quality meat for the winter.

Thanks again for your patience as we iron out a few more details to make our CSA space the perfect one. Hope the week is going well and we'll see you at pick.

Radical Radish Ideas

- Stir-fry sliced radishes of any kind with fresh pea shoots, garlic, and ginger.
- Add chopped radish greens to stir-fries.
- Sauté quartered radishes with orange zest and minced gingerroot.
- Use sliced daikon radishes as “crackers” and top them with herbed cream cheese and smoked fish.
- Add chopped radishes to potato salad for a peppery crunch.
- Thinly slice them and pop on a sandwich.

(From Asparagus to Zucchini)

Pumpkin Cooking Tips

If you're not going to carve these puppies up for Halloween, there are many ways to eat them:

- Cut in half and bake cut-side down with a little water in the pan at 350 degrees for 40-50 minutes. Whole pumpkins can be cleaned out and brushed inside with melted butter, and baked with the lid on for 35-40 minutes, or until softened.
- Sauté 1/2-inch slices of pumpkin until golden brown on both sides with onion rings, fresh grated ginger, and a pinch of salt, or sweeten slightly with drizzled honey or maple syrup.
- Clean out the seeds, steam the whole thing and use your pumpkin as an edible bowl for a variety of grain and vegetable mixtures or for soups. Use top and handle for a lid. A true crowd-pleaser!
- The seeds are a fabulous snack—scoop them out and rinse in colander, removing the stringy stuff. Pat dry and put in bowl with 2 Tbsp soy sauce and a minced clove of garlic. Marinate for 30 minutes. Drain and pat dry again. Bake at 250 degrees for 50-60 minutes, stirring once or twice. Allow to cool and crisp up.

(From Asparagus to Zucchini)

Ukrainian Stewed Eggplant

Serves 8

- 1 cup chopped onions
 - 4 Tbsp. olive oil
 - 1/2 lb. carrots (4 medium-sized)
 - 2 medium-sized green bell peppers
 - 2 lbs. eggplant
 - 1 1/2 lbs. tomatoes, peeled and quartered
 - 2 cloves garlic, minced
 - 2 1/2 tsp. salt
 - Pinch of cayenne pepper
 - 2/3 cup lemon juice
 - 2 tsp. sugar
 - Freshly-ground black pepper to taste
 - 1/2 cup thinly-sliced green onions for garnish
- Sauté the onions in the olive oil for 5 minutes. Scrape and thinly slice the carrots. Trim and seed the bell

peppers and cut them into thin 1-inch strips. Peel the eggplant and slice lengthwise into 1/2-inch thick strips. Cut the slices, again lengthwise, into strips 1/2-inch wide and 1 1/2-inches long. Add carrots to the onions and sauté another 5 minutes. Now add the peppers, eggplant, tomatoes, garlic, salt, cayenne, lemon juice, sugar, and pepper. Simmer the mixture, covered, for about 1/2 hour, then uncovered for about 15 minutes, stirring occasionally. The liquid from the tomatoes should be greatly reduced. Serve this dish hot or cold, sprinkled with green onions.

(The Vegetarian Epicure)

Green Chili and Cheese Soup

Serves 4

- 1 1/2 Tbsp butter
- 1 1/2 Tbsp olive oil
- 1 1/2 medium-sized yellow onions
- 4-5 cloves garlic
- 2 tsp. paprika
- 3 1/2 cups water or veggie broth
- 1 1/2 lbs. fresh, ripe tomatoes
- 4 oz. green chilies, seeded and skinned
- 2 small, white-skinned potatoes
- 1/4 tsp. ground cumin
- 1 Tbsp chopped fresh cilantro
- 1 tsp. salt, plus more to taste
- 4 oz. Monterey Jack cheese, optional

Melt the butter in a large pot and add the oil. Peel the onions and cut them into 1-inch chunks. Peel and chop or thinly slice the garlic. Add the onions and garlic to the butter and sauté for several minutes. Then add the paprika and sauté 1 or 2 more minutes, stirring constantly. Add the water or broth. Cut the tomatoes into wedges and spin them briefly in a blender or food processor. They should be partly pureed and partly chopped. Cut the chilies into small strips or coarsely chop them. Scrub the potatoes and cut them into 1/2-inch cubes. Add the tomatoes, chilies, potatoes, ground cumin, and chopped cilantro to the soup and simmer until the potatoes are tender, about 1/2 hour. Season to taste with salt. Cut the cheese into small chunks and divide it among 4 large soup bowls. Ladle the soup, bubbling hot, over the cheese in the bowls. Serve immediately.

(The Vegetarian Epicure)