

THIS WEEK'S HARVEST:

- LETTUCE MIX
- KALE
- YUKON GOLD POTATOES (X2)
- GRAPEFRUIT
- TORPEDO OR BABY WHITE ONION

- ARTICHOKEs
- DRIED BEANS

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 13TH, 2010

Many Thanks to All



Local band Sambatuque livened up the afternoon with their signature foot-stompin' fun.

Well...our First Friday Art Walk CSA Housewarming was a huge success. We had hundreds of people come through to look at the beautiful art, listen to music and eat the yummy food made by all of you wonderful CSA shareholders and volunteers. Thanks to everyone who worked so hard to make it all happen. None of this would have been possible without such a supportive and dedicated community. Thanks to the galleries who allowed us to share some food and information about the CSA: West of the Moon, Zani, Sundara, Rocket Man, Mountain Sports, Seasoned Kitchen, Animas Beads and, of course, Coconino Center for the Arts for working so hard to make the Art Walk a successful event each month. Thanks to Cottage Place, Jonathon of Local Alternatives, Satchmos, Flying M Ranch and of course Crooked Sky farms for donating time and food for this event. I can't say thank you enough to everyone. Karna

Newsy News

☼ Guess what, people? The uber-delicious Black Mesa Goat Cheese will be available at CSA today! Be sure to peek in the back fridge to see what other tasty treats we might have for you...

☼ Also of interest: Summer CSA will be beginning in June, so you won't have any interruption in your steady stream of vegetal bliss and your larder will be bursting with healthy goodness year-round! Contracts are available at pick-up if you'd like to take advantage of this exciting new option.

Meat Pick-Up on Saturday...

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.

Beef, lamb, and chicken will be delivered on Saturday, May 15th from 11am-6pm. We may be able to accept some last-minute orders if you talk to Karna today...

Great Opportunity!

"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, Ya'll!

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.

Another Huge Gracias...

...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

We appreciate it!

Creamy Potato Kale Soup

Serves 4-6

1 cup finely chopped onions
2/3 cup finely chopped leeks
1/2 tsp. salt
1 Tbsp canola or other vegetable oil
4 cups basic veggie stock (*see below)
4 cups coarsely chopped potatoes
1/4 tsp. ground fennel
1/2 cup finely chopped celery
2 Tbsp white wine
1/2 tsp. dried dill
2 tsp. Dijon mustard
2 Tbsp minced scallions
1 1/2 Tbsp minced fresh basil
1/2 cup evaporated skim milk
4 cups loosely packed shredded kale
Salt and ground black pepper to taste
Squeeze of fresh lemon juice, optional

In a 3- or 4-quart covered soup pot, sauté the onions, leeks, and salt in the oil on very low heat for about 7 minutes, until tender. Add the stock and bring to a boil. Add the potatoes, fennel, celery, wine, and dill. Simmer for about 20 minutes, covered, until the potatoes are tender. In a blender or food processor, puree the soup in batches until smooth. Return the soup to the pot and stir in the mustard, scallions, basil, and evaporated skimmed milk. In a separate pot, gently boil the kale in enough water to cover. When the kale is just tender, drain it and stir it into the soup. Add salt and pepper to taste and lemon juice, if desired. Carefully reheat the soup until it is very hot but not boiling.

(Moosewood Restaurant Low-Fat Favorites)

*Basic Vegetable Stock

Makes 2 quarts

This is a very simple stock recipe that you can compile depending on your veggie assortment at the moment. Just don't add any of the following: tomatoes, eggplants, bell peppers, asparagus, and all members of the cabbage family, including broccoli, cauliflower, and Brussels sprouts.

2 medium onions, peeled and quartered
2 medium sweet potatoes, thickly sliced
3 garlic cloves
2 large white potatoes, thickly sliced
2 celery stalks, coarsely chopped
2 fresh parsley sprigs
1 bay leaf
6 peppercorns
4 allspice berries

10 cups water

Combine all ingredients in a large soup pot; bring to a boil, lower heat, cover, and simmer for 45 minutes to an hour. Strain the stock through a colander, pressing out as much liquid as possible; discard or compost the solids. Covered and refrigerated, this stock will keep for 3 or 4 days. Can also be frozen for future soups.
(Moosewood Restaurant Low-Fat Favorites)

Peruvian Potatoes with Chiles and Cheese

Makes 6 servings

2 pounds red potatoes
2 Tbsp vegetable oil
1 cup finely chopped red onion
2 minced jalapenos
1 Tbsp minced garlic
1 cup milk
6 ounces feta, crumbled
3 hard-cooked eggs, chopped
2 Tbsp fresh cilantro
Salt and pepper to taste

Boil potatoes in salted water until nearly tender. Heat oil in a large skillet over medium-low flame. Add onions; cook 5 minutes. Add jalapenos and garlic; cook until nearly tender, about 2 minutes. Drain potatoes; cut into cubes. Add potatoes and milk to onions. Simmer until potatoes absorb the liquid. Stir in feta and eggs; heat briefly. Stir in cilantro, salt, and pepper.

(From Asparagus to Zucchini)

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)

Creamy Tahini Dressing (makes 1 1/2 cups)

3 Tbsp sesame seeds
1/2 cup tahini
1/4 cup lemon juice
1/4 cup sesame oil
1/4 cup canola oil
1/4 cup soy sauce, tamari, or shoyu
Dash of hot pepper sauce or pinch of cayenne
1 tsp. dried dill weed
Dry-toast sesame seeds for several minutes; cool and mix with remaining ingredients and 1/4 cup water.
(From Asparagus to Zucchini)