

THIS WEEK'S HAR-  
VEST:

BEETS

BRAISING MIX

KALE

TATSOI

ROASTED CHILIES

MELONS

GREEN ACORN  
SQUASH

ONIONS

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

CONTACT:  
KARNA OTTEN AND  
TODDLER JOLA

FLAGCSA  
[@GMAIL.COM](mailto:FLAGCSA@GMAIL.COM) OR 928-  
637-5197

[WWW.FLAGCSA.COM](http://WWW.FLAGCSA.COM)

VISIT OUR BLOG!

HTTP://  
FLAGCSARECI-  
PES.BLOGSPOT.COM



THURSDAY, NOVEMBER 12TH, 2009

## Happy Thursday!

After the mid-week break yesterday, it's nice to be in a Monday mood as we welcome another week's end with vibrant, leafy greens making their grand entrance; it's time again to incorporate them into daily meals and reap the many benefits: enhanced immunity, clear skin and eyes, fresh breath, and smooth moves in the digestive arena.

Here are a couple of press-releases that will aid you in the important-things-you'd-like-to-know arena:

*For the 3rd year in a row, a local women's reading group is donating several hundred dollars to the food bank by selling their art/recipe/book calendar, available for \$15 from CSA or Marilya Reese (225-9605). \$4 per calendar is donated to the food bank, just in time to give hungry families some holiday food!*

*Each month features a seasonal recipe geared to or inspired by the book we suggest for that month. The artwork provided by 1st Friday artist, Tisha Cazal, also fits each month and offers a wide array of eye-catching woodcuts, water colors and other media.*

*Delicious peppermint bark, luxurious massages, gifts of art and jewelry, and custom holiday calendars are just some of the goodies being showcased Monday, November 16th 5-7 pm at Flagstaff's Green Room, 15 N. Agassiz. Favorite independent local businesses feature their holiday goodies, discounts and special offers at the Flagstaff Independent Business Alliance (FIBA)'s holiday party and member show & tell. The public is invited to celebrate our independents, mingle with favorite local business owners, and check off a few things on that shopping list. The event is free to attend but buy your own drinks at the Green Room's no-host bar. FIBA formed in 2006 to help local independent businesses support each other and is offering special reduced memberships right now. Visit [www.FlagstaffIBA.com](http://www.FlagstaffIBA.com).*

And after supporting these wonderful local endeavors, come on down to south campus where social justice activist **Calvin Terrell** will be speaking at the Gardner Auditorium in the Business Building. The event begins at 7:30 pm on Thursday, Nov. 19th. You don't want to miss this—he has important, pertinent things to say.

## News, etc.

### ☼ **ONE LAST CALL FOR MEAT ORDERS—It's not too late!**

Please make sure to turn in your deposit and your order-form and ensure that you will get the turkey, chicken, beef, and/or lamb you've always dreamed of...

☼ Extra produce is for sale at pick-up: K & B Farm and Lucky B Acres Farm will be selling assorted tastiness; come support your friendly local famers! This week we have butternut squash.

☼ Thanksgiving week pick-up will be on Wednesday the 25th: same time,

### **Asian-Style Healing Power Puree of Greens Soup**

Serves 3-4

2-3 tsp. peanut oil  
1/3 cup finely chopped shallots or onions  
1 tsp. minced garlic  
1 1/2-2 tsp. minced ginger  
3-3 1/2 cups unsalted chicken or veggie stock  
1-1 1/2 cups cubed, peeled baking potato or 1/4 cup long-grain rice (optional)  
3-4 cups assorted greens (kale, tat soi, chard, braising mix, etc)  
4 thinly sliced green onions  
2 ounces sesame peanut Thai-style baked tofu or any extra-firm tofu, cut into 1/4-inch cubes  
1 Tbsp each soy sauce and dry vermouth, or to taste  
Heat oil in pot over medium flame. Add onions, garlic, ginger; cook, stirring occasionally, until translucent, 5-10 minutes. Add stock and potatoes or rice, if using. Simmer 5 minutes, or until potatoes/rice are soft, about 10-15 minutes. Puree with an immersion blender or in a food processor. Stir in remaining ingredients. Serve piping hot.

*(From Asparagus to Zucchini)*

### **Cranberry Acorn Squash**

Makes 4-6 servings

1/2 cup raw fresh cranberries  
1 small apple, cored, chopped into small pieces  
1/4 cup currants  
1/2 cup orange juice or apple cider  
1 1/2 Tbsp honey or maple syrup  
1 Tbsp melted butter  
Pinch of salt  
2 acorn squash, cut in half, seeds removed  
Heat oven to 350 degrees. Combine cranberries, apples, currants, orange juice, honey, butter, and salt in a saucepan. Heat until berries are just tender. Place squash in ovenproof dish. Fill cavities with fruit. Cover dish and bake until squash is tender, about 35-45 minutes. I can smell it already...

*(From Asparagus to Zucchini)*

### **Vegetable Broth**

Makes 5-6 cups of broth

5 quarts water  
4 medium-sized stalks of celery, thickly sliced  
2 medium-sized onions, peeled and halved, stuck with two cloves  
2 medium-sized potatoes, scrubbed and thickly sliced  
2 turnips, scrubbed and cut in 1-inch dice  
5-6 large carrots, scraped and thickly sliced  
Several large sprigs of parsley  
2 bay leaves  
8-10 peppercorns

4-5 cloves garlic, peeled

Salt

Combine all ingredients in a large kettle, bring the water to a boil, lower the heat, and simmer uncovered for 3-4 hours (or stick it all in a crock pot and walk away from the kitchen for awhile). Strain the broth in a colander or large sieve and taste it. If it is weak, return it to the pot and continue simmering until it is reduced to the proper strength of flavor. Season to taste with salt.

This broth can be served just as it is or can be very useful as a base from which to build other soupy creations. It will last well in the fridge for 2-3 days and can be frozen.

*(The Vegetarian Epicure)*

### **French Beet Salad**

Serving sizes vary

Mix cooked beets, cut in uniform cubes, with finely chopped garlic cloves and finely chopped fresh flat-leaf parsley; dress to taste with French dressing, below.

### **Classic French Dressing**

“To save time in salad making, mix your dressing in the bottom of the salad bowl, put your lettuce on top, and at serving time toss the salad. This is a French tip.”

Makes 1/3 cup

1 Tbsp good strong red wine vinegar or cider vinegar  
1/2-1 tsp. Dijon mustard, optional

1/4 tsp. salt

Freshly ground black pepper

4-5 Tbsp vegetable oil or other flavored oil

Optional additions: finely chopped garlic or shallot, or 1 Tbsp fresh herbs such as basil, dill, fennel, winter savory, thyme, rosemary, or oregano.

Mix vinegar, mustard, salt and pepper in a mixing bowl or at the bottom of your large salad bowl. With a fork, slowly mix in oil until blended. Add optional ingredients, if desired.

*(One Taste: Vegetarian Home Cooking from Around the World)*

### **Tat What?**

Tatsoi: “a ground-hugging member of the mustard family, also called spoon mustard, tatsoi has rounded, thick leaves and stalks that add flavor and crunch to salads.” Useful and delicious in many capacities, tatsoi is at home anywhere from soups to omelettes, stir-fries to casseroles. Superb raw or cooked, this vivacious veggie will brighten up a cold day with its clear, crisp, lively flavor.

*(Joy of Cooking)*