

THIS WEEK'S HAR-  
VEST:  
SWEET POTATOES  
POTATOES  
BUTTERNUT SQUASH  
ONIONS  
CITRUS

SUMMER SQUASH  
ROASTED CHILIES  
KALE

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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HTTP://  
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PES.BLOGSPOT.COM



THURSDAY, NOVEMBER 25TH, 2009

## “A Taste Composed of Everything...”

Here we are again guys and gals, late November; the time when the roots of gratitude are harvested and examined, the time when we gather ‘round and celebrate what it means to be rich.

Words don’t describe the wealth of family, in all its many forms. Words cannot come close to capturing the beauty of the smiles on the faces that surround us. Words are only meager helpers, assigned the impossible task of capturing the moments that compose our lives.

The fullness of being, the wreath of belonging, these are tastes that linger on tongues and settle into bellies: sustaining us with the sweet essence of this one, fleeting life. As gratitude swells, hearts join hands and spirits soar to the peaks of the highest mountains: there is no better place to be than this, right now, with you.

And so on a certain day in late-November, remember that there are no words to describe the beauty and wealth surrounding our lives. Words try valiantly, but they tend to come up short. They just remind us that there is always so much more.

Here is a poem to get us in the mood for the many tastes of wealth and abundance:

*Honey At The Table*  
by Mary Oliver

*It fills you with the soft  
essence of vanished flowers, it becomes  
a trickle sharp as a hair that you follow  
from the honey pot over the table*

*and out the door and over the ground,  
and all the while it thickens,*

*grows deeper and wilder, edged  
with pine boughs and wet boulders,  
pawprints of bobcat and bear, until*

*deep in the forest you  
shuffle up some tree, you rip the bark,*

*you float into and swallow the dripping  
combs,  
bits of the tree, crushed bees - - - a taste  
composed of everything lost, in which every-  
thing lost is found.*

**YES!**

☀️ **CSA HAS FOUND A PERFECT HOME AT LAST!**  
**The new location is:**  
**116 WEST COTTAGE, IN THE BEAVER STREET BREWERY  
PARKING LOT.**

☀️ Slow Food has shares of delicious Navajo Churro lamb available; see order form attached to the email or contact Karna at pick-up.

## Potato Roti

Serves 4

3 large potatoes, boiled and mashed  
2 Tbsp chopped fresh coriander leaves, aka cilantro  
3 green chilies, chopped  
2 Tbsp butter, melted  
1 tsp. salt

About 1 cup all-purpose flour

Ghee for frying

Mix all ingredients thoroughly, adding enough flour to make a soft dough. Water is not required for this. Divide the dough into four equal portions, then roll each on a floured surface to give a round measuring about 6 inches in diameter. Heat a griddle or heavy-based skillet. Cook the roti on the hot surface, or first grease the pan with a little ghee. When the underside is browned, turn the roti over and cook on the second side. Serve immediately with curry or dal. Alternatively, the roti can be deep fried in hot ghee.

*(Indian Vegetarian Cookbook)*

## Vegetable and Rice Soup

Makes 4 servings

1/4 cup butter  
1 onion, chopped  
1 quantity vegetable stock, see below  
4 cups mixed vegetables  
1/2 cup long-grain rice  
2 cups milk  
1 tsp. lemon juice  
Salt and pepper to taste

Melt the butter in a saucepan, add the onion and cook for 1 minute. Add the stock, bring to a boil and boil the soup, uncovered, for 10 minutes. Prepare the mixed vegetables according to their type and cut into bite-sized pieces. Add to the soup. Bring to a boil and cook for 20 minutes. Add the rice and cook, uncovered, for a further 15 minutes. Stir in the milk, lemon juice, salt and pepper. Heat through, simmer gently for a few minutes and then serve.

*(Indian Vegetarian Cookbook)*

## Indian Vegetable Stock

3 carrots  
1/2 pound green beans  
2 large onions  
2 large potatoes  
2 large tomatoes  
Small wedge of cabbage  
6 1/4 cups water

Roughly chop all the vegetables and place them in a large saucepan with the water. Bring to a boil, cover the pan and simmer steadily for about 2 hours.

Cool slightly, then strain through a sieve.

*(Indian Vegetarian Cookbook)*

## Braised Lamb with Red Peppers, Potatoes, and Zucchini

Makes 4-6 servings

4 lamb shoulder steaks  
1 tsp. olive oil  
1 small sliced onion  
1 Tbsp minced garlic  
2 sweet red peppers, thinly sliced  
3 cups chicken stock  
3-4 small russet potatoes, peeled  
1/2-1 cup sliced zucchini  
1/2 cup Greek olives

Salt and pepper

Remove excess fat from lamb. Heat oil in braising pan over high flame. Brown meat. Remove meat from pan and reduce heat to medium. Add onions, garlic, and red peppers; sauté a few minutes. Add stock; bring to a simmer, return meat to the pan, cover the pan, and cook over very low heat, 45 minutes. Cube potatoes. Add potatoes to stew; cover and simmer until everything is tender and potatoes have thickened broth, 25-35 minutes, (you can crush some of the potatoes against the side of the pot to thicken it more, if desired). Add the zucchini and olive during the final 10 minutes of cooking. Season to taste with salt and pepper. Serve with couscous or rice.

*(From Asparagus to Zucchini)*

## Turkey Brine

1 1/2 cups sugar  
1 1/2 cups salt  
4 bay leaves  
6 quarts water  
Mix well until sugar and salt are both dissolved in a large, clean bucket or cooler—big enough to submerge your bird. Test the brine with a fresh egg. The egg should float on the top; this means the brine has the right amounts of everything it needs to help the turkey retain moisture. Now take your turkey swimming! Stick it in the cooler overnight and refrigerate, or just stick it outside.

*(Mountain Living Magazine, courtesy of Tony Cosentino, owner of Josephine's restaurant)*

## 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](mailto:flagcsa@gmail.com) or [macy.mouritsen@gmail.com](mailto:macy.mouritsen@gmail.com). Thanks!