

THIS WEEK'S HARVEST:

ACORN SQUASH

CURLY MUSTARD GREENS

PURPLE TURNIPS

I'ITOI ONIONS

ROASTED CHILIES

MELONS

CUCUMBERS

TOMATOES

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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THURSDAY, NOVEMBER 5TH, 2009

## A Warm Hello

Hello everyone, I hope this week's newsletter finds you healthy and well. Lots of illness going around lately and I want you to know that if you are sick and can't come and pick up your share, please call or email me and I will make sure to put one aside for you. I encourage you not to come to the pick up if you are feeling a little bit of the bug but will make sure that you don't miss out on your veggies.

Some other things going on with the CSA. You may have seen the City's No Occupancy Sticker, the property owner has taken necessary steps in getting this all straightened out. We are in the process of presenting to the City Development Review Board. I don't have a lot of information right now but I will keep you posted as to what you can do as supporters of the CSA to help with the situation. For now, we will continue the pick up on Thursdays but we can't open up for more hours until this is resolved. If anyone has any experience with the DRB process, I would greatly appreciate any input, ideas or advice.

We had our bi-monthly board meeting this last Monday and things are moving along. We are working on getting our By-laws complete, the budget is in good shape and there's lots to do. Once we know what's happening with the space we can truly move forward. Please feel free to offer any feedback, questions or ideas with us.

Crooked Sky Farms is running smoothly these days. It's almost time for another farm visit day so please look for more information. If you are interested in helping to plan the visit, contact me. The farm is coming up on the end of its summer crops. We have a couple more weeks of melons, cucumbers and tomatoes but root crops should be in full force soon.

One last thing, please share your recipes and ideas for the yummy veggies we get each week. It's way more fun for us to know what others are doing with their share. Also, there are still plenty of shares left so spread the word about Flagstaff CSA. We have posters if you have somewhere to hang them.

Thanks so much,  
Karna

## News, etc.

☼ **Meat Orders are Due Today!** Please make sure to turn in your deposit and your order-form to save your turkey, chicken, beef, and/or lamb the confusion of wondering where to go. Also, encourage anyone who might be interested in ordering to drop by, this is not limited to CSA shareholders.

☼ 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 there is butternut squash and eggs from Lucky B Acres.

## Cucumber Salsa

Makes 1 quart

2 cups diced, peeled, cucumbers

1 cup diced, young, summer squash

1 large red tomato

1/2 cup chopped cilantro

1/4 tsp. salt, or to taste

Juice of 1 lime

In a medium bowl, toss all ingredients together. Serve chilled salsa with additional cucumber slices or cilantro leaves. Serve as a dip with chips, as a salad or topping, or use as a marinade for tofu, fish, or anything else you'd like to treat to this fresh infusion of yum.

*(Heirloom Gardener Rag)*

## Oven Polenta with Glazed I'ittoi Onions, Mustard Greens, and Bleu Cheese

Serves 4-6

2-4 bunches I'ittoi onions

1 cup yellow cornmeal, (medium grain)

4 1/2 cups chicken or veggie stock, divided

Salt and peppa

2 Tbsp butter

2 tsp. sugar

2 tsp. cider vinegar

2 Tbsp olive oil

2 tsp. minced garlic

1/4 tsp. crushed red pepper flakes

1 pound mustard greens, thick stems discarded, leaves chopped (or substitute turnip or other spicy greens)

4 ounces bleu cheese, optional

Bring a pot of water to a boil. Cut a tiny "x" in root end of onions, drop them in boiling water and cook 1-2 minutes. Drain, cool, and slice off ends, leaving a little root end intact to they don't fall apart when cooked further. Remove skins. Heat oven to 350 degrees. Oil a large ovenproof skillet. Add cornmeal, 4 cups of stock, and 1 tsp. salt; stir well (it won't get smooth until it's cooked). Bake uncovered, without stirring, until liquid is absorbed, 40-50 minutes.

Meanwhile, melt butter over medium heat in skillet. Add onions, sprinkle with salt, and cook until nearly tender, 8-10 minutes, shaking pan frequently to prevent sticking. Add sugar and continue to cook, shaking pan, 2-3 minutes. Add remaining 1/2 cup stock and vinegar. Raise heat; cook until liquid becomes a glaze, again shaking pan. Remove onions to a bowl.

Wipe out skillet; add olive oil. Add garlic, chili flakes, and greens; cook, stirring often, until tender, 4-5 minutes. Stir in onions; add salt and pepper to taste. When polenta is done, serve it in wide shallow bowls

topped with greens and bleu cheese. Sounds like a great warming dish for a chilly November night!

*(Adapted from: From Asparagus to Zucchini)*

## Aaaaah, Turnips...

Turnips: The great misunderstood, the curmudgeon of the root world, aka: hardly anyone's favorite. However, I do know that there does exist a small pocket of die-hard turnip aficionados, and for you I reserve my greatest adoration. If you are one of this elite group, and if it pleases you to do so, feel free to enlighten the anti-turnip masses at your earliest convenience.

*(Recipes can be sent to myself or Karna, see bottom for details).*

Turnips can be cooked and served in any way that potatoes are; cook until potato-soft by baking, boiling, frying, hashing, etc. Just be sure not to overcook, as an undesirable cabbagey flavor may overwhelm. Turnips pair well with cream, butter, lemon, nutmeg, garlic, sharp cheeses, crisp bacon, thyme, parsley, and chervil.

## Cooked 'Nips

Makes 4 rapidly disappearing servings

Here are two methods:

I. Good for small, less mature turnips

1 pound turnips

Salt and black pepper

Butter

Lemon juice or vinegar

Peel and slice or dice turnips; steam, until tender, for 7-12 minutes. Season with S and P to taste. Dress with butter and lemon and mash like potatoes.

II. Better for the larger, more mature variety

1 pound 'nips

1/2 tsp. salt

1/2 tsp. sugar

Peel turnips or slice them or leave whole. Drop them into rapidly boiling water to cover and add salt and sugar. Cook, uncovered, until tender, about 10 minutes if sliced, 15-25 minutes if whole. Mash and enjoy your turnips, potatoes' lesser-understood brethren.

*(Joy of Cooking)*

## Green Tomatoes

These can be reddened by spending some time in a paper bag in a sunny spot. Green tomatoes are not a lost cause, don't give up!

## 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.