

THIS WEEK'S HAR-
VEST:

SUMMER SQUASH
TOMATOES
ROASTED CHILIES
WINTER SQUASH
SPRING MIX

SWISS CHARD

CUCUMBER

MELONS

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

CONTACT:
KARNA OTTEN AND
BABY JOLA

FLAGCSA @GMAIL.COM
OR 928-637-5197

WWW.FLAGCSA.COM

VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



THURSDAY, OCTOBER 29TH, 2009

Winter Before Halloween?!?

As human-shaped bundles shuffle across icy streets and hats and gloves prove crucial, I find that it helps to acknowledge some of the things that make winter bearable, even enjoyable, as we begin the cold season: toasty fireplaces, piping hot beverages, homes redolent with the smell of bubbling soup, and the impetus to make life indoors as pleasant as possible.

I find myself lamenting the loss of the long, easy days of summer, when heating bills don't exist and flip-flops rule the crowded sidewalks. It's easy to yearn for the liberated comfort that is Flagstaff summer. But winter, so much more complex and involved. Its icy head arrives in a windy gust and reminds us in a brusque, bellowing voice that now's the time to plan, to create, to reserve, and to look inward at the parts of our lives that don't lie in the sun and accrue freckles.

It reminds us that we are a part of something bigger, something greater. We are as much summer as we are winter, just as we are as much our younger selves as we are our older ones. These things don't go away, they just change into the next part of the cycle. So three cheers to hot coffee, cider, tea, and chocolate. Let the royal rumpus start!

Green Tomato and Apple Hazelnut Crisp Recipe, continued from page 2...

Preheat oven to 375. In a food processor or by hand, blend 6 Tbsp of flour, brown sugar, cinnamon, nutmeg and salt. Add the butter and pulse until blended. Add the nuts and process for 8 more pulses or until coarsely chopped. Transfer to a bowl and refrigerate while preparing the filling. Place the apples and tomatoes in a large bowl. Stir in the lemon juice. In a small bowl, combine the lemon zest, remaining 3 Tbsp of flour, and sugar. Stir into the fruit, mixing gently. Now grease an 8-inch-square baking pan or 2 -quart casserole dish; transfer the apple filling to the pan. Don't put topping on yet! Bake the fruit until bubbly, about 35 minutes. Remove the topping from the fridge and sprinkle evenly over the fruit. Return the pan to the oven and bake until the topping is nicely browned, about 35 minutes.

Note: To toast hazelnuts, spread the shelled nuts in a shallow pan and roast in a 350-degree oven for 8-10 minutes or until the skins crack. Rub warm nuts with a rough kitchen towel or between your hands to remove as much skin as possible.

(from Jolene George at
www.oregonlive.com)

Care to Meet for Meat, Anyone?

☀ A Bar H Farm and Josh Koehn are going to be selling their high-quality, farm-raised, natural meat again. **Contracts are required and are due next Thursday, Nov. 5th.**

☀ **Beef and lamb shares** are available and require a **\$20 deposit.**

☀ **Turkeys and chickens** are also available: **Turkeys need a \$20 deposit and chickens \$5.** The rest of the payment is due when the meat arrives, **on November 19th**, at the CSA pick-up. This is the best meat you can get!

Baked Summer Squash with Optional Eggplant

Makes 4 or more servings, depending on how much eggplant you've accumulated!

1-1 1/2 pounds summer squash (4-5 medium zucchini, yellow squash, etc.)

Salt and pepper

1 cup whole wheat flour

1-2 tsp. dried thyme

1/2 tsp. curry powder

1/8 tsp. dried oregano

1/2 tsp. salt

1/2 cup safflower or other veggie oil

Scant 1 cup tomato juice

Eggplant, thinly sliced (optional)

Heat your oven to 400 degrees. Oil a large baking dish. Slice squash lengthwise or diagonally 1/8-inch thick. Season with salt and pepper to taste. Place in the baking dish to make overlapping layers (do the same with eggplant if using it). Combine remaining ingredients and spread on top of summer squash. Bake until lightly browned, about 20-25 minutes. Serve hot. This recipe works great for thinly sliced green tomatoes and onions too. Or maybe you can just combine all the things that desperately need to be eaten and make a magical casserole...

(adapted from *Asparagus to Zucchini*)

Corn Bread and Pine Nut-Stuffed Winter Squash

Makes 8 delightful servings

As many winter squash as you've got, 8 small ones is what the recipe calls for, but adjust as you like

1 cup finely chopped red onion

6 Tbsp butter, or substitute, divided

1 cup finely chopped sweet red or green bell pepper

4 cups stale corn bread cut into 1-inch cubes

(equivalent to roughly 1 8-by-8-inch pan of corn bread)

6 Tbsp pine nuts

3 Tbsp chopped fresh oregano

Salt and pepper

3-6 Tbsp apple cider

Heat oven to 350. Cut a thin slice off the bottom of each squash, so it can stand up. Cut off a quarter of each squash from the top and discard. Scoop out seeds and membranes. Place them top side down in a baking dish; add water to a depth of 1/4 inch. Cover with foil; bake until tender, about 45-60 minutes. Discard water when squash is done. Melt 3 Tbsp butter in skillet over medium heat. Add onions and cook, stirring often, until nearly tender. Add sweet peppers and cook, stirring frequently, for 3-4 minutes. Crumble the corn bread; combining with cooked vegetables, pine

nuts, oregano, and salt and pepper to taste. Stir in just enough apple cider to moisten stuffing. Fill squash cavities with stuffing. Melt remaining 3 Tbsp butter and drizzle or brush on stuffing. Place in the baking dish and bake at 350 degrees for 30 minutes.

(*From Asparagus to Zucchini*)

Micah's Yummy Chard Pie

Makes 16 slices!

2 Tbsp olive or canola oil

1 1/2 cup chopped onions

1 Tbsp minced garlic or several chopped garlic scrapes

1 very large bunch or 2 medium bunches of Swiss chard, spinach, or other greens with their stems removed and leaves washed and chopped

6-8 eggs

2 cups milk or half-and-half

1 tsp. salt

2 8-inch deep-dish pie shells

3 cups grated cheddar or Swiss cheese

Chopped ham, cooked bacon, diced tomatoes, chopped basil, blanched peas, or green beans (all optional additions)

1-2 Tbsp chopped fresh dill

Heat oven to 400 degrees. Heat oil in a large skillet over medium flame. Add the onion and garlic; cook, stirring occasionally, until tender. Add chopped greens and cook, stirring often, until they wilt. Turn off heat. Beat eggs, milk, and salt in a bowl. Spread chard mixture in bottom of pie shells. Add cheese. Pour egg mixture over top. Add one or more of the optional ingredients, if desired. Sprinkle with the dill. Bake at 400 degrees until the pies are no longer jiggly in the center, about 30-40 minutes.

(*From Asparagus to Zucchini*)

Green Tomato and Apple Hazelnut Crisp

Serves 6

9 Tbsp all purpose flour, divided

1/4 cup firmly packed light brown sugar

1/4 tsp. cinnamon

1/4 tsp. freshly grated nutmeg

1/4 tsp. salt

5 Tbsp cold, unsalted butter, cut into 1/2-inch pieces

3/4 cup hazelnuts, toasted and skinned (see note)

3 medium Granny Smith apples, peeled, cored, and thinly sliced

2 medium green tomatoes, cored and sliced 1/4-inch thick

1 Tbsp fresh lemon juice

1 tsp. grated lemon zest

3/4 cup granulated sugar

(See page 1 for recipe instructions...)