

THIS WEEK'S HARVEST:

HEAD O' LETTUCE

BASIL

PURPLE CARROTS

CHIOGA BEETS

IITOI ONIONS

TURNIPS

CITRUS

RED POTATOES

ALSO AVAILABLE:

COFFE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

FLAG CSA LOVES

VOLUNTEERS...

EMAIL OR CALL IF

YOU'VE GOT SOME

HANDS TO LEND

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VISIT OUR BLOG!

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WEEK OF APRIL 13TH, 2009

Be well!

## As Much or as Little as You Like

Greetings and salutations, dear masses. Welcome to the second week of Spring Season. We're thrilled to see so many of you continuing to support local food and we want to invite the newcomers to get cozy and stay awhile!

Along with the exuberance accompanying a fresh, new season, we'd also like to remind anyone who still owes to **please pay this week or mail in your check.** (See below for details.) Thank you for your promptness.

Next, a few announcements:

☀ An Earth Day Celebration is this Saturday, April 18th, at the south lawn of the City Hall from 11:30-4 o'clock pm. Remember how awesome it was last year? Over 1,500 dedicated Flagstaffians showed up to support this community event; more than fifty vendors were there selling sustainable and innovative products and ideas; dozens of presenters spoke on pertinent subjects; there was live music, and food! Well, this year promises to be even more of a success. With all the aforementioned fun and even more, this isn't something you want to miss...

☀ And the "Green up Flagstaff Service

Projects" will also be taking place on Saturday...if you'd like to give back to the community and honor the earth, this is a great chance: from 8:30-11am various teams will tackle environmental projects. Check out the City's website for more info:

<http://flagstaff.az.gov/index.asp?nid=1439>

☀ Healthy Kids Day is also this Saturday at the YMCA from 9-1 pm. Fun, fun, fun!

☀ As many of you know, we've got several different ranches selling their meat at CSA.

Here's the run-down and some deadlines:

•Churro Lamb shares from Slow Food are available through April 30th. Call or email Karna if you're interested.

•A Bar H Farms and Josh Koehn from San Simone, AZ will be offering shares of range-fed, natural beef, lamb, and chicken and turkey. Delivery is set for May 21st. Please get a contract from Karna or print one out from this week's email and get your order in ASAP.

•The beef you've been seeing each week at pick-up is from the Flying M Ranch, located here in Northern AZ; it too is range-fed, all natural, but you can buy as much or as little as you like.

Thanks, everyone!

### Spring Season Payments Due!

☐ Once again, a reminder that a new season began last week and if you're a continuing or new member who has forgotten to pay, please make sure to do so ASAP! You may pay with cash or a check. If you'd like to mail your check, make it out to Flagstaff CSA/CSF and send it to:

Flagstaff CSA

PO Box 126

Flagstaff, AZ 86002

Prices: A full payment of \$200 or two payments of

\$100...if you share a share, please be sure to only pay half!

Thanks for your continued support!

# Farm Visit Remembered

## By Steve Hansen, Sedona AZ

On Sunday, April 5th, I joined about 50 other members of our co-op on a field trip to Phoenix to learn a little more about exactly where our food is coming from. Since I worked on my own grandfather's farm when I was about 12 years old, I remember how to do it and what it looks like. But that was quite a few years ago, so I thought it would be, at the least, fun to meet our farmer.

So, while some people may have been at the mall testing shoes with their personal shoppers, we traveled to the field by the highway to try some spring crops with our personal farmer, Frank Martin. After brief instructions and harvesting some beautiful artichokes, we gathered at the "field kitchen" in the middle of the field. Then, Frank told his story of becoming a farmer from scratch.

After many years of driving truck, he wanted to start a farm. A friend told him, "You get into farming by inheriting it or marrying it." That was not in the cards for Frank, so he started small in his yard, later renting an acre from a neighbor and slowly acquiring the skills and experience he needed. Once he reached his weekly income goal of a consistent \$300, he stopped driving and committed full time to farming. Today, some 15 years later, he has fields in several locations around the valley and a crew of employees to help him run the operation. The field we visited at I-17 and 19th is about 30 acres and has been farmed consistently since about 1928.

As Frank talked about his history and why and how he grows various crops, I soon realized how fortunate we are to have such a gentle, wise and generous man making food for us. Some years ago, he took over a farm that a Japanese family had been working for about 20 years. The farm was infested with a particularly invasive worm. The worms just thrived on the farm and damaged the crops, year after year. The family had spent a fortune on pesticides, trying to drive them out – to no avail. Undeterred, Frank took over the farm. First thing, he called in his contractor to disk the field (turn over the soil with a disk harrow). Almost immediately, birds appear in the sky – seemingly from nowhere – thousands of them,

feasting on the exposed worms. Frank decided to have the field turned again the next day – another bird feeding frenzy. And... the worms ceased to be a problem.

He told us the history of the Itoi onions he is growing, how they were named, and why they are revered by the Pappago and Pima tribes, how you can plant one and watch it multiply into a cluster of 140, harvest them, then plant one to multiply again. He then invited us to go across the field where they are growing and take whatever we might want to start growing our own.

After answering all our many questions, often with more fascinating and inspiring stories from his odyssey in farming, Frank invited us to enjoy the lunch he and his staff had prepared for us. I was struck by how pure and clean and flavorful it was. The beans were just about the best I can remember tasting in a long time, if not ever. By this time, my somewhat vague interest in "checking out where our food was coming from" had grown into full-blown excitement about being fed by a truly special personal farmer.

Agri-business marches on, but our Farmer Frank's favorite time of the year is when the squash bloom, because then he gets to go out into the field at first morning light, lie on his soil and watch the squash blossoms open. Think about that the next time you take a bite!

*(Thank you, Steve, for this beautiful essay...what an amazing opportunity to reconnect with our food-chain and gain some truly valuable insights!)*

### **Seasoned Kitchen presents...Lydia Scheer and the ever-present question: "What to do with What's in the Bag?"**

☀ A CSA cooking class at The Seasoned Kitchen with Lydia Scheer is set to take place **THIS COMING MONDAY, April 20th from 6-8:30pm**. "What to do with What's in the Bag" will teach you how to creatively compose beautiful, healthy, and delicious meals from your weekly bag of produce. For only \$25, this is a great deal and is bound to be a remarkable evening. To reserve your space, please call The Seasoned Kitchen at (928) 213-5942.

## Meet...Meredith!

*Meredith Hartwell is a graduate student in the Sustainable Communities program. Her focus is in Sustainable Agriculture, Local Food Systems & Food Policy. Before moving to Flagstaff in the fall of 2007, she lived in Tucson for 16 years, where she was an active advocate and volunteer with the CSA. She loves to cultivate edible plants, and to eat locally! In 2005, she studied Permaculture Design with the Sonoran Permaculture guild. She volunteers with Flagstaff's nonprofit Foodlink, and has worked with Flagstaff Native Plant & Seed and with Dr. Gary Nabhan, at the Center for Sustainable Environments. Recently she completed a project on Flagstaff's agricultural heritage, and hopes to see more food grown right here in town! Meredith sees the CSA as a vital component in Flagstaff's food security and members' health, as well as a wonderful way to build community. It is a great pleasure to serve as a board member.*



*Big Smile at Tucson Earth Day, '05*

## Vegetables Have Stories, Too!

- ☞ **Lettuce Head:** (*Lactuca sativa*) A member of the Asteraceae family, same as the daisy, lettuce is a great source of vitamin A and folic acid. Lactucarium (or “Lettuce Opium”) is a mild opiate-like chemical making lettuce ideal for some after-dinner relaxation. You lettuce heads, you! (Is that a compliment or an insult?)
- ☞ **Basil:** (*Ocimum basilicum*) The word basil is said to have come from the Greek, *basileus*, meaning “king,” since twas believed to have grown on the spot where St. Constantine and Helen stumbled upon the Holy Cross. In addition to freshening breath, revitalizing skin and hair, basil tea is recommended for people suffering from nausea due to chemotherapy or radiation. (To make the tea: steep one teaspoon of dried basil in one cup of boiling water, covered, for 4 minutes. Add honey and lemon to taste.)
- ☞ **Chioga Beets:** (*Beta vulgaris*) A member of the amaranth family, beets are an ancient staple for many cultures worldwide. The Romans used them to fight fevers and constipation, and their aphrodesiac qualities have been known for centuries—boron, which beets are full of, plays an important role in the production of human sex hormones.
- ☞ **Purple Carrots:** (*Daucus carota* subsp. *sativus*) The word *carrot* originally came from the Indoeuropean root *ker-*, due to it's horn-like shape. Full of  $\beta$ -carotene, which is metabolised into vitamin A in humans when bile salts are present in the intestines, carrots are said to help improve vision and guard against night-blindness.
- ☞ **Red Potatoes:** (*Solanum tuberosum*) These tasty underground dwellers make up the world's fourth largest food crop, right up there with rice, wheat, and corn. Considered to be a very fruitful root crop, potatoes are quite a lot of work to grow and require much ground/soil preparation.
- ☞ **Turnips:** (*Brassica rapa* var. *rapa*) Everyone's favorite, these humble beings are high in vitamin C, and the greens are where the vitamin A, folate, vitamin C, K, and calcium hang out.
- ☞ **Citrus:** Just thinking about them makes my saliva glands do a little dance! Members of the Rutaceae family, citrus fruits are somewhat of a staple throughout the CSA Spring season. Fresh OJ or GJ, anyone?

*(Thanks to [www.wikipedia.org](http://www.wikipedia.org) and *The Good Herb* for this information...)*

### **Cracked-Wheat Bread**

Makes two 9x5-inch loaves

If you'd like to do something with the copious amounts of wheat berries that may be sitting in your cup-board, this delicious bread is a good start. I ground mine in a coffee grinder—cleaned, of course—but a blender ought to work as well. You can also try this bread with cooked grains other than wheat...

1 cup finely ground wheat, or other grain

3 cups boiling water

3/4 cup milk

3 Tbsp sugar or honey

2 Tbsp butter or vegetable oil

1 Tbsp molasses

1 Tbsp salt

1/4 cup warm water

2 packages (1 1/2 Tbsp) active dry yeast

4 cups all-purpose flour

2 cups whole-wheat flour

Cook the ground wheat in 3 cups of hot water for about 10 minutes, or until it's like a thick porridge.

(This is also a good idea—real cream of wheat!) Remove from heat and add the milk, sweetener, oil, molasses, and salt. Let this cool. Meanwhile, combine the 1/4 cup warm water with the yeast and let this stand until the yeast dissolves, about 5 minutes. Stir in the cooked cereal mixture, then gradually add the flour. Turn the dough onto a floured board and knead about 10 minutes; place in an oiled bowl, cover, and let rise in a warm place (75-85 degrees) until it doubles in volume, about an hour. Once risen, punch down the dough—the fun part!—knead a few more times, and divide in half. Place in a greased 9x5-inch loaf pans and let rise, covered, until again doubled in volume, about 45 more minutes. Preheat your oven to 350 degrees and bake for about 35-40 minutes. Let cool—if you can wait that long!—on a rack and enjoy! (adapted from *The Joy of Cooking*)

### **Basil-Scented Rice with Porcini and Artichokes**

Serves 2-4

2 tsp. olive oil

1 medium onion, minced

1 clove garlic, minced

Pinch of saffron threads

1 1/4 cups Arborio rice or other short-grain rice

2 1/2 cups hot vegetable stock, or chicken broth

1 bay leaf

2/3 cup fresh porcini mushrooms, chopped\*

4 water-packed artichoke hearts, chopped

2 Tbsp. minced fresh basil

1/4 cup freshly grated parmesan cheese or soy cheese

5 green onions, minced

Pinch of sea salt

Heat a large (at least 10 inches deep) pan over medium-high heat and pour in the olive oil. When it's fragrant, add the onions and garlic, reduce heat, and sauté for about a minute. Crush the saffron between your fingers, add it to the pan, and cook until the onion is fragrant and tender, about 5 minutes. Now stir in the rice, stock, bay leaf, and mushrooms and bring to a boil, uncovered. Reduce the heat to medium and cook, stirring frequently, until the rice is tender and has absorbed all the liquid, about 15 minutes. Swirl in the artichoke hearts, basil, cheese, green onions, and salt. Serve warm as a first course or entrée.

\*Note: If you can't find fresh porcini, use 1/2 cup dried, and soak them in the hot stock for about 15 minutes to soften.

(*The Good Herb*)

### **Beet and Horseradish Relish**

Makes 6-8 servings

Horseradish root

1 cup sour cream, or soy equivalent

2 pounds beets, cooked and chopped

1 tsp. sugar

Scrape and wash the horseradish root. Grate desired amount into sour cream; let stand for 2 hours. Blend beets, 2 Tbsp additional horseradish, and sugar until beets are coarsely chopped. Add sour cream mixture. Cover and chill for several days to blend flavors.

(*From Asparagus to Zucchini*)

### **Herb-Roasted Red Potatoes**

Makes 2-4 servings

1 pound red potatoes, cut in 1/2-inch pieces

1-4 cloves garlic, chopped

3-4 Tbsp of your favorite fresh herb: chopped parsley, rosemary, basil, fennel, dill, etc...

3-4 Tbsp olive oil

Salt and pepper to taste

Heat oven to 350 degrees. Coat potatoes with other ingredients and spread out on a shallow baking dish. Roast until tender, about 40-45 minutes.

(*From Asparagus to Zucchini*)

*Check out the CSA blog—updated continually by the wonderful Jessica Fetzner and everyone else who posts—for more titillating culinary ideas...*

<http://flagcsarecipes.blogspot.com/>