

THIS WEEK'S HARVEST:

GREEN ONIONS

CARROTS

DRIED BEANS—
PINTO, LENTILS,
GARIBONZO, OR PERUVIAN

SPRING MIX

SWEET POTATOES

CITRUS

PURPLE TURNIPS

WHEAT BERRIES

ALSO AVAILABLE:

COFFEE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

FLAG CSA LOVES
VOLUNTEERS...
EMAIL OR CALL IF
YOU'VE GOT SOME
HANDS TO LEND

CONTACT:
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BABY JOLA

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928-637-5197

WWW.FLAGCSA.
COM

VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



THURSDAY APRIL 2ND, 2009

Big CSA Announcement!

Hello Everyone,

This has been a big year of changes for the Flagstaff CSA. New products, new people, new organizational plans and more... We now have a board that you have been meeting each week and we will continue to keep you posted as things move forward. Along those lines, I have a big announcement. We have been very lucky to have the use of Bilby Research Center for going on six years for free. This is our final year here as it is time for some remodeling. We are so grateful that we have been allowed to use the space for so long and also very excited at the possibilities of a new location. We will be searching for a new location for the CSA to continue bringing local agriculture and other products to the community for Fall 2009. We are asking for any ideas, input and feedback from the CSA shareholders and community as a whole. Do you know of a location that would work? Do you have ideas on how to find the funds to potentially rent a space? Do you have a vision of what this could be for us? Please share, either with me at flagcsa@gmail.com or the board at flagcsaboard@gmail.com.

Thanks for your continued support.

Sincerely,
Karna Otten

Your Catfish Friend
By Richard Brautigam

If I were to live my life
in catfish forms
in scaffolds of skin and whiskers
at the bottom of a pond
and you were to come by
one evening
when the moon was shining
down into my dark home
and stand there at the edge
of my affection
and think, "It's beautiful
here by this pond. I wish
somebody loved me,"
*I'd love you and be your catfish
friend and drive such lonely
thoughts from your mind
and suddenly you would be
at peace,
and ask yourself, "I wonder
if there are any catfish
in this pond? It seems like
a perfect place for them."*

Spring season begins next week on April 9th and will take us right through to the end on June 11th. If you're a continuing member, there's no need to fill out a new contract—just be sure to chat with Karna. For new shareholders, please fill out your contracts and return them before next week. If you don't plan to continue, please let Karna know so that she can order an accurate number of shares as soon as possible.

Dear *(((Insert Representative's name)))*,

I am writing in regards to the food safety bills that have been proposed in Congress, including the FDA Globalization Act (HR 759), the Food Safety Modernization act (HR 875), and the Safe FEAST Act (HR 1332). It is my understanding that HR 759 will be given priority, with pieces from the other food safety bills incorporated into it.

All three bills contain elements that focus on prevention of food safety outbreaks at the farm. While I appreciate this focus on preventing food safety problems, I am concerned that one-size-fits-all food safety measures, especially preventative measures created with larger farms in mind, will likely put smaller and organic producers at an economic and competitive disadvantage.

Smaller, local, and organic farms are part of the answer not part of the problem and need to be nurtured. These farms tend to be hands-on, owner-managed. And it should be noted that unlike conventional farms, organic producers are highly regulated in managing manure by composting and other requirements that dramatically reduce pathogenic risk.

*As you and your colleagues work toward final legislation, **I urge you to include language in the bill that makes clear the intent of Congress that new regulations should in no way disproportionately burden small-scale family farm producers that are the backbone of the local and organic food movement.***

A one-size-fits-all regulatory approach could irreparably damage the farms producing the highest quality food in our nation.

*New regulations should focus on the **root causes** of major food contamination episodes. Raising animals on massive scale—industrialized confined animal feeding operations (CAFOs)—gives rise to serious food safety hazards from improper manure handling that spreads *E. coli*, salmonella, and other contaminants to surrounding waters and lands. This is one root cause that should be a focus of new food safety regulations.*

Spinach, tomatoes, peppers, almonds, and peanuts are in no way inherently dangerous. These fresh and nutritious foods first have to be contaminated!

Food safety reforms that I would like to see in the final legislation include:

***1. A thorough analysis of the underlying causes of food safety hazards.** HR 759 proposes to regulate only fresh fruit and vegetable growers, setting minimum standards without requiring a thorough evaluation of the underlying causes of food safety hazards.*

However, HR 875 requires “identifying and evaluating the sources of potentially hazardous contamination or practices extending from the farm or ranch to the consumer that may increase the risk of food-borne illness.” Such an analysis could potentially identify aspects of industrialized, centralized agriculture and food processing as serious health threats.

***2. HR 759 should establish categories for food (processing) facilities** to ensure that smaller businesses are not disadvantaged by one-size-fits-all registration fees.*

***3. The final bill should also determine categories for “food production facilities” (farms) — based on level of risk.** These categories should differentiate between farms based on criteria including size and organic certification. A certified small-scale organic farm, as an example, selling its produce in the Community Supported Agriculture (CSA) model or through farmers markets or roadside stands should be regulated differently from a large-scale, conventional farm selling commodities to a national market.*

4. Also, some small-scale farmers, including members of the Amish community, will find mandatory electronic record keeping requirements onerous and should be able to access alternatives, or be exempted due to scale.

5. At least one other separate piece of legislation, HR 814, would require a **mandatory animal identification system (MAIS).* Since the majority of all food contamination problems have emanated from processing, distribution, retailing, and food service, there is limited utility in requiring agricultural producers to go to the great expense of tracking each individual animal (any value from the system would mostly be applicable to animal health concerns, not human health). Since NAIS has caused a maelstrom of controversy in the farming community, Congress should debate this issue separately to avoid stalling the progress of critical food safety legislation.*

***6. Most importantly, the final bill needs to state clearly that food safety regulations should not interfere with any farmer’s ability to follow and comply with the regulations of the Organic Foods Production Act.** Organic farmers are already audited and inspected on an annual basis. They already have a plan for their farm—an “organic system management plan.” The bill should specify that food safety regulations and food safety plans should not interfere with farmers’ existing organic plans.*

Thank you for considering my concerns,

(((Your name)))

(((Your address)))

Upcoming Events

☀ The Local Food's Potluck and Film event is this Friday, April 3rd from 12:30-1:30pm at the SSLUG garden on South campus, (behind SBS West building.) Slow Food On-Campus says to please "Come celebrate a potluck-style meal at the SSLUG on-campus garden! Bring a dish/beverage (as local as possible!)" The film being shown is "A Gift from Talking God"—the story of the Navajo-Churro sheep. On the agenda is a discussion and formation of the Slow Food Film Festival committees, so please RSVP by emailing: Deja Walker, deja.walker@nau.edu
Ian Dixon-McDonald, iandxm@gmail.com
Wolf Gumerman, gig@nau.edu.
Hope to see you there!

☀ A Market Phair is having their opening day this Sunday, April 4th on the corner of Birch and Beaver downtown. This is a community marketplace that will feature products and services from: fair and direct traders, local artisans and craftspeople, local businesses with a sustainability mission, reduced-reused-recycled products, and organizations promoting social, economic, and environmental justice. Come show your support and find some useful, beautiful, and all-around-cool items. (Market Phair is proudly sponsored by aphairtrade.com and The Matterhorn Grill; for more info visit www.aphairtrade.com or email Michelle at aphairtrade@yahoo.com.)

☀ "It's Time for April Raw Asian!" A raw-foods cooking class taught by Sunny Lee Savage is taking place this Saturday at 11 o'clock at Flagstaff Healing Arts, LLC, located at 119 South Paseo Del Flag. The cost is \$30 and there are only a few seats left, so if you're interested in learning how to make Raw Asian Soup, Red Pepper Nachos, Raw Stir-Fry, and a mysterious Raw Asian Dessert, call (928) 225-7440 or email Sunny at sunnyot@gmail.com.

☀ A CSA cooking class at The Seasoned Kitchen with Lydia Scheer is set to take place on April 26th 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 lovely time. To register call the Seasoned Kitchen at 213-5942.

CSA's President of the Board!

Liz Gumerman has been a CSA member from its earliest years. Along with her family, she has learned to cook a variety of vegetables, some they had never tried before. Food and sustainability are Liz's passions. She lives in a straw bale house with her husband and daughter, a house they built with cooking in mind. The kitchen is in the center of the house! Eating locally grown vegetables along with other regional products CSA provides gives Liz the opportunity to teach her children about where their food comes from and how to be a part of building a sustainable future. Liz is excited about taking a more active role in Flagstaff CSA by serving on the board. Liz has volunteered in many capacities in the community and is the Development Director for KNAU, Arizona Public Radio.



Please take a minute to copy and paste the letter on page three and send it to your representative.

District 1
Anne Kirkpatrick
Washington address is:
1123 Longworth HOB
Washington, DC 20515
(202) 225-2315

Or email her by clicking this link
<https://forms.house.gov/kirkpatrick/contact-form.shtml>

Gingered Carrot Squares with Apricot Glaze

Makes 16 servings

This is from one of my favorite books, *The Good Herb*, which states that: “Low-fat baked goods made without refined sugar can taste bland and pasty, but ginger lends flavor excitement. Serve these squares for breakfast with chilled orange sections or as a snack with tea.”

1/3 cup rolled oats
1/2 cup fresh orange juice (grapefruit, perhaps?)
3/4 cup unbleached all-purpose flour
1/2 cup whole-wheat pastry flour
1 tsp. non-aluminum baking powder
Pinch of sea salt
1/3 cup maple syrup
1/4 cup water
1 Tbsp arrowroot
1 tsp. pure vanilla extract
2 tsp. finely minced fresh ginger
1 grated carrot
1 Tbsp canola oil
1/4 cup all-fruit apricot jam (or any other flavor...)

Preheat your oven to 375 degrees. In a medium bowl, combine the oats and juice and let soak for 10 minutes. In another medium bowl, stir together the flours, baking powder, and salt. Add the maple syrup, water, arrowroot, vanilla, ginger, carrot, and oil to the oat mixture, whisking well. Add the flour mixture and combine, being careful not to over-mix. Now lightly oil and flour an 8-inch square baking pan. Pour in the batter and bake in the center of the oven until a thin knife inserted comes out clean, about 18 minutes or so. Remove from the oven and immediately spoon on the jam, using the back of a spoon to spread it evenly. Let cool, then cut into 2-inch squares, which will keep well in a cookie jar for up to 3 days. Enjoy!

What to do with Wheat Berries!?

If you wish to cook them, take one cup of wheat berries and soak them for at least 8 hours or overnight in 3 cups water. Add 1/4-1/2 tsp. salt and bring berries, with soaking liquid, to a boil. Reduce heat and simmer, uncovered, until tender but chewy, for about 45-60 minutes. If you choose not to soak your berries, you can still cook them—it just takes much longer—with the same amount of water and salt for about 1 1/4-1 1/2 hours. Drain if necessary. One cup dry berries yields about 2 1/4 cups cooked, or about 4 servings. (*The Joy of Cooking*)

Wheat Berries with Sautéed Onions and Dried Fruits

4-6 servings

2 Tbsp butter or oil
1 cup chopped onions
1 cup mixed dried fruit—apricots, prunes, raisins, currants, cherries, cranberries...
3 cups cooked wheat berries
1 cinnamon stick
1/2 cup water or broth
Salt and pepper to taste
1/4 cup chopped nuts
Heat skillet and add oil or butter; cook the onions for about 8-10 minutes before adding in the wheat and the fruit, cinnamon, and broth or water. Cover and cook over low heat, stirring once or twice, about 10 minutes. Season with S & P and sprinkle with chopped nuts, if you wish.

(*The Joy of Cooking*)

Beans

In case cooking dried beans is a new activity for you, here are a few things to be aware of:

- ☼ Always pick them over before soaking, keeping an eye out for small pebbles—which can destroy teeth—woody bits, and other detritus.
- ☼ Except for lentils and peas, dried legumes usually need to be soaked before cooking; soak overnight in 3-4 times as much water as beans, removing any that float to the surface. If you need beans and don't have time to soak don't despair: use the “quick soak method”—cover beans with cold water in a large saucepan, bring to a boil, and simmer for 2 minutes. Remove from heat and let stand, tightly covered, for one hour. Before cooking, drain and discard the soaking liquid.
- ☼ After soaking overnight, bring the beans to a boil in plenty of water; reduce heat, cover, and simmer until tender. Since this usually takes a long time, consider using a crock-pot and leaving it on all day until dinner time.

☼ Beans are highly versatile and can be made into a delicious meal by themselves, with rice...the possibilities are truly endless!

Try adding any of the following:
onions, cloves, thyme, basil, carrots, turnips, green onions, dried peppers, garlic, bacon, cumin, celery, bay leaves, sweet potatoes, molasses, tomatoes, cilantro, and anything else you have lying around.

(*The Joy of Cooking*)