

THIS WEEK'S HARVEST:

POTATOES

CARROTS

SPRING MIX

BEETS

GREEN ONIONS

ARTICHOKES

CITRUS

NOPALITOS

ALSO AVAILABLE:

COFFEE

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

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THURSDAY, APRIL 23RD, 2009

Flagstaff Farmers' Market: Keepin' it Fresh, Keepin' it Real

Many of you are regulars at this bustling summertime affair. You're familiar with the crowds of Sunday-morning families with their toddlers; the folks with their arms full and getting fuller as they struggle to balance their unwieldy loads; farmers with dirt-smudged overalls; dogs embarrassing their owners as they poop in front of the salsa booth; craftspeople proud of their goods, spreading their discoveries and passion—all of this and more unites communities and brings us closer to our individual and collective visions of a life worth living, a way of life worth defending, and a future we can depend upon.

As a wonderful year of CSA gears up to give way to the warmth and sunshine of the Farmers' Market, it's easy to be grateful for the access we have to local, sustainable, delightful foods. All year round, Flagstaff is able to eat the best food around and nurture the drive to support local economies, the earth, and the good, hard-working people who make such things possible.

So, with a little further ado, here's the press release about the market with some exciting new additions and changes:

Presenting the...

9th Annual Community Farmers' Market: New Locations, New Markets

Flagstaff Community Markets announces the start of its 9th season of local farmers' markets. The Sunday morning market has a new location at City Hall west parking lot on the corner of Rte 66 and Sitgrievs. A second market has been added Wednesday afternoons, located at the St. Pius parking lot on Cedar Avenue and 4th Street. You now have two convenient choices. The Sunday market runs 8am to noon, June 7th through October 11th. The Wednesday market runs from 4-7pm, July 8th - September 9th. Both markets will feature the freshest regionally grown fruits, vegetables and flowers, as well as locally produced honey, jams, salsas, baked goods, and more- all direct to you. Supporting local agriculture is good for your health, good for the economy and good for the planet. Both markets will be accepting WIC vouchers issued through the Farmers' Market Nutrition Program. For information please visit our website at www.flagstaffmarket.com or contact Art or Heather at 774-7781 or art@flagstaffmarket.com.

Spring Season Payments are STILL Due!

At the risk of being repetitive, here's one more reminder to please make sure to PAY THIS WEEK! Either cash or a check will do. 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!

Local Meat: Much More than a Mouthful

For those of us with a propensity toward meat consumption, there are some very fine sources supplying northern Arizona with the best, most humanely-raised and well-cared-for animals.

Last week, we highlighted a few of the ranches currently selling their meat through and at CSA pick-up. For the families and farmers who raise these animals, meat consumption and the accompanying animal husbandry is more than just a mouthful, it's a way of life—a link in the greater cycles from which we all inspire and to which we all will eventually retire.

☀ Again, here is a list of the various ranches supplying our meat:

- Churro Lamb shares from Slow Food are available through April 30th. You may purchase 1/2 or a whole lamb for \$9.50/pound and you get to choose the cuts you prefer. Pick-up is May 21st and there are only 12 shares available, so if you're interested be sure to talk to Karna and reserve your share. (See next column for more details.)

- A Bar H Farms and Josh Koehn from San Simone, AZ will be offering shares of range-fed, natural beef, lamb, and chicken. 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.

☀ Here's an excerpt from Slow Food about the Navajo-Churro lamb, available until the end of April:

Dinē Heritage Navajo-Churro lamb is organic, holistically raised lamb from our Navajo neighbors in the Big Mountain area. It is herded in the traditional way over open range, where it grazes on the wild grasses, herbs and shrubs of the high deserts and canyons. Leaner than other breeds, the meat has a distinct sweet flavor of the land where it is raised.

The original breed of the Navajo people, the Navajo-Churro sheep is a rare, hardy breed with long, coarse fleece so excellent for weaving. It sustained Pueblo, Hispanic and Native people of the American southwest for almost 400 years. A generation ago it was nearly extinct, but thanks to a concerted effort by a diverse group of individuals and grass-roots organizations a revival has begun, and along with it, the traditions of sheepherding and weaving so central to Navajo life-ways.

By purchasing this lamb you are supporting our Navajo neighbors and their sheepherding traditions, rare breed preservation and biological diversity, and a healthy and sustainable local food source. We hope you enjoy it!

For more information go to:

www.slowfoodusa.org/index.php/programs/details/us_presidia/

The Color of Fresh

You may all be semi-experts by now on many of the repeating veggies and their nutritional values, but here are a few more facts, just in case:

- Potatoes are a good source of fiber and vitamins B6 and C, potassium, and iron
- Carrots' earliest uses were primarily medicinal and they were thought to cure stomach problems as well as liver and kidney issues
- Spring mix does not do well stored next to apples or bananas—although I don't know how bananas and spring mix would end up as neighbors—because the fruits give off ethylene gas and may cause brown spots on the lettuce.
- Beets are still very high in fiber, potassium, iron, and folate.
- Green onions are very low in both calories and fat, but do provide fiber, vitamins C and B6, and potassium.
- Nopalitos are rich in fiber, vitamins A, C, K, B6, riboflavin, magnesium, potassium, copper, and iron. They may be beneficial to people with diabetes.

(Thanks to www.wisconsinfreshproduce.org and www.wikipedia.org for the information.)

Introducing...Ed Cahill!

Ed was born in Phoenix and came up to Flagstaff to attend NAU's High School Music Camp in the 70's. He ended up attending NAU, and has lived in northern Arizona (between Flagstaff, Prescott, and Lake Montezuma) ever since. Ed worked at NAU's Cline Library for 22 years, and is now the Program Coordinator for the NAU Faculty Development Program. He has been a member of the Flagstaff CSA since the days when it was in Hanley Hall (coincidentally, right above the room where he lived as a student). He also worked extensively with Theatrikos in the late 80's/early 90's, and has volunteered with Northland Hospice, and AIDS Outreach as well. Ed enjoys being pushed out of his "food comfort zones" by all of the different produce he has encountered as a member of the CSA, especially sunchokes, I'toi onions, kale, and kohlrabi. Ed has enjoyed watching the CSA grow and he looks forward to helping out with future developments as a member of the Board.



Ed and his canine counterparts

Another Pertinent Press Release

Title: Nature and the Human Soul

Date: April 26, 2009

Description: Nearly everyone senses the richness and mystery of the soul and longs to bring this depth more fully into their lives—and their lives more fully into that depth. But few know how to begin or to quicken this process. *Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World*, by psychologist and wilderness guide Bill Plotkin, offers an engaging map to the paths and pitfalls of the lifelong journey to wholeness and maturity.

Location: Cline Library Assembly Hall, NAU Campus

Hours: 7:00 PM

Contact: (928) 523-0499

Nature & the Human Soul introduces an innovative developmental psychology that shows how fully and creatively we can mature when we allow soul and wild nature to guide us. Plotkin presents a model for a human life span rooted in the patterns and rhythms of wild nature, a template for individual development that ultimately yields a strategy for cultural transformation. Plotkin explores nature's ways — and every vital culture's ways — for raising healthy children; preparing adolescents for the initiatory adventure that opens the way to mature, authentic adulthood; and enhancing the cultural artistry and fulfillment of adult and elder lives.

This event is part of the One Community Sustainable Living Lecture Series presented by NAU's Master of Liberal Studies Program, NAU's Program in Community, Culture, & Environment, Coconino County Sustainable Building Program, the City of Flagstaff Sustainability Program, Coconino Community College, Willow Bend Environmental Education Center, and Friends of Flagstaff's Future. This event is also presented in conjunction with the Northern Arizona Book Festival.

For more information, contact Tamara Ramirez at Tamara.Ramirez@nau.edu

(I copied and pasted this directly from the City of Flagstaff's website, <http://www.flagstaff.az.gov/>)

Herbed Croutons

Makes enough to deliciously cover about 8 salads
Half a loaf of French, Italian, or sourdough bread cut into 3/4-inch cubes, enough for 5 cups

1/3 cup extra virgin olive oil

1/2 cup butter (1/4 pound)

3 cloves garlic, peeled and crushed

1/2 tsp. salt

Pinch each of dried basil, oregano, cayenne, and celery seed

Heat the oven to 325 degrees; spread bread cubes in a sheet pan and bake for 10 minutes while preparing the seasoning. Melt the olive oil and butter in a small saucepan; add the garlic, salt, oregano, basil, cayenne, and celery seed. Take the lightly toasted croutons from the oven—they should still be soft—and put them into a 2-quart bowl. Pour the seasoning oil over, turning and tossing to mix. Spread the croutons again on the pan, return to the oven, and bake until crisp, but not hard, for 10-15 minutes more. Cool on the pan, then transfer back to the bowl and top your spring greens with these tasty tid-bits.

(Sharing the Table at Garland's Lodge)

Creamy Tahini Dressing

Makes 1/3 cup

2 Tbsp lemon juice or vinegar

1 tsp. soy sauce or tamari

1 tsp. honey

1/2 tsp. finely chopped fresh garlic or ginger root

2 Tbsp tahini

1 tsp. olive oil

1 Tbsp water to thin

Mix lemon or vinegar, soy, and honey in a small bowl.

With a fork, slowly mix in tahini and oil until blended.

Then with water until consistency is that of heavy cream.

(One Taste: Vegetarian Cooking from Around the World)

Soy Potatoes with Green Onions

Serves 4

1/4 cup vegetable oil

3-5 potatoes, peeled and cut French-fry style

6 Tbsp soy sauce or tamari

1/2-3/4 cup water

1/2 tsp. salt

2 Tbsp granulated sugar

2 green onions, sliced diagonally into 1-inch pieces

Heat oil in a Chinese wok or medium skillet over high heat; add potatoes and cook 10 minutes or until 'toes

are tender. Mix in sugar and green onions and heat a few minutes more or until a gravy forms—add more water if you like it saucy. Delicious served with rice and a green veggie dish.

(One Taste: Vegetarian Cooking from Around the World)

Cactus Pads, aka Nopales or Nopalitos

If you've never tried these oddly delicious things, you're in for a real treat. They are versatile and surprising and may be eaten in salsas and salads, stewed, fried, pickled, or baked. (Fear not for your fingers: Farmer Frank is such a considerate fellow and he sends us paddles without spines, so we are saved the arduous removal process.) They can be oiled and slowly grilled whole, yielding a flavorful if not slightly chewy experience. More commonly, however, they are cut into 1/4-to 1/2-inch squares and boiled until tender. To do this, bring a saucepan of salted water to a boil and add the pieces, adding a handful of coarsely chopped scallion greens, if desired, to reduce the mucilaginous quality. Boil, uncovered, for 10-15 minutes, depending on the thickness. Drain and rinse several times in cold water until they are no longer sticky. They have affinities with chilies, garlic, and salty cheeses, so experiment away!

(Joy of Cooking)

Creamy Carrot Soup with Curried Beet Crème Fraîche

Makes 6-8 servings

12 sweet carrots

1 medium potato

2-3 cups half-n-half

Salt and pepper to taste

1 large beet

1 Tbsp curry powder

1 cup crème fraîche

Chop carrots and potato; place in a 2-quart saucepan, cover with water and cook until tender. Transfer into a food processor or blender; add half-n-half and blend until creamy. Add salt and pepper. Peel and chop beet; roast in oven at 400 degrees until tender, about 45 minutes. Blend in blender with curry powder and crème fraîche. Use this on soup for a garnish with some croutons, perhaps?

(From Asparagus to Zucchini)

Check out CSA's always-delightful and inspiring blog at: <http://flagcsarecipes.blogspot.com/>