

THIS WEEK'S HARVEST:

SPRINGTIME MIX

RED POTATOES

YELLER POTATOES

EGGPLANT

CHIOGA BEETS

GREEN ONIONS

BASIL

CITRUS

ALSO AVAILABLE:

COFFEE

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

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WWW.FLAGCSA.COM

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HTTP:// FLAGCSARECI-PES.BLOGSPOT.COM



THURSDAY, APRIL 30TH, 2009

Café Dirt: A Community Dialogue about FOOD in Flag

Greetings to you, you fine constituents of all things local, fresh, and sustainable. Welcome back for another mouth-watering week of good food, great friends, and fabulous goings-on. Today we're pleased to announce the first meeting of Café Dirt, where community members are invited—nay, encouraged—to take part of a local, grassroots dialogue about food in Flagstaff and all the myriad topics therein.

Flagstaff CSA and the Urban Lifeways Project are partnering to make Café Dirt a part of pick-up this week; as the first such meeting at CSA, this will be a gauge as to how receptive Flagstaff is—and I daresay we can be rather receptive—when it comes to discussing pertinent and timely issues influencing our food systems and their futures here in Northern Arizona.

Here's the press release, and please be aware that the veggie pickup will be in the hall rather than the main room today:

Café Dirt is an informal space for community organizations, business owners, City representatives, and residents to share

their visions for the future of the Flagstaff food system. There will be some presentations and informational tables- but the primary goal is about connecting the dots between all of the various groups, entities, and individuals working to make healthy food accessible to ALL of Flagstaff's residents...

Discussion topics will include:

- * Urban agriculture on Brownfield sites*
- * Increasing Access to Healthy and Affordable Food*

- * Urban Farms/ Community Gardens*
- * Emerging public/private collaborations*
- * Community Composting*

To add something to the list of discussion topics, for more information, or to request space for an informational table

call: (928)310-8059 or email: urbanlifeways@gmail.com

*Brett Ramey, Project Director
Urban Lifeways Project
(928)310-8059*

www.nativemovement.org

Thanks, everyone, for your continued support and enthusiasm!

News n' Such

If you're buying MEAT, please turn in your contracts and deposits this week. Please feel more than free to help CSA recycle by hauling in that ever-present (for many of us) pile of plastic bags—it will greatly help the flow of pick-up and make everyday a love-the-earth-day. Thanks ahead of time.

CSA would also love to help re-distribute recycled egg cartons and used honey jars, if you've got 'em!

Flagstaff Gears up for Warm Weather with Bike to Work Week

Yep, it's that time of year again when songbirds awake before the bright, toasty sun, when trees begin to unfurl their well-rested leaves, and when the locals mount their bi-pedaled steeds and strap on protective head-gear for BIKE TO WORK WEEK! Karna and many members of CSA happen to be rather avid supporters of BTWW in particular and bicycling in general, so CSA is signed up for the BTWW Challenge, in which folks are encouraged to participate by riding to work for 5 full days—there are great prizes to be won for the workplaces with the highest participation. (Hint, hint...)

Here's what the City's website had to say about this wonderful yearly event:

Flagstaff Biking Organization (FBO) and the City of Flagstaff are partnering again this year for Bike to Work Week to bring attention to bicycling as a fun and attractive way to improve the overall health and well being of our citizens, to reduce greenhouse gas emissions, and to make Flagstaff a more sustainable city. Flagstaff's Bike to Work Week demonstrates the tremendous potential our community has to make a difference by commuting by bicycle.

This is Flagstaff's eighth annual Bike to Work Week, and each year the event grows and reminds us that we can reduce traffic congestion and pollution, make our community more sustainable and livable, and have fun, just by bicycling.

For more information, visit the FBO website at www.flagstaffbiking.org.

Bike to Work Challenge

Since 2002, FBO challenges Flagstaff to bike commute more, and every year they do just that in the Bike to Work Week Challenge. This year, the Bike to Work worksite challenge lasts five full days, from Monday through Friday. Participants that log-in online qualify for daily raffle prizes, and the two worksites with the highest percentage of ridership will win a new Breezer Freedom commuter bike. The winners will be announced live on the Eagle, 103.7 FM on Monday morning, May 18th. April 27, 2009.

(Thanks to the City's website for the press release—it was copied directly from: <http://flagstaff.az.gov/index/asp?NID=1477>)

Any Last Meat Takers?

Contracts are DUE TODAY, so if you're interested or you know anyone who is, please make sure to get your order in... In case you're still curious about your options regarding meat purchasing, here is, once more, the list of local ranches supplying CSA with really good, healthy, meat options.

- 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 5 shares left, so if you're interested be sure to talk to Karna and reserve your share. (*Check out www.slowfoodusa.org/index.php/programs/details/us_presidia/ 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.

- And as always, Ellen Parish with Flying M Ranch will be selling all natural, range-fed beef at the CSA pick up.

Ongoing and Upcoming Events

♪ A Market Phair will be on the corner of Birch and Beaver downtown this coming Sunday, May 3rd (and also on the 17th) from 9am-3pm. Come enjoy products and services from fair and direct traders, locals artisans and craftspeople, local businesses who value sustainability and support efforts which make everyday earth day. Visit www.aphairtrade.com for more info.

♪ The 9th annual Farmers' Market is pleased to announce its new locations and hours: Beginning June 7th, the Sunday morning market will now be in the City Hall parking lot, on the corner of Route 66 and Sitgreaves, from 8am-12pm. There will also be a Wednesday afternoon market at the St. Pius parking lot on Cedar Avenue and 4th Street from 4-7pm, July 8th-September 9th. Both markets will accept WIC vouchers issued through the Farmers' Market Nutrition Program. Please visit www.flagstaffmarket.com or contact Art or Heather at 774.7781 or art@flagstaffmarket.com.

Cooking Class Titillates and Educates

Dear Karna,

I recently attended the cooking class offered through CSA and taught by Lydia Scheer, a very talented and innovative cook. The class was taught at the Seasoned Kitchen on San Francisco Street, an excellent venue for cooking classes. The class was thoroughly enjoyable and I learned a lot. Lydia prepared a variety of foods using the vegetables that we received the week before. I was particularly interested in what to do with all the greens and she was extremely helpful with several ideas. She also showed us some shortcuts for preparing the greens and other vegetables. We laughed, socialized, and enjoyed a delicious meal. I am looking forward to the next class.

Thank you for offering the class.

Cindy Pickett

P.S.

The delicious recipes from the class are posted on Lydia's blog—check them out at:
<http://eatingisforfood.blogspot.com/>

Getting' Friendly with...

☀ **Eggplant:** (*Solanum melongena*)

“Eggplant is a curious but beautiful vegetable. It is related to several other garden vegetables, like the potato, tomato, and pepper. Many, many varieties exist, including varied shapes, sizes, and colors. The most commonly cultivated and marketed are the oblong, smooth, deep purple-skinned eggplants. Also increasing in popularity is the longer, thinner Asian-style eggplant. Fortunately, eggplant varieties are interchangeable in recipes.

Eggplant is believed to have originated in India or Burma. Introduced through trade routes, it became popular in many Arab countries and Northern Africa around 900 A.D. Eggplant appeared in Europe in the 15th century, but believed poisonous, it was cultivated only as an ornamental curiosity. Eggplant reached the U.S. during the 17th century.

Eggplant is a seasonal treat, particularly in northern climes. Like tomatoes and peppers, it is very sensitive to cold. With adequate heat during the day and temperatures not dipping frequently below about 50 degrees at night, eggplant will be ready for harvest mid- to late summer in northern areas. Barring severe pest or disease problems, plants will continue to bear for several weeks or until temperatures become too cool and plants cease flowering. The first frost will usually kill the plant.” (*From Asparagus to Zucchini*)

☀ Here are some eggplant tips and ideas:

- To reduce any unpleasant flavors and excess moisture, lightly salt slices of eggplant and let them sit in a colander for 10-15 minutes; gently squeeze out any liquid—the eggplant will now soak up less oil and need less salt.
- To bake: “Prick eggplant all over with a fork and bake at 400 degrees until flesh is tender, about 30-40 minutes.”
- To stuff: “Bake 20 minutes, scoop out seeds, replace with stuffing, and return to oven for 15 minutes.”
- To sauté: “Try dipping slices or chunks in flour or eggs and bread crumbs before sautéing. Sauté in hot oil until light brown. Season with herbs, garlic, grated cheese, etc.
- To steam: “Whole eggplant will steam over an inch of water in 15-30 minutes. Use the flesh for pulp or season with olive oil, lemon, salt, and pepper, or cover in a tomato sauce.”

(*From Asparagus to Zucchini*)

Two-Way Street Beets

Makes 6 servings

2 bunches small beets

Juice of one orange

1 Tbsp softened butter or oil

Pepper

1 tsp. peanut oil

1 tsp. dark sesame oil

1 tsp. hot chili oil

1-2 Tbsp soy sauce

Cut stems off beets; scrub the beets and wash the greens. Cut the stems into 3-inch pieces and coarsely chop the greens; set aside stems and greens in separate piles. Steam beets until tender, about 20-30 minutes. Cool briefly, slip skins off, and cut into wedges. Toss with orange juice, butter, and pepper to taste; cover and keep warm. Meanwhile, heat a heavy skillet over medium flame; add the oils; now add the stems and sauté for 2-3 minutes. Add greens; cook, tossing often, until limp. Toss in soy sauce and pepper to taste. Arrange beets over greens on a platter and enjoy.

(From Asparagus to Zucchini)

Grilled Eggplant Red Pepper "Caviar"

Makes 4-6 appetizer servings or a main-course for 2

2 sweet red peppers

1 1/2 pounds oriental eggplant, (the long, slender lavender colored ones...or whatever comes to us!)

1 sweet onion, thickly sliced, brushed lightly with olive oil

1 large tomato, finely chopped

2 cloves garlic

Salt and pepper

3-4 Tbsp olive oil

Oil-cured black olives

Italian bread

Prepare charcoal in an outdoor grill. When the coals begin to flame, roast the red peppers, turning them often, to blacken the skins all around. Remove to a cutting board, scrape off the skin with a sharp knife, and finely chop the flesh. When coals have burned down to medium-high heat, grill the whole eggplants and sliced onions, turning often, until tender. Peel the eggplants; drain them a few minutes in a colander. Mash or finely chop the eggplant flesh and finely chop the onions. Combine eggplant, onions, red peppers, and tomatoes in a bowl. Mince the garlic, sprinkle it with a little salt, and mash it to a paste with a fork or the back of a knife. Stir garlic and olive oil into eggplant mixture. Serve with olives and hunks of Italian bread.

(From Asparagus to Zucchini; recipe adapted from Essentially Eggplant, by Nina Kehayan)

Sautéed Beet Greens with Garlic and Olive Oil

Serves 2-4

1 pound beet greens (2 large or 3 small bunches)

Salt

1 to 2 tablespoons extra virgin olive oil, to taste

2 garlic cloves, minced

1/4 teaspoon dried red pepper flakes (optional)

Freshly ground pepper

1. Bring a large pot of water to a boil while you stem the greens and wash the leaves in 2 rinses of water. When the water comes to a boil, add 1 tablespoon of salt and the greens. Blanch for 2 minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely.

2. Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (if using) and cook, stirring, until the garlic is fragrant and translucent, 30 to 60 seconds. Stir in the greens. Stir for a couple of minutes, until the greens are nicely seasoned with garlic and oil. Season with salt and pepper, remove from the heat, and serve.

Note: Some people enjoy a few drops of lemon juice with their cooked greens, so you might want to pass a plate of lemon wedges. Advance preparation: The blanched greens will keep in the refrigerator for about 3 days.

(Thanks to Martha Rose Shulman and http://topics.nytimes.com/top/news/health/series/recipes_for_health/index.html)

Pesto

4-6 servings, or enough for 1 lb. pasta

1/2 cup finely grated Parmesan cheese, or substitute

1/3 cup pignoli (pine nuts) or chopped walnuts

1/2 cup olive oil

4 cloves garlic, minced

2/3 cup fresh basil leaves, minced

1/3 cup flat Italian parsley, minced

Whir dry ingredients in a blender, adding the olive oil, a little at a time. Blend until texture is smooth and the odoriferousness is caressing your nostrils in the most delightful way. Add to hot, drained pasta or gnocchi, top your eggs or toast, many possibilities exist. Pesto will keep in the fridge for several days; cover with a thin layer of olive oil and store in a jar.

(The Little Italian Cookbook)