

THIS WEEK'S HARVEST:

BULL'S BLOOD BEET GREENS

CITRUS

SWEET POTATOES

SPRING MIX

GREEN ONIONS

GROUND CHILIES

BABY ARTICHOKEs

PARSLEY

ALSO AVAILABLE:

COFFE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

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WEEK OF APRIL 6TH, 2009

Grateful We Are

Hey, folks. Welcome to the first week of CSA's spring season—we're looking forward to new faces and the perpetual growth accompanying a new 10-week session of healthy deliciousness. The Flagstaff Farmer's Market will resume in June and go through October, so this is your last chance to get on the CSA wagon until the fall. (Of course all the great produce and more will be very available at the Market all summer...as always.)

As CSA continues to expand and change along with the natural ebb and flow, wax and wane of life we want to thank all of you who make it possible—without your continued support and participation, CSA would wither up and blow away. Luckily, that simply shall not happen, thanks to everyone who has sent a letter to our state representative regarding the legislation which could threaten the health of our thriving local foods movement. (If you missed the boat on that, don't despair! Just go to the newsletter from last week and you'll find a sample letter for you to print out and sign.) Please, please, please do it!

With weekly deliveries traveling far and wide—Grand Canyon Village and Tuba City—CSA is beginning to have the type of scope befitting such a vital organization. Thanks to everyone who helps make such expansion possible.

Last Sunday a caravan headed down to a tour of Crooked Sky Farms in Glendale—with over 60 people and tons of good food, many members now have a stronger, more viable relationship with their weekly harvest and the earth from which it grows. There will be some stories from the day coming soon! And again, thanks to everyone who helped organize the day and make it possible for such a great event to take place.

So as the sun continues to seduce us with her brilliance and shine strength on our gardens and ambitions, may we all be blessed with plenty of time outdoors soaking in the goodness of life.

Spring is such a delight, one to be cherished and breathed in with deep, lung-filling breaths and plenty of book-reading-time-in-a-hammock...even if gloves and ear-warmers are still a necessity, at least it's sunny!

Until next time...

Comings and Goings

□ Spring season begins this week 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 and bring cash or your checkbook. (Also if you don't plan on continuing your membership, please talk to Karna about that as well so we can have accurate numbers...) For new share-holders, please fill out your contracts and return them by Thursday, April 9th.

□ Welcome to the Spring Season, everybody! It's now official!

What a Harvest!

☀ **Beet Greens:** (*Beta vulgaris*)

These spunky spring-time tasties are good no matter what you do with them: steam ‘em and toss with a little balsamic vinegar, juice them with carrots and ginger, sauté with a bit of oil and garlic to serve with rice, stir-fry them with the turnips that I’m betting are probably still residing quietly in your fridge—whatever you do, please enjoy these robust leaves. So, the facts: Beet greens are full, full, full of carotenes and minerals and “the folate in beet greens helps to protect against birth defect and fights lung cancer and heart disease.” They are also known to increase the body’s alkalinity and help reduce nicotine cravings. Great for improving liver conditions, they are a key ingredient in blood disorder treatments. Among the many important nutrients packed into this chard-like roughage are such superstars as calcium, iron, magnesium, phosphorus, potassium, sodium, vitamins B-C, fiber—duh!—and small amounts of zinc, copper, and manganese.

Yep, they’re great.

(Prescription for Dietary Wellness)

☀ **Citrus:** (*hmmmm...*)

Oranges and grapefruit are probably best known for their high vitamin-C content, eh? When you feel a cold coming on or a sore throat clawing its way in, it’s almost a reflex to chug some OJ or peel a juicy fat grapefruit to ward off the never-fun progression of a bug. (But did you know that a kiwi has more than twice the RDA of vitamin-C? Indeed, one kiwi has more of the stuff than a medium-sized orange, half of a grapefruit, or a whole cup of strawberries...too bad kiwis don’t grow in Glendale.)

While, yes, it’s true that citrus fruits in general have ample vitamin-C, they are also good for myriad other issues—beyond cold-busting—and contain boat-loads of more interesting things than the trusty old third-letter-of-the-alphabet-vitamin. Both are home to folate, potassium, vitamin-B1 (thiamine), B2 (riboflavin), sodium, and calcium. Grapefruit is really good for the cardiovascular system, since “its chemicals and nutrients work to protect the arteries; the pectin content lowers blood cholesterol and high blood pressure.” It may also reduce cancer risks, aid digestion, help breakdown fats, get chummy—in a good way—with the beneficial bacteria in the gut, and boost immunity. They are also good as an anti-

inflammatory snack for folks with chest congestion, lupus, rheumatoid arthritis, or other inflammatory issues.

NOTE: Grapefruit can interact with or boost the strength of certain medications; consult your health-care provider if this could be an issue, like if you chug the juice with your pills...

Now oranges. They can help clean the body and increase immunity while aiding in the prevention of heart disease and lowering cholesterol, kicking acidosis in the behind, scaring fevers away, dissolving gallstones, and lowering high blood pressure...and they can do all of this while standing on their heads! Crazy things! Be wary of the green ones, though. They might cause some joint pain because the citric acid in green oranges hasn’t yet been converted into fructose (fruit sugar), so let them ripen out of the fridge if you encounter a jealous-looking globe.

(Prescription for Dietary Wellness)

☀ **Sweet Potatoes:** (*Ipomoea batates*)

“The sweet potato is one of only a few cultivated vegetable crops that originated in the Americas. The wild sweet potato has been traced back to Peru as early as 8000 BC. Early Native American tribes relied on both wild and, later, cultivated varieties of sweet potatoes. Christopher Columbus introduced this versatile and nutritious storage crop to Europe.

Sweet potatoes are often erroneously referred to as ‘yams,’ a family of starchy tuberous roots originating in West Africa. The sweet potato is neither a potato nor a yam, but a rooted tuber and member of the morning glory family.

The sweet potato is a warm-season crop, and in northern climates must not be planted until all chance of frost is passed. It’s produced or, more accurately, regenerated from plants or sprouts called “slips” that come from the previous season’s crop, or from vine cuttings.”

In addition to being interesting, they are brimming with vitality: super high in fiber, lower carbs than white potatoes, good for connective tissue, and full of calcium, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, vitamins B (1,2,3,& 6), C, and E.

They’re great baked, steamed, stir-fried...you name it.

(From Asparagus to Zucchini and Prescription for Dietary Wellness)

☀ **Spring Mix:**

Lettuce may not seem like much nutritionally, but it too is full of really good stuff. It's high in antioxidants which may help fight against cancer; lettuce is also full of fiber which, as we all know, "helps to regulate bowel function and may prevent colon and rectal cancer."

Some key ingredients are: calcium, iron, magnesium, zinc, copper, manganese, vitamins-B, C, and E, beta-carotene, and lutein. Romaine lettuce has the highest nutrient content of all the lettuces—2 cups of the stuff supply more than 50% the RDA of vitamin-A!

(Prescription for Dietary Wellness)

☀ **Green Onions: (*Allium cepa*)**

We get onions so often I feel like I just repeat the same thing about how they've been around for a very long time, how they're full of calcium, iron, magnesium, phosphorus, zinc, copper, vitamins B, C, E, and K, and tons of other good things. But did you know that you can chill them in the fridge or cut them under running water to help calm down the oftentimes tearful cutting process? Or were you aware that the longer you cook them the milder it becomes? So if you're wanting to use them medicinally—for, say, the anti-inflammatory benefits or for treating intestinal disorders or a cold—try them raw or slightly cooked.

(From Asparagus to Zucchini and Prescription for Dietary Wellness)

☀ **Ground Chilies: (*Capsicum annuum*)**

"Peppers are a member of the Solanaceae family, along with their garden relatives, the tomato, potato, eggplant, and tomatillo. Native to South and Central America, pepper seeds found in Mexico have been dated to before 5000 BC. Dried pepper have been found in Incan tombs. Following Columbus's voyage, peppers spread quickly through Europe and all the way to India, where they were rapidly assimilated into the native diet...Capsaicin produces the pungency of hot peppers. This substance is soluble in alcohol and milk but not water, which may explain why hot Indian dishes are frequently accompanied by yogurt and perhaps a beer. Most of the intensity of a hot pepper resides in its seeds and inner ribs...Peppers are nutritionally significant. High levels of vitamins A, C, and E and the minerals iron and potassium characterize most varieties. Anyone who has enjoyed hot pepper in their food can attest to the medicinal effects of clearing nasal passages and lung congestion, and cleansing through perspiration."

(From Asparagus to Zucchini)

☀ **Artichoke: (*Cynara cardunculus*)**

These fellas are also good for many ailments: their diuretic properties help treat water retention, they aid in stabilization of metabolism and help lower blood cholesterol and blood sugar. "The chemical compound cynarin, found originally in artichokes, is now duplicated synthetically and marketed as a pharmaceutical drug to lower blood cholesterol." They also help protect the liver and stimulate the flow of bile. Key nutrients include fiber, calcium, iron, vitamins B and C, and zinc.

(Prescription for Dietary Wellness)

☀ **Parsley: (*Petroselinum crispum*)**

"Early Romans ate fresh parsley as an after-orgy refresher to mask the smells of alcohol and rich foods—a custom that may be the forerunner of today's parsley garnish." Parsley is "an herbal multi-vitamin. A cup of minced fresh parsley (about 4 ounces) contains more beta-carotene than a large carrot, almost twice as much vitamin C as an orange, more calcium than a cup of milk, and twenty times as much iron as one serving of liver." That's impressive. To grow parsley, make sure it gets plenty of sun and has a pot—if indoors—that is fairly deep since it has a pretty long taproot. You can also add it to your bath for a pick-me-upper!

(The Good Herb)

The First-Ever CSA Cooking Class Still Wants YOU to Partake!

☀ A CSA cooking class at The Seasoned Kitchen with Lydia Scheer is set to take place on 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.

More info from the Board will be coming shortly...aren't they interesting people? Thanks for all that you do to help make CSA even better! Contact them at: flagcsaboard@gmail.com.

Kim's Excellent Parsley Salad

Makes any number of servings

Fresh parsley

Very thinly sliced red onion or finely chopped green

Chopped hard-boiled eggs (optional)

Cooked chick-peas or other beans

Garlic or garlic chives (optional)

Olive oil

Lemon juice

Salt and pepper to taste

Clean and cut up lots of parsley, as much as you would clean for lettuce in a salad. Combine with onion, eggs, chick-peas, and garlic. Shake oil and lemon juice together (2 parts oil to 1 part lemon juice). Toss salad with dressing, salt, and lots of pepper.

(From Asparagus to Zucchini)

Chimichurri Sauce for Grilled Steak, Chicken, Fish, Rice, or Vegetables

Makes about 1 cup

1/3 cup olive oil

3 Tbsp white wine vinegar

1/2 tsp. red pepper flakes

1 cup chopped parsley

3 Tbsp chopped cilantro

2 tsp. minced garlic

1 tsp. chopped fresh oregano

Combine all ingredients with 1/3 cup water and let stand for at least 1 hour, to let the flavors "really bloom." Goes well with pretty much anything!

(From Asparagus to Zucchini)

Sweet Potato Walnut Bread

Makes 8 servings

2 cups flour

2 cups sugar

2 tsp. cinnamon

1 tsp. baking soda

1/4 tsp. baking powder

1/4 tsp. salt

3/4 cups vegetable oil

3 large eggs, or equivalent replacement

1 tsp. vanilla extract

3 cups grated sweet potato

1 cup chopped walnuts

Heat your oven to 350 degrees. Grease a 9-by-5-inch loaf pan. Sift flour, sugar, cinnamon, baking soda and powder, and salt in a bowl. Combine oil, eggs, and vanilla in another bowl; mix well. Stir in sweet potatoes. Stir wet ingredients into flour mixture. Stir in

walnuts until barely combined. Spread in pan. Bake until toothpick inserted near center comes out dry, about 1 hour and 20 minutes. Cool on a rack for about 15 minutes. Run a knife along the edges of the pan to release the bread and invert it onto a rack to finish cooling.

(From Asparagus to Zucchini)

Braised Baby Artichokes and Peas

"For a true artichoke lover, baby artichokes are a dream come true..."

2-6 servings

As many baby artichokes as you have

2 Tbsp olive oil

1 small onion, chopped

2 large cloves garlic, minced

2 Tbsp butta or oil

2 Tbsp chicken stock or broth or water

2 cups fresh, or frozen, green peas (thawed if frozen)

Salt and pepper to taste

2 Tbsp shredded basil leaves

2 tsp. fresh lemon juice

Rinse and thoroughly dry the babies. Pull off all tough outer leaves and trim the stems flush with the bottoms. Heat a medium-deep skillet over medium-high heat and add the oil. Add onion and cook until brown around the edges, about 7-10 minutes. Add in the garlic, butter, and broth or water. Bring to a simmer, cover, reduce heat, and cook gently until the artichokes are nearly tender, about 15-20 minutes, stirring once in awhile. Add more liquid if necessary and stir in the peas. Cook these until tender, about 10 minutes. Season with S and P and stir in the basil and lemon juice. Goes well with rice or pasta or all by itself.

(The Joy of Cooking)

Salad Greens with John's Oil & Vinegar Dressing

Makes about 3 cups

1 cup red wine vinegar

1 cup olive or canola oil

1 Tbsp horseradish mustard

5 Tbsp tahini (sesame seed paste)

1 Tbsp honey

1 pinch salt

1 pinch pepper

Salad greens

Mix all ingredients (except greens). Toss dressing on greens. This recipe was inspired by Rob Summerbell— whoever he is, nicely done!

(From Asparagus to Zucchini)