

THIS WEEK'S HARVEST:

SPRING MIX

PURPLE BOK CHOY

SWISS CHARD

CITRUS

SWEET POTATOES

EGGPLANT

BUTTERNUT
SQUASH

PURPLE TURNIPS

ALSO AVAILABLE:

COFFEE

MOCHI

HONEY

OLIVE OIL

GOAT'S MILK SOAP

BREAD

BOOKS

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

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VISIT OUR BLOG!

HTTP://
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DECEMBER 18, 2008

Waning Darkness, Waxing Light

Once upon a time...long, long ago, there lived a poor peasant family. They were a hard-working bunch; never did they laze about, never did they grumble when it came time to dig sweet potatoes or purple turnips—they greeted the sunrise with clear-eyed determination and humble verve. But one day, in the dead of winter, the youngest son did not wake up feeling like his usual chipper self. He was rather grumpy, and did not at all want to go outside for his regular chores. Warmth was a hot commodity then, as it is now, and this little fellow, with his toes still toasty from the fire-heated stones his mother had placed lovingly at his feet, was thinking of how much easier everything was in the summer. The long, black winter nights and the short, gray days were beginning to take a toll on poor Junior. His older sister, however, who was the scholar of the family, had been studying her Latin primer and had just finished teaching her family titillating discoveries, namely about the word *solstice*, *sol-* meaning sun and *-stitium* meaning stoppage, or a standing still. “So,” she intoned in her most teacherly voice, “you’ll notice

that the shortest day and the longest night of the year mark the gradual rebirth of our sunshine. This is the turning point, and the sun will stop declining its arc in the sky and for three days it will rise and set in the same spot; only then will it begin its celestial ascent.” With this knowledge, young Junior was able to throw back his thick, down covers and face another cold, dark, wintery day...armed with patient belief in warmth and brightness.

Tid-Bits

☞ Santa will be at pick-up today from 4-6pm!
☞ CSA gift certificates are still available—give someone the gift of good food by buying them a one-week share to be used on Jan. 8. See Karna.

☞ Member Marilya Reese’ll be selling recipe/art/book-lover calendars produced by her Reading Group; they hope to donate over \$400 to the Food Bank with the above-production-cost-profits—they are produced in bulk so you pay only \$15 rather than the usual \$19+shipping...only 30 remain, so don’t miss out! If you won’t be able to buy one on Thursday but would like to, please contact Marilya at: marilya.veteto.reese@nau.edu. Thanks for supporting creative endeavors and helping feed hungry people.

Reminders...

☞ Karna’ll distribute more eggs this week at the top of each hour and the 1/2 hours as well. These eggs are \$4 well spent!

☞ We’ll be having a 2-week break for the holidays; **there will be no pick-up on Dec. 25 or Jan. 1—the Fall Season will finish on Jan. 8. Winter Season starts on Jan. 15; send in a check or bring it to pick-up. There’s no need to fill out a new contract. Thanks, all, for spreading the word so efficiently!**

Navajo-Churro lamb contracts are due this week...don’t forget! Be sure to check out our superb blog: <http://flagcsarecipes.blogspot.com>; it’s delightful!

Eggplant in Chili-Garlic Sauce

Serves 4-6

3 long eggplants

3 scallions, or one onion

Sauce:

1 cup tomato catsup or tomato puree or paste

1 tsp. chili oil (chop 4-5 red chilies and add them to 5 Tbsp heated oil; allow to cool, then leave to stand for at least 2 hours; store in an airtight bottle.)

4 tsp. chili sauce, optional

1/2 tsp. finely grated ginger root

1 clove garlic, pressed

1 tsp. sugar

Salt to taste

Oil for deep frying

3 Tbsp oil

Peel eggplant if you like, then cut them lengthwise into eighths; chop scallions. Mix ingredients for sauce until thoroughly combined; heat oil for deep frying, add the eggplant and cook until soft; drain on absorbent paper or paper towels. Heat the 3 Tbsp oil in a large skillet; add the scallions and cook for 1 minute; add eggplant and pour in the chili sauce. Cook gently until the eggplant is hot and serve up this decadent dish with a salad or some rice.

(adapted from *Indian Vegetarian Cookbook*)

Baked Squash with Pear and Apple

Serves 4-6

Preheat oven to 325 degrees. Grease a baking pan large enough to hold the squash. Place cut side down:

2 medium butternut, acorn, or other winter squash

Add 1/4 inch hot water to the pan and bake for 45 minutes. In the meantime, mix in a medium bowl:

2 large apples, peeled (optional), cored, and diced

1 ripe pear, chopped into edible bite-sizes

1/4 cup dried currants or raisins or figs

2 Tbsp dark brown sugar

Grated zest of one small orange, or grapefruit

1/4 tsp. ground cinnamon

1/8 tsp. grated nutmeg

Melt in a large skillet over medium heat:

2 Tbsp butter or oil

Add the apple mixture and cook, stirring, until the fruit is golden, about 5 minutes. Stir in:

1/4 cup apple cider or orange juice

1 Tbsp bourbon or dark rum, optional →

Simmer, stirring often, until fruit is tender, about 8 minutes; remove from heat; remove the squash from oven; pour water from pan and turn squash cut-side-up. Fill with apple-pear mixture and toss back in the oven for about 15 minutes more.

(*Joy of Cooking*)

Raspberry Breakfast Salad

2 Tbsp raspberry preserves

1 Tbsp raw honey

2 Tbsp raspberry vinegar, balsamic or other

1/2 tsp. Dijon mustard

5 Tbsp olive oil

Salt and pepper

8-10 cups assorted salad greens

1 red apple, thinly sliced

1 cup fresh raspberries

Make dressing: combine preserves, honey, vinegar, and mustard; gradually whisk olive oil; season to taste with salt and pepper. To serve, toss greens with just enough dressing to lightly coat them; portion onto plates and garnish with sliced apples and berries.

Serves 6 about-to-be-very-refreshed guests.

(*From Asparagus to Zucchini*)

Sweet Potato Walnut Bread

Makes about 8 servings

2 cups flour

2 cups sugar

1 tsp. baking soda

1/4 tsp. baking powder

2 tsp. cinnamon

1/4 tsp. salt

3/4 cup vegetable oil

3 large eggs, or egg replacer

1 tsp. vanilla extract

3 cups grated sweet potato

1 cup chopped walnuts

Heat 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. Add wet ingredients into flour mixture. Stir in walnuts until barely combined—no mixalots here—and spread into the greased pan. Bake until a toothpick inserted mid-loaf comes out dry, about 1 hour and 20 minutes. Cool on a rack for about 15 minutes—or as long as you can wait!—and then run a knife along the edges to release the bread and invert it on a rack to finish cooling.

(*From Asparagus to Zucchini*)