

THIS WEEK'S HARVEST:

ARUGULA

TAT SOI

BRAISING MIX

SALAD GREENS

CHINESE CABBAGE

SWISS CHARD

BEETS

PURPLE KALE

FLAG CSA LOVES VOLUNTEERS...

EMAIL OR CALL IF YOU CAN HELP, FOR FAVOR.

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VISIT OUR BLOG!

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DECEMBER 4, 2008

Community Supported Greatness

Hello, hello, and welcome to another Thursday afternoon filled with a bountiful spread of vibrant, vegetal beauty and familiar, rosy-cheeked smiling faces. It's a true delight to carry away bushels of the freshest, most incredible food from pick-up and to also walk away with a sense of congruency, an undeniable cohesiveness, that there is unity among the people comprising this community.

We are one. That is a sentiment commonly expressed through such organizations as CSA. But to be able to connect on a human-to-human level with ease and grace, finesse and good intentions, is a gift many members of our society do not know and have never had a chance to learn. Our little sliver of humanity represents the strength and oneness made possible when a group of like-minded folks get together to convene with what is most important: Sustainability has never been so attractive.

So this is yet another letter of praise for this organization and the people, animals, and plants who make it possible—the farmers and bakers, the honeybees and goats, the brave animals who die for our benefit, and the many volunteers

and sweet people who make the pick-up run so smoothly. Beautifully done, everyone.

But without the hundreds of you who continue to share your values and dreams through your unwavering encouragement, support, and open minds, none of this would be happening...

You are the community.

You are the support.

And you the greatness.

Thank you over and over again for all that you do; it takes a village to do pretty much anything...and luckily we've got a vivacious, forward-looking, healthy one full of zest and indomitability. Cheers to that.

Come Appreciate the Orpheum!

You may have heard the news...the Orpheum Theater will be closing its doors in April. Please come show how much this venue has meant over the last six years; on Saturday, Dec. 6 at Heritage Square from 1-3pm there will be an information booth, music, and a walk past the Orpheum to Route 66, ending across from City Hall. The music, culture, and other events that the Orpheum has brought to Flagstaff have transformed the scene and we're all sad to see it go.

The Biz

Navajo-Churro lamb is now available for you to order if you didn't get enough last time or if you just love eating lamb; you may order 1/2 or a whole lamb and have it cut to your preference. Contracts with more information are available at pick-up and through email.

Also this week will mark the beginning of local, happy goat milk soap from K & B Ranch in Doney Park being sold at pick-up.

Coffee, honey, olive oil, bread, Mountain Meadow Farm products, mochi, and books are all available for your perusal and purchase each week.

Quick Greens and Red Bell Peppers

Serves 4

1 Tbsp vegetable oil

1 onion, red is good, cut in half and thinly sliced

1 large red bell pepper

1/2 jalapeno pepper or 1/2 tsp. red pepper flakes, to taste

3 Tbsp water

2 Tbsp soy sauce or Bragg's Aminos

Salt to taste

1 pound greens of choice, washed and slivered

Heat oil in wok or Dutch oven over high heat. Add onion and stir-fry for about 2 minutes; it should still be crisp. Add bell pepper and jalapeno and stir-fry for 2 more minutes. If using red pepper flakes instead of jalapeno, add these now along with water, soy sauce, salt and greens. Toss a few times, then cover, reducing heat to medium-high and cook until done to desired taste, 5 minutes or more, adding more water as needed. A bit of juice should remain, but not too much. Serve with corn bread and pinto beans or with rice and sliced tomatoes.

(Vegetarian Express Lane Cookbook)

Quick Fried Cabbage

As part of the cruciferous family, known for fighting carcinogens, cabbage is also high in vitamin C, which this quick-cooking recipe keeps intact. Any type of cabbage works well for this dish, but if using a leafier variety (such as Chinese) reduce cooking time to keep it close to raw and fresh tasting.

Serves 4-6

1/2 head of cabbage

2 Tbsp olive oil or sesame

Salt and pepper to taste

Whack cabbage into nicely-sized bitable pieces; heat oil in a wide skillet over high heat. Add cabbage, sprinkle with salt and pepper and cook, stirring, for 3-5 minutes, until cabbage is hot and glossy but still crunchy. Pairs well with sweet potatoes and ripe pears or baked potatoes and baked zucchini.

(Vegetarian Express Lane Cookbook)

Sesame Seed Sauce for Vegetables

This is a great side for all sorts of cooked veggies... broccoli, cabbage, tat soi, winter squash, sweet potatoes, and on and on...

Makes about 1/3 cup (feel free to double and store in fridge for a while)

1/4 cup sesame seeds (black or white)

2 tsp. sugar

2 Tbsp vinegar (any kind will do)

3 Tbsp soy sauce

Toast seeds in a dry heavy skillet over medium heat.

Stir them often, removing the pan from the heat for several seconds if they seem to be cooking unevenly.

When they are smelling good and toasty, remove from heat. Combine sugar, vinegar, and soy sauce in a jar or dish; stir to dissolve sugar and add the seeds.

(Adding dark, delicious Asian sesame oil will make this even more delightful...)

(Vegetarian Express Lane Cookbook)

Hot and Sour Soup with Swiss Chard

Serves 6

6 cups chicken broth or veggie stock or water

2 ounces dried mushrooms, soaked in water until plump and cut into strips (strain the liquid and use it for some of the broth)

1/4 pound chard leaves, cut into strips

3-4 Tbsp soy sauce

3 Tbsp rice wine vinegar

Lots of freshly ground black pepper

2-3 tsp. sesame oil

1/2 tsp. hot chile oil

5-6 ounces baked tofu, cut into 1/2-inch cubes

4-5 Tbsp water mixed with 2-3 tbsps. cornstarch

1 egg, beaten

1/4 cup chopped cilantro

3-4 slender green onions, chopped

Bring broth to boil in a saucepan; add mushrooms and

simmer for 5 minutes; add chard and simmer for 1

minute. Add soy sauce, vinegar, pepper, sesame oil,

chile oil, and tofu. Stir and heat through. Stir in corn-

starch mixture. Add egg, stirring until cooked for

about 1 minute. Serve topped with cilantro and green

onions. Feel free to add any other greens, tat soi per-

haps, and also maybe some sort of Asian noodles to

the soup once it's close to being cooked.

Enjoy!

(From Asparagus to Zucchini)