

THIS WEEK'S HARVEST:

RED POTATOES

CITRUS

CABBAGE

BRAISING GREENS OR SWISS CHARD

HIITOI ONIONS

BROCCOLI

HARUKI TURNIPS

DANDELION GREENS

ALSO AVAILABLE:

COFFEE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAPS

BREAD

BOOKS

EGGS

FLAG CSA LOVES

VOLUNTEERS...

EMAIL OR CALL IF YOU'VE GOT SOME HANDS TO LEND

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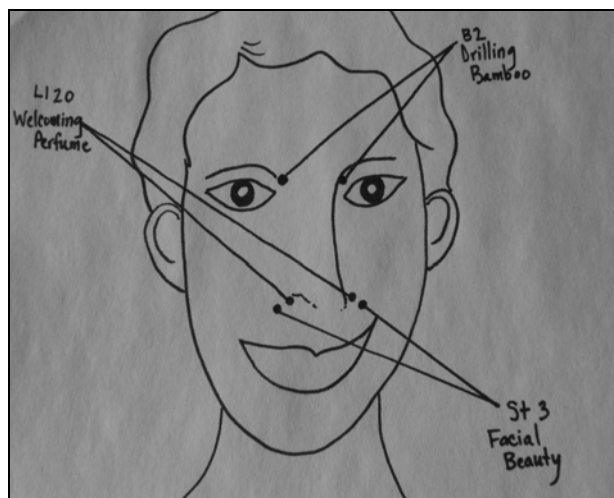
WEEK OF FEB. 16TH, 2009

## Drilling Bamboo, Facial Beauty, & Welcoming Perfume

Today I've prepared a little mini-acupressure lesson to help us combat the funk that has been going around: coughing, excessive mucus, head-stuffiness, and overall malaise. An ancient healing art, acupressure is a safe and effective way to combat illness and prevent pathogens from entering the body in the first place. Based on the premise that meridians, pathways of energy which correspond to a certain organ/organ system, run throughout our bodies, acupressure deals with 365 specific points. Studied for thousands of years in Asia, each is named poetically to conjure an image; think of them as little mantras to remind you to relax and breathe. Related to acupuncture, acupressure uses no needles and you may touch the "potent points," as they're called, anytime; it doesn't matter where you are...you could be in an airport or at CSA pick-up!

Our human hands hold immense power to help unblock stagnancies and tension, to tune into the sensitivities of our own and others' bodies. I drew this happy man diagram to help illustrate the exact locations of the points. "Drilling Bamboo" (bladder point 2) lies in the indenta-

tions of the eye sockets, on either side of where the bridge of the nose meets the ridge of the eyebrows; it relieves colds, sinus congestion, frontal headaches, and tired eyes. Next we have "Facial Beauty," Stomach 3, at the bottom of the cheekbone, directly below the pupil (a mirror may be helpful here); it relieves stuffy noses, head congestion, burning eyes, eye fatigue and pressure. Last for today we have "Welcoming Perfume", Large intestine 20, on both cheeks, just outside of the nostril; it alleviates nasal congestion, sinus pain, facial paralysis, and facial swelling.



(continued on page 3)

### Recuerdos

- Our weekly pick-up hours have been extended, from 4-8pm! This means that you don't have to rush to make it before 7 and also that there's an option for CSA shareholders to purchase extra veggies after 7pm.
- So take your time, relax, and rest easy knowing that if you need more of anything, it's yours for a great price.
- Also 2nd half payments are due this week!

**Meat will be arriving this week...be sure to bring some extra hands, maybe a box or two, and cash or a check-book.**

## Veggie Stories

**Cabbage:** Very adaptable to all sorts of weather, making it popular globally, cabbage is low in calories, (being 90% water), but still full of vitamins A, C, U, calcium, potassium, and magnesium. It is recommended that you eat your cabbage raw or lightly cooked for optimal nutrition.

*(From Asparagus to Zucchini)*

**Onions:** Long revered as both a food and a medicine, onions are a mainstay in cuisines globally; the Egyptians regarded them as a symbol of the universe because of the layers that must be peeled off; daily onion ingestion has been shown to lower cholesterol, inhibit cancerous tumor growth, and help to manage issues associated with diabetes. Syrup made from the juice of one onion mixed with honey is a very old remedy for the common cold, asthma, sore throat, and bronchitis; they may also be used as a digestive aid, expectorant, antispetic, and antifungal. Full of calcium, iron, magnesium, phosphorus, potassium, zinc, copper, vitamins C, B6, E, K, B1, 2, and 3. Wow!

*(Prescription for Dietary Wellness)*

**Chard:** A relative of the beet family, chard is an excellent source of folate, the B vitamin which helps conquer lung cancer and prevent neural-tube birth defects. (Folate deficiency is linked to mental decline and heart disease in the elderly.) Eating plenty of chard can improve digestion, increase energy, and help fix calcium deficiency. It is also a diuretic (makes you pee!), improves digestion and when it's mixed with carrot juice it may help to control urinary tract infections, hemorrhoids, and skin disease.

*(Prescription for Dietary Wellness)*

**Red Potatoes:** These tubers are still as good for you this week as they were last...except for the green-or-purple-tinted ones and the sprouting eyes (these indicate the presence of *solanine*, a toxin that is no bueno.) Sticking these in the fridge may prolong their lives, but it also converts their starch content into sugar, which isn't necessarily desirable. Most of the mineral content is found just under the skin, and the vitamins and starch are found in the middle. The skin is a great source of fiber—just make sure your spuds are organic if you plan on eating the skin. To enjoy the fried-potato flavor without all the fat, preheat the oven to 400, thinly slice a spud, lightly coat a cookie tray with a tad bit of oil, arrange 'toes in a thin layer and bake for 30 minutes, turning them once.

*(Prescription for Dietary Wellness)*

**Dandelion Greens:** These are soooo good for us! Ancient herbalists relied upon them—ubiquitous then also!—to help tonify and treat the liver. Modern research shows that their high chlorine content helps stimulate bile production, thus allowing the liver to do its job better. They also boost immunity; fight against cancer; slow the aging process; build teeth, bones, and blood; protect against heart disease. The blossoms and roots are also edible! Bursting with calcium, iron, magnesium, the alphabet of vitamins, beta-carotene, chlorophyll. They are ideal right before the plant flowers...but if you go foraging for them make certain that pesticides haven't been sprayed on them; roadsides aren't good either due to exhaust contamination nor are pastures and areas where dogs relieve themselves.

*(Prescription for Dietary Wellness)*

**Green and Leafy Vegetables:** “Green is a powerful healing color, and one of the most plentiful on the planet. Looking at a landscape or forest is calming and releases stress. Green has the same peaceful effect *inside* the body.” They are very, very good for the immune system and gallbladder, spleen, heart, blood, and they are a good brain food. All greens are good in soups, stews, casseroles, steamed and seasoned before serving. Try juicing them!

*(Prescription for Dietary Wellness)*

**Grapefruit:** While grapefruit is very healthy for most people, there are some things to be aware of if any of the following conditions pertain to you: “grapefruit juice interacts with some medications making toxicity a problem. Some of these medications are prescribed for hypertension, cholesterol, seizures, bipolar disorder, anxiety, HIV infection, meds that help prevent rejection of organs after transplant, depression, Tourette's syndrome, and erectile dysfunction. Check with your practitioner to make sure that grapefruit/ grapefruit juice is not contraindicated for the medications you take.” (Thanks to CSA member Katie Graham for this info and her nursing text, *Pharmacology for Nursing Care*.)

***If any of you would like to share any of your vast knowledge about this beautiful world of plants we get to be a part of, please contact me by email: [macy.mouritsen@gmail.com](mailto:macy.mouritsen@gmail.com) or call 779.1060. Thanks so much!***

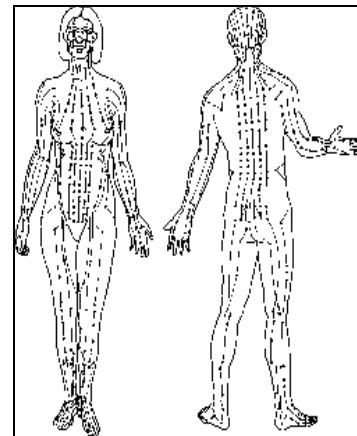
*Acupressure, continued from p. 1*

Now, for the exercises associated with these three powerful points: First press into B 2, using your thumbs on the upper ridges of the eye sockets to get into the small hollow near the bridge of your nose, for 1 minute. Close your eyes and take a few deep breaths, allowing all your weight to drop downward—neck relaxes, arms become heavy. Now press St 3 and LI 20 at the same time; use your pointer finger and your middle finger to press up and underneath the cheekbones for 1 minute. This simple exercise can easily be taught to a child to help them avoid catching illnesses and to recover more quickly. Stop throughout the day as many times as you'd like and repeat these exercises and see what subtle shifts come about...I'll have some immune boosting points next week!

(Thanks to Michael Reed Gach's book, *Acupressure's Potent Points* for the facts and inspiration)

### Standard Meridian Abbreviations

Lu-Lung  
LI-Large Intestine  
Sp-Spleen  
TW-Triple Warmer  
St-Stomach  
SI-Small Intestine  
H-Heart  
CV-Conception Vessel  
K-Kidney  
P-Pericardium  
B-Bladder  
GB-Gallbladder  
Lv-Liver  
GV-Governing Vessel  
Ex-Extra Point



(photo from: <http://img.tfd.com/mosbycam/thumbs/500161-fx19.gif>)

## Let the Royal Rumpus Begin!

Alright, are you guys ready to start sprouting? Pretty much anything can be sprouted; some common choices include: alfalfa, fenugreek, garlic, red clover, kale, buckwheat, turnip, sunflower, mung, adzuki, chia, psyllium, and many more.

Now, decide which sprouting method works best for you. Jars are simple—a 16 or 32 ounce jar with a lid with holes will also work and isn't a bad method for beginning sprouters—however the "Sproutman" recommends baskets for a "more democratic" approach in which the seeds do not have to compete for space and resources. A non-lacquered bamboo basket, with about 2-inch tall walls, works best or even a colander can be used with a plastic tent above it; just make sure that the weave of the basket is such that the seeds won't leak through. Next you will pour your seeds into a jar to soak in water overnight. For these purposes I'm going to give proportions for clover seeds: pour 5 rounded tablespoons into a clean pint jar and fill it 3/4 of the way with cold water to soak for 6-8 hours or overnight. After soaking, pour the seeds into an 8 inch basket, spreading them evenly. Stick the basket into a "plastic greenhouse tent" and take out twice a day for rinsing. In about a week you will have little baby plants to eat! Be sure you rinse thoroughly and well—in lukewarm water—for about 10 seconds two times a day. If you have any questions, there are lots of great sprouting websites online and Steve Meyerowitz (aka "Sproutman") has a great book, called *Sprout It!*

(note: If I'm missing any valuable information about this process or you're an old pro, let me know!)

Thanks, Jo-Ann Vigil!

(Section of a) Poem of the Week

You've see her...hoisting boxes and organizing with her—very smart—back-brace, picking up the floor and lending a hand wherever needed; she is always cheerfully making the weekly pick-up flow more smoothly, smiling graciously, and exuding happiness. When asked why she comes to help out each week, Jo-Ann attributed it to: "The happy faces that I see...it's great how people get excited about veggies," and that volunteering is "a great education, great exercise, and Karna's a great person to volunteer for." Thanks for everything, Jo-Ann, we all value and appreciate you!

From *Too Many Names* by Pablo Neruda

Monday is tangled up with Tuesday  
and the week with the year:  
time can't be cut  
with your tired scissors,  
and all the names of the day  
are rubbed out by the water of the night.  
(from *Full Woman, Fleshy Apple, Hot Moon*)

### **German-Style Apples and Cabbage**

Serves 2-6, depending on how much you like cabbage!

4 packed cups thinly sliced red or green cabbage

3 cups peeled, sliced, tart apples

1 cup sliced red onion

1/2 cup apple cider or beer

1/4 cup cider vinegar

1 tsp. caraway seeds (optional)

1/2 tsp. salt

Coarsely ground black pepper to taste

Place cabbage, apples, red onion, and cider or beer in heavy saucepan or skillet. Cover and cook over medium heat until veggies become slightly tender, about 8 minutes. Add remainders; cook another 7-9 minutes; add more cider if necessary to keep vegetables from sticking. Serve with ring bologna, bratwurst, kielbasas, sautéed mushrooms or tofu.

*(From Asparagus to Zucchini)*

### **Greens n' Feta Brown Rice Bowl**

Serves 4 moderately hungry individuals

2 Tbsp olive oil, divided

1 cup plain brown rice

1 onion or a bunch of green onions

Large bunch of greens, cleaned and chopped

1 bunch or a large handful of fresh dill

Salt

A 2-4 ounce chunk of feta cheese, diced (optional)

Heat 1 Tbsp oil in a saucepan over medium heat. Stir in rice and heat gently, stirring often, about 1 minute.

Add 2 1/8 cups water to the pan; bring to a boil, reduce heat to low, cover pan, and cook for 45 minutes.

Remove from heat; stir rice, cover it again, and let stand for about 10 minutes. While rice is cooking, heat remaining oil in a large skillet over medium heat; add onions and cook, stirring occasionally, until translucent; stir in chopped spinach or greens and cook, with a stir-stir here and a stir-stir there, until greens are vibrantly wilted; add the dill and a bit o' salt. Let cook for a minute or so, then remove from heat. Now add it all together, rice + spinach mixture + feta=something very tasty!

*(From Asparagus to Zucchini)*

### **Ra-ra-ra! Goooooo Turnips!**

Ahhh...what to do with 'em...they're sooo good for you...to clean, swirl in a bowl of water and then scrub; their peppery flavor adds a kick to stir-frys; steam, braise, boil, or roast them and serve with lemon juice and black pepper...they can be very creamy and satisfying if you're craving hearty wholesomeness. Be wild!

### **Swiss Chard and Chick-Pea Soup**

Serves about 6

3 diced carrots

2 stalks celery, diced

1 cup diced red onion

1 sprig rosemary, leaves removed from stem and chopped

1 1/2 Tbsp crushed garlic, or your favorite number of cloves...

6 cups vegetable stock

2 cups chopped tomatoes

1 can, 15 oz., chick-peas, drained and rinsed (or cook them yourself on the stove or in the crock-pot)

1 bunch Swiss chard, stems removed and greens roughly chopped (reserve the stems for another use or compost them)

Salt and pepper

Combine carrots, celery, red onion, rosemary, garlic, and stock in a saucepan; bring to a low boil and cook about 10 minutes. Add tomatoes, chick-peas, and chard greens; simmer another 15 minutes; season with S and P to taste.

*(From Asparagus to Zucchini)*

### **Anticancer Root Salad**

2 small beets, washed

3 radishes, diced

2 turnips, diced

1 parsnip, diced

1 cup shredded cabbage

1 onion, minced

2 cloves garlic, minced

2 Tbsp apple cider vinegar

1 Tbsp olive oil

2 Tbsp fresh thyme

1/2-1 tsp. grated fresh horseradish

1 dash cayenne pepper (optional)

1/4 cup minced fresh parsley

Place the beets in a pan with enough water to cover and bring to a boil over high heat; reduce heat and cook for 30 minutes; remove from heat, drain, and allow to cool; peel and dice the beets after they have cooled down. While the beets are cooking, steam or boil the radishes, turnips, parsnip, and cabbage in another pan until tender. When all the veggies are cooked and cooled, mix them together in a large mixing bowl. Mix together the onion, garlic, vinegar, oil, thyme, horseradish, and cayenne pepper; whisk into a creamy dressing. Add the dressing to the vegetable salad and toss together; top with parsley and serve.

*(Prescription for Dietary Wellness)*