

THIS WEEK'S HARVEST:

BUTTER LETTUCE

SPINACH

HIITOI ONIONS

BROCCOLI

CITRUS

DRIED CHILIES

BABY ARUGULA

TURNIPS

ALSO AVAILABLE:

COFFE

MOCHI

HONEY

OLIVE OIL

GOAT'S MILK SOAP

BREAD

BOOKS

EGGS

FLAG CSA LOVES

VOLUNTEERS...

EMAIL OR CALL IF

YOU'VE GOT SOME

HANDS TO LEND

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FEBRUARY 4, 2009

Another Bountiful Bonanza

G'day, everybody! Welcome back for another week of mouth-watering recipes, fun facts about our weekly line-up, and an exciting new product...

This week we're proud to offer another item of interest for sale: Chicos! For those who've never heard of these crunchy tid-bits, you're in for a bite of delight. They're a specialty food from our neighbors to the east; Northern New Mexico has long been hailed for its traditional sweet corn roasted in a horno (a wood-fired adobe oven), dried on the cob and then shelled. These nuggets of taste are also nutritious, high in protein, and their smoky flavor, from whatever wood was used in the horno, does a lot for an otherwise standard pot of beans; a 1/2 cup of chicos can be added to legumes or a stew, similar to posole. Made from white corn and roasted by farmer John Martinez of Velarde, NM (who, incidentally, share-crops on land owned by CSA members Roy and Sharon Lopez of Flagstaff), these chicos are a hot item you don't want to miss...in fact, the bulk of the crop was sold to Angelina's Restaurant in Espanola, NM—the best authentic New Mexican

cuisine around! So check them out, for \$6 per 1/2 pound, you can't go wrong.

Now, a smattering of food fact hors-d-oeuvres for you to sample before your meals:

‡ Turnips: Balance calcium in the body; reduce mucus; relieve sore throats; when eaten raw, help lower the amount of circulating estrogen in the body, thus reducing the risk of estrogen-related cancers; high in vitamin C; steam, braise, boil, or roast these fellas' and serve with pepper and lemon juice.

‡ Butterhead Lettuce: Helps regulate bowel function; contains calcium, iron, magnesium, phosphorus, zinc, copper, manganese...and much more.

‡ Chili Peppers: Improve circulation, prevent bronchitis, clear sinuses, soothe lungs, boost metabolism; contain more vitamin C than citrus fruits; chock full of calcium, and the whole alphabet of vitamins...

‡ Arugula: Helps normalize body acids with its high alkalinity, can be used to treat acidosis; high in fiber, calcium, iron, magnesium; blends well with oranges and berries.

So it's no surprise that you all are the healthiest, best-lookin' CSA members around...you eat your veggies and it shows! (*Prescription for Dietary Wellness*)

News n' Such

پش Meat contracts are due today! If you've planned on ordering some beef, lamb, turkey, or chicken from A Bar H Farms, be certain to return your contracts with deposits today.

پش Also, there will be a few dozen eggs distributed this week; at \$4 a pop, this is a screamin' deal...so first come first served!

پش If you've not been finding your name on the check-in sheet, wander over and let Karna know and she'll take care of it.

CSA is proud to announce its newly discovered hip-ness: we now have a Facebook account! Join our group and help spread the word...it's super fun!

Dumplings in Green Leaf Rolls

Serves 4-6

Dumplings:

1/2 cup sweet rice flour

1/2 cup brown rice flour

1/4 tsp. sea salt

1/2 tsp. parsley, minced

1/2 tsp. grated lemon peel

1/4-1/2 cup boiling water

5-10 large leaves of cabbage, collards, chard, etc.

1 5-inch piece kombu

2 cups water

1 tsp. miso and 2 tsp. kudzu (or arrowroot powder)

diluted in 2 Tbsp water

Mix flours, salt, parsley, and lemon peel together. Add 1/4 cup boiling water and now you need to knead for about 5 minutes. Form into dumplings 2-inches long by 1-inch wide. Simmer leaves in a little water until limp and vivid green. Squeeze out excess water and slice off hard parts of stem (save them for a soup.)

Place dumplings in the center of the leaf, fold edges over, and roll into a tight bundle. (If leaves are small, lay one leaf on top of another so bases point in opposite directions.) Secure with toothpicks. Place kombu on bottom of pan. Place rolls, folded edges down, on top of kombu. Add remainder of water. Cover and cook over medium heat for 20-30 minutes. Remove rolls and kombu from pan. (Save kombu for another dish.) Add miso and kudzu mixture to broth. Cool until kudzu is transparent. Pour sauce over rolls just before serving and enjoy.

Variation: Use 1/2 cup cooked grain instead of sweet rice flour.

(Healing with Whole Foods)

Russian Salad with Sauerkraut

1 cup beets, cooked and cut into rounds or diced

1 cup carrots, cooked and cut into rounds or diced

1 cup, or more!, turnips, cooked and cut into rounds or diced

1 cup garbanzo beans, cooked and drained

1 cup sauerkraut

3 green onions, chopped fine

Dressing:

1/2 cup umeboshi vinegar

1-2 tsp. sesame butter or sesame meal

Mix ingredients together and toss lightly with dressing.

(Healing with Whole Foods)

Winter Sunshine Soup...a good soup to brighten up a dark day.

Serves about 8.

1 cup yellow split peas, soaked

2 quarts water

1 5-inch piece kombu, soaked

1/2 onion, cut into crescent moons, optional

2 carrots, cut into flowers

1/2 cup parsley, chopped

1/4 tsp. salt

Miso to taste

Place kombu and peas in a pot with water. Bring to a scald; reduce heat and simmer for 30 minutes; add onions, carrots, squash, and salt. (Maybe some turnips too?) Simmer until peas and veggies are tender. Add miso diluted in stock and simmer for 5 more minutes. *(Healing with Whole Foods)*

Chico Supreme

1 cup chicos

2 Tbsp fat or oil

1/2 small onion

1 clove garlic, chopped

4 Tbsp powdered chili

1 tsp. salt

Cook chicos until tender, about 3 hours, in enough water to cover. Drain, reserving liquid. Fry onions and garlic in oil or fat. Add drained chicos, chili, and salt. Add enough of the liquid from cooking the chicos to thicken. Pork may also be added in the last hour of cooking the chicos to add flavor.

(thanks to members Roy and Sharon Lopez)

Ideas for Dried Chilies

There is a lot that you can do with dried chilies...many people like to:

☞ Grind them up and use them in place of black pepper in a shaker or pepper-mill.

☞ Rehydrate them in a bit of warm water and use them in salsas, sauces, and maybe even some holy mole?

☞ Crush them and add to chocolate in a double-boiler to spice up your Valentine's day, perhaps?

☞ Prone to chilly toes? Add a dried pepper to your cold toes, inside your shoes and socks for a lovely warming sensation.

☞ Add a chili to your coffee or hot chocolate on a cold morning and enjoy the toastiness.

☞ String a few up as decoration until you decide what to do with them!