

THIS WEEK'S HARVEST:

LETTUCE MIX—
GREEN & RED BOWL,
ROMAINE, FRECKLES

BOK CHOY—GREEN
OR PURPLE

SUN CHOKES

DRIED CHILIES,
MILD

NAVEL ORANGES

EGGPLANT

SPAGHETTI SQUASH

GORDO SPINACH

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

CONTACT:
KARNA OTTEN AND
BABY JOLA

FLAGCSA
@GMAIL.COM OR
928-637-5197

WWW.FLAGCSA.
COM

VISIT OUR BLOG!

HTTP://
FLAGCSARECI-
PES.BLOGSPOT.COM



JANUARY 15, 2009

Quelling Quandaries with Quiescence

*"A little love, a little trust,
A soft impulse, a sudden dream—
And life as dry as desert dust
Is fresher than a mountain
stream." -Stopford A. Brooke*

Hallo, all. "Hoi, hoi, hoi," as the Swiss say. Welcome to Winter Season! Wander no further, for you are (now) part of a grand gastronomic, environmental, and social conglomerate of good people doing good things with their time, money, and creativity. We've got lots to look forward to as we voyage through the next twelve weeks of winter: bushels of greens, enough turnips to build a small root-vegetable fortress, battalions of squash, and a plethora of bone-strengthening citrus...y mucho mas, por supuesto!

Many of you are returning shareholders, but for the newly-wedded-to-our-fantabulous-organization-folks, we'd like to give you a toasty-warm welcome. We think you'll be pleased with what you experience...and our job is to make this as pleasant, rewarding, and delightful as possible. We believe that it's a privilege to have access to this type of food, and one

that we value and care about greatly. So let your quandaries be quelled with gentle quiescence; let your brow be un-furrowed and your heart strings set free to soar to the heights of your choosing—for you have chosen to support a "just, equitable, and sustainable" cause and along with that a future for your children and the earth: A way of life that does more good than it does harm. "A little love, a little trust" goes a very long way...peace to all.

...y...

☺ Navajo Churro Lamb pick-up is this week; bring cash or a check if you've ordered a share.

☺ Just in case you love really superb coffee on cold winter mornings, CSA is pleased to offer Café de Doña Ella; it is available for purchase each week at pick-up or you may sign a contract if you're a devoted coffee drinker and you'll get a bag every two weeks. Either way, this coffee is excellent! There are many varieties to choose from and it supports a local family as well as El Salvadoran agriculture.

☺ A Bar H Farm will have more lamb, beef, chicken, and turkey for us in February...we'll keep you posted about contracts, prices, and dates.

Reminders...

پش Winter Season payments are due today! Please send in a check or bring cash or a check to pick-up, (the total price is \$240 and you may pay half now and half mid-way through, or all at once.)

پش Thanks to everyone who took the time to fill out an end-of-fall-season survey...and for those of you who haven't yet but would like to, don't fret, it's not too late. See Karna.

Be sure to check out our superb blog: <http://flagsarepies.blogspot.com>; it's delightful and loves contributions from you!

Baked Squash and Turnips

Serves 4

2 small or one large winter squash

1 tsp. sesame oil

4-5 medium turnips with tops

1/4 tsp. sea salt or to taste

1 bay leaf

Preheat oven to 350 degrees. Wash and scrub the squash and cut into chunks; heat the oil in a 3-quart casserole dish over low heat and sauté the squash for 3 minutes. Cut turnips into chunks and add to the squash, sautéing for 1 more minute. Sprinkle the mixture with salt and add the bay leaf. Remove from stove, cover, and place in the oven. Bake for 30-40 minutes or until veggies are tender and smelling like heaven. NOTE: If the casserole dish cannot be used on top of the stove, sauté the veggies first in a saucepan, then transfer to oiled casserole dish...pairs very well with basmati rice.

(The Book of Whole Meals)

Cardamom-Spiced Basmati

Serves 4

1 1/4 cups white basmati rice

1 Tbsp canola or coconut oil

2 1/2 cups water

Salt

1 cinnamon stick

1 tsp. cardamom pods

1 bay leaf

Wash the rice well in a bowl with cold water; swish it around in the water with your fingers, then let the rice settle to the bottom; any particles or husks will rise to the surface; tilt the bowl and drain off the water; repeat once or twice until the water is clear. Warm a medium saucepan and add oil; add rice and sauté over low heat, stirring constantly, until the grains are dry. Add the water and stir once to dislodge any rice that might have stuck to the bottom; add a pinch of salt and the cinnamon, cardamom, and bay; cover the pot. Bring to a boil, then lower the heat to a simmer and cook for 15 minutes; turn off heat and let sit for 5 minutes; fluff rice with a fork and discard spices before serving with...baked squash and turnips, perhaps?

(The Voluptuous Vegan)

Bok Choy Dumplings

Makes 15 dumplings

1 large or 2 small heads bok choy

1/2 cup dried arame, soaked for 15 minutes in water (this slightly sweet seaweed grows in the seas around Japan and comes in thin strands at New Frontiers)

1 Tbsp toasted sesame oil

2 garlic cloves, minced

1 Tbsp shoyu soy sauce, or Bragg's Liquid Aminos

1 Tbsp mirin (sweet Japanese sake)

1/2 cup water

1/2 tsp. umeboshi vinegar

15 square wonton wrappers, (also available at New Frontiers...)

Separate the leafy greens from the white stem ends of the bok choy; very finely chop enough of the stems to make 1 cup, then cut the greens into fine ribbons; reserve separately. Drain the arame, discarding soaking liquid, and chop fine; warm a medium saucepan and add oil; add bok choy stems, garlic, arame, and sauté over medium-low heat for 10 minutes, until the liquid evaporates; add the bok choy leaves and stir until they wilt a bit; add vinegar and remove from heat. Arrange several wonton wrappers on a work surface; place 1 heaping tsp. of filling in center of each wrapper; moisten the edges with a little water and press together firmly to form a triangle; make sure each wonton is completely closed; fold the long points together, moistening with a little more water; the dumpling will look like a tortellini; repeat with the remaining filling and wrappers—wontons are now ready for freezing or cooking. To freeze filled wontons, lay them on a tray and place in the freezer for a few hours; once they're frozen you may stack them or place in freezer bags (freezing individually before combining helps prevent stickage.) When ready to cook, drop wontons into boiling water or soup for a few minutes—no need to defrost.

(The Voluptuous Vegan)

Italian Pickled Raw Eggplant

1 1/2 pounds slender eggplants, peeled

2 tsp. pickling salt

1/4 cup red wine vinegar

3 garlic cloves, peeled and sliced

1/2 tsp. hot pepper flakes

8 basil leaves, each torn in half

About 1/4 cup olive oil

Slice eggplants crosswise into 1-inch pieces, then lengthwise into 3/16-inch pieces; in a bowl, toss eggplant strips & salt, put in colander; let drain for 12 hours. Press each eggplant slice between your palms to remove moisture; put in a bowl and toss with vinegar; let stand for 1 hour. In a pint jar, layer the eggplant with garlic, pepper flakes, and basil; pour olive oil in, cover, and refrigerate for a few days before eating. It lasts a few months... *(The Joy of Pickling)*