

THIS WEEK'S HARVEST:

COLLARD GREENS

SWISS CHARD

WHEAT BERRIES

BROCCOLI

IITOI ONIONS

SPINACH

LETTUCE

CITRUS

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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VISIT OUR BLOG!

HTTP://FLAGCSARECI-PES.BLOGSPOT.COM



JANUARY 22, 2009

Praising the Days

Good day, friendly people! I'd like to devote this newsletter to the poem by Elizabeth Alexander read at Obama's inauguration—it captures the spirit of the day and the hope for the future most eloquently...

Praise song for the day.

Each day we go about our business, walking past each other, catching each others' eyes or not, about to speak or speaking.

All about us is noise. All about us is noise and bramble, thorn and din, each one of our ancestors on our tongues.

Someone is stitching up a hem, darning a hole in a uniform, patching a tire, repairing the things in need of repair.

Someone is trying to make music somewhere with a pair of wooden spoons on an oil drum with cello, boom box, harmonica, voice.

A woman and her son wait for the bus.

A farmer considers the changing sky; A teacher says, "Take out your pencils. Begin."

We encounter each other in words, words spiny or smooth, whispered or declaimed; words to consider, reconsider.

We cross dirt roads and highways that

mark the will of someone and then others who said,

"I need to see what's on the other side; I know there's something better down the road."

We need to find a place where we are safe; We walk into that which we cannot yet see.

Say it plain, that many have died for this day.

Sing the names of the dead who brought us here, who laid the train tracks, raised the bridges,

picked the cotton and the lettuce, built brick by brick the glittering edifices they would then keep clean and work inside of.

Praise song for struggle; praise song for the day. Praise song for every hand-lettered sign; The figuring it out at kitchen tables.

Some live by "Love thy neighbor as thy self."

Others by first do no harm, or take no more than you need.

What if the mightiest word is love, love beyond marital, filial, national. Love that casts a widening pool of light.

Love with no need to preempt grievance.

In today's sharp sparkle, this winter air, anything can be made, any sentence begun.

On the brink, on the brim, on the cusp -- praise song for walking forward in that light.

Aaaaaay-men!

پس If you've not yet paid for the winter season, please do so this week. (The total price is \$240 and you may pay half now and half mid-way through, or all at once.)

پس Thanks to everyone who took the time to fill out an end-of-fall-season survey...Karna will announce the winners of the raffle next week, so keep your fingers crossed—the prizes are not to be missed!

Thanks to all the volunteers who make CSA possible each week—from load-in to clean-up and everything in between—we appreciate and rely upon you!

Bean Burgers

Makes about 6-8 burgers, depending on size...

2 cups cooked beans, any ol' beans will do

1 diced carrot

1/4 onion, diced

1 Tbsp dried herbs of your choosing

1/2 cup bread crumbs (very easy to make from bread: just toast a slice and crumble it right on up!)

Sea salt to taste

Toasted nuts or seeds

Mash beans; mix ingredients together and form patties or small balls; fry or bake at 350 for about 30 minutes or until browned to perfection. Great for freezing!

(Healing with Whole Foods)

Meyer Lemon and Squash Stuffed Shells

Makes about 1 dozen shells

"I got the idea for this dish after I made a wonderfully simple dish of mashed sweet potatoes with Meyer lemon juice and a bit of cream, as the squash is similar enough in taste to the sweet potatoes. I also managed to use up several containers of leftovers from previous pasta dishes, and as such, filling quantities are estimates..."

12 cooked jumbo pasta shells

1 cup cooked squash (I mashed some cubed cooked squash I had, but you could use puree as well)

1/2 cup chopped cooked spinach

1 cup ricotta cheese

1 egg yolk

1/4 cup grated parmesan cheese

1 small Meyer lemon, zested and juiced

Dash nutmeg

Garlic, basil, salt, pepper to taste

Combine all ingredients (except shells!) and stuff shells. Bake in covered casserole dish 20-30 minutes at 350 degrees. Sprinkle with more cheese if desired, or a simple lemon-cream sauce.

I made a simple roux with olive oil, flour, wine, lemon juice, basil, garlic and salt that dressed the shells lightly, and actually presented fairly well too!"

(thanks to Lydia Scheer and her lovely blog: <http://eatingisforfood.blogspot.com>—great recipes!)

The CSA blog has some great recipes for wheat berries, just be sure you soak them for at least 6 hours, (12 is probably better), before attempting to cook them...they make a great pilaf or breakfast cereal.

Check it out at: <http://flagcsarecipes.blogspot.com>.

Chard and Chickpeas with Feta

Serves 4

Large pot of salted water

1 pound Swiss chard

1 cup cooked chickpeas

1 Tbsp. olive oil

4 green onions, chopped

1/4 cup fresh dill, chopped

4 garlic cloves, chopped

Salt & pepper to taste

2 ounces feta cheese, crumbled

Preheat oven to 400 degrees. Bring water to a boil.

Wash the greens well, fold in half and slice out and reserve the stems for another use. Drop the greens into the boiling water, cover and cook for 4 minutes or until soft. Drain, squeeze dry and chop.

In a large bowl, mix the chickpeas, onion, garlic and chopped greens. Transfer to an oiled oven-safe dish.

Top with feta, pressing into the greens. Bake for 15 - 20 minutes until sizzling hot. Serve prontissimo.

(adapted from <http://aveggieventurerecipebox.blogspot.com>)

Broccoli with Sautéed Garlic

Serves 4

1/2 Tbsp vegetable oil

1/2 tablespoon dark sesame oil (this is a key ingredient!)

3-5 garlic cloves, thinly sliced

2 Tbsp slivered almonds, optional

2 Tbsp finely sliced fresh ginger

1 pound fresh broccoli

1/4 cup soup stock or water

1 tablespoon soy sauce

1 tablespoon white wine vinegar (important)

Salt & pepper to taste

In a large skillet heat the oils on medium high until shimmering; add garlic, and ginger and nuts. Sauté, stirring often, 'til slightly crispy and beginning to brown. Leaving as much oil in the pan as possible, transfer the garlic/ginger and nuts to a paper towel. Add the prepped broccoli, stir to coat with fat and cook until crisp-tender, about 5 minutes. Add the remaining ingredients, cover and let cook for another 5-10 minutes until liquid is almost evaporated. Taste and adjust seasonings. Transfer to a serving bowl, top with or stir in garlic mixture, and enjoy with rice or noodles or just all by itself!

(adapted from a recipe found at: <http://aveggieventurerecipebox.blogspot.com>)