

THIS WEEK'S HARVEST:

SPINACH

SWISS CHARD

BROCCOLI

TURNIPS

CABBAGE

NAVEL ORANGES

HERB MIX

LEMONS

ALSO AVAILABLE:

COFFEE

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://

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PES.BLOGSPOT.COM



JANUARY 29, 2009

Satisfaction Guaranteed, Please!

Greetings, everybody! Hope this finds you all in high spirits as you simmer toastily through these cold January days. Today we've got a smattering of topics to cover: upcoming nutritional profiles of our vegetal line-up, new arrivals on the farm scene, extended hours, meat and coffee contracts, local Valentine's Day shopping ideas, and more.

Well. The farm has been having nearly perfect weather as some helpful rain showers stopped by to bless the ground. Our farmers are excited about the carrots and radishes that will soon be making their way into our weekly bags; also on the near horizon are baby greens, mizuna, arugala, beans, cauliflower, haruki turnips, etcetera.

There have been some requests for the newsletter to go out earlier in the week, so beginning next week we'll have it ready for you on Monday to help plan your weekly shopping more thoroughly. Also, starting on Feb. 5th, pick-up hours will extend until 8pm; if you come after 7, shareholders may purchase extra veggies.

A Bar H Farms is once again supplying us with humanely-raised meat;

beef, lamb, chicken, and turkey contracts are due by Feb. 5th, and the shares will be ready for pick-up on Feb. 19th. The farm is 40-plus acres, with plenty of shade and fresh water. If meat is something you eat, this is as good as it gets...

CSA member Julie Lancaster has some great ideas for shopping locally for your special anyone this Valentine's Day—the link will be posted on our website and attached to the next few emails. Also worth your attention are the “raw, healthy, healing products” made by Amita Wells (for sale at pick-up!) using “all sustainable ingredients, raw from different parts of the world.” She “just started a Flagstaff mindful living, global family meet-up group to help initiate bringing people together more.” You can learn more at her delightful website: www.thefourthjaguar.com.

Also delightful are the abundant vitamins stored in vegetables of all sorts, (we're out of room here today, but expect more in-depth profiles of nutritional content in upcoming letters.) I will be consulting *Healing with Whole Foods* and *From Asparagus to Zucchini* for much of this info, but if you know of any other good reference materials, please let me know and I'll use 'em! Mil gracias.

پش Coffee contracts are still pertinent; if you're interested in ordering your coffee for the season to ensure that what you want is available, fill out the contract you'll find posted at www.flagcsa.com) and return it to Karna this week with payment...please and thank you.

پش Also, there will be 40 dozen eggs distributed this week; at \$4 a pop, this is a screamin' deal sure to charm ovo-lovers!

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

Crunchy Taco Salad

Serves 4...

1 small head red or green cabbage, thinly sliced (about 4 cups)

2 medium tomatoes, diced

1 small onion, diced as well

1 medium green bell pepper, chopped up

About 1 1/2 cups beans: kidney, pinto, or black work well...

1 can whole corn kernels, or fresh

1/2 tsp. chili powder

1/2-1 cup guacamole, optional

1/2 cup feta cheese, crumbled, or cheddar, grated

2 cups corn tortilla chips crumbled

Mix cabbage, tomatoes, pepper, onion, beans, corn, and chili powder in a bowl. Toss salad with guacamole; sprinkle cheese and tortilla chips on top before serving.

(One Taste)

Tofu-Broccoli-Cashew-Peanut-Madness

Makes 4 servings.

1 Tbsp butter or oil

1 large onion, chopped

1-20 cloves garlic, minced

1 pound tofu, cubed

2 Tbsp tamari or soy sauce, divided if you prefer

1/2-3/4 cup peanut butter, preferably crunchy?

2-3 tsp. lemon juice

1/4 tsp. cumin or more to taste

Cayenne to taste

1 medium head broccoli, peeled and chopped

Hot, cooked brown rice

Handful of roasted cashews, chopped

Heat butter or oil in skillet; add onion and garlic, sauté until soft. Add tofu and 1 Tbsp tamari; sauté until brown. Remove from pan. In same pan, mix peanut butter, lemon juice, remaining tamari, cumin, and cayenne. Thin with up to 1 cup water to obtain gravy-like texture. Stir in tofu. Steam broccoli; serve sauce over broccoli and brown rice, topped with cashews.

(From Asparagus to Zucchini)

Turnip and Pea Potage

Serves about 4...

1 pound turnips, peeled and diced

1 cup chopped onion

3 cups stock

1 cup instant dried milk, soy or cow

2 Tbsp butter or oil

2 cups frozen green peas, defrosted, or fresh

Salt n' peppa to taste

Boil turnips in water until they're nice n' tender; drain. Combine with onion and stock in a soup pot; puree dried milk, butter, and peas in a blender or food processor. Add to soup pot; season with salt and pepper and heat and serve...I hope this is yummy to you!

(From Asparagus to Zucchini)

Aromatic Herb Rice Stuffed in Green Peppers

4 is the lucky number here also.

4 medium green bell peppers, seeded with tops cut but saved

3 Tbsp olive oil

1 medium onion, diced

3/4 cup long-grain rice

1 1/2 cups finely chopped fresh herbs: mint, dill or basil, and flat-leaf parsley

1 medium tomato, diced

1/3 cup pine nuts or sunflower seeds

1/3 cup currants or raisins

1 Tbsp tomato paste or ketchup

1 tsp. sea salt

1/4 tsp. freshly ground black pepper

1 1/4 cups water

Olive oil

Sauce:

1 can plain tomato sauce (8 oz.)

1/2 cup water

1 Tbsp olive oil

1 Tbsp finely chopped fresh oregano or 1 tsp. dried

Preheat oven to 350; boil peppers and their tops in a large pot, for about 3 minutes; drain in a colander and set aside. Heat oil in a large skillet over medium heat; add onion and cook, stirring occasionally, until tender.

Stir in rice, herbs, tomatoes, nuts, currants, tomato paste, salt, and pepper; cook, stirring, for 5. Add 1 1/4 cups water and bring to a boil; cook uncovered 10 minutes, stirring often. Now make the sauce: mix tomato sauce, 1/2 cup water, oil, and oregano in a small bowl. Pour sauce into and 8x8x2-inch baking dish and arrange peppers on top. To make them stand up straight, slice off a little of the bottoms; fill peppers 3/4 full with rice mixture; drizzle olive oil and top with pepper tops. Pour sauce around peppers; cover dish tightly and bake for 1 hour or until rice and peppers are cooked through. This dish comes to us from Greece, its formal name is *Thessaloniki gemista*, from the verb "to fill up."

(One Taste)

Happy munching, everybody!