

THIS WEEK'S HARVEST:

SPINACH

GREEN CABBAGE

PURPLE TURNIPS

HILOI ONIONS

LETTUCE

KALE

BUTTERNUT  
SQUASH

SUNCHOKES

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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JANUARY 8, 2009

## Salient Bastions of Nascence

Glad we're all back and ready for another few months of salubrious victuals and cohesive community love—the chance to celebrate our lives has never been more ripe than it is right now, today. As the days grow longer with the sun's return, our inner beauty and wisdom is illuminated and we are congratulated on having made it through the darkness.

The dimness of mid-winter can symbolize the last many years of murky politics in this country, while the sun's return can parallel the nascence of 2009 as we anticipate changes our country has only dreamed of—this year is brimming with potential, hope, and motivation.

While we embrace the concept of fresh starts and new blood, recycling our lesser selves into our higher ones by allowing precepts to take new shapes and grudges to float away, it is easy to feel optimistic and invincible. We can do so much with our lives! There is so much joy to be experienced, so much contagious laughter to be shared, and oh so much to be grateful for.

I don't know about you, but the two week break has given my magic, yet

secretive, fridge a chance to transform turnips into kimchee, squash into soup and it is ready for some fresh harvest.

I'll leave you with these burning questions: Do chickens live in a coop or a co-op? How about this one: What do you get when you mix an elephant with peanut butter? Well, one of two things: either you get peanut butter that never forgets, or an elephant who sticks to the roof of your mouth. Hahahhahaaa...

### And...

We here at CSA are so proud to offer you a wide variety of goods and services...and today **surveys** will be available; please take some time for this, it will benefit you. Tell us your whims, thoughts, desires, complaints...no matter how picayune they may seem to you, we want to know how to best keep supporting this community and serving it with alacrity and confidence.

Also, CSA is interested in beginning a donation process by which people can donate perhaps \$1/week to go toward a share for someone who cannot afford one...if a handful of you are able to share some of your capital it will make a tremendous difference in the lives of some less affluent people. Thanks!

### Reminders...

**The Fall Season finishes today and Winter Season starts on January 15 (next week!); please send in a check or bring it to pick-up, (the total price is \$240 and you may pay half now and half mid-way through.) There's no need to fill out a new contract. Thanks, all, for spreading the word so efficiently!**

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

### **Vegetable Stock**

Save all the peelings from carrots, onions, celery ends, (pretty much anything goes, just be mindful not to overpower; a basic soup stock should be neutral so that when you add it to the soup you're making it won't be too strongly flavored.) Place in a pot and cover with water; bring to a boil, skim impurities from top; turn heat way down and simmer for 1/3 hour to 3 hours, depending on desired intensity of flavor.

### **Ventha's Butternut Squash Soup**

2 Tbsp vegetable oil  
2 carrots, roughly chopped (they will be blended later)  
1 onion, also roughly chopped  
4-5 stalks celery, chunked up  
1-3 butternut squash, peeled and roughly chopped (seeds saved for roasting and garnishing later...)  
1/4 tsp. cumin seed  
1/3 cup honey  
2 Tbsp maple sugar  
6 cups liquid (vegetable stock if available, broth or water if not)

Salt and pepper

Heat a medium pot on medium heat; add oil. (Heating pot before adding oil keeps oil from burning.) Once oil is hot, add carrots, onion, and celery with a pinch of salt and pepper; sauté until all vegetables are soft-ish. Add cumin seeds and cook for a few minutes until fragrant. Add honey and maple sugar, stir to coat all veggies evenly. Now add the butternut and cook on low/medium for 10 minutes or so. Add the liquid, (adjust this amount to fit your thickness preference), and turn heat back to medium and cover. Cook until butternut is soft and easy to puree; season again with salt and pepper and puree soup in a food processor or blender by batches. Garnish with seeds and enjoy!

### **Sesame Spinach with Shallots (or Itoi onions)**

2 tsp. extra virgin olive oil (henceforth EVOO)  
2 tsp. sesame oil  
3 shallots, or 6 Itoi onions, finely julienned  
1-2 cloves garlic, sliced thinly  
1/8 tsp. finely diced, peeled ginger (peel with sharp side of a spoon—if there is such a thing!)  
2 lbs. spinach, rinsed  
1/4 tsp. toasted sesame seeds

Heat pan on high heat; add EVOO, ginger, garlic, shallots, stirring often so they don't burn. Add spinach quickly and stir until wilted. Serve with rice or quinoa or eat this deliciousness all by itself!

### **Jerusalem Artichoke Puree**

1 1/2 pounds peeled sunchokes  
1/2 pound white potatoes, peeled and cut into 1/2-inch chunks (or substitute turnips for half of the potatoes or all)  
1/2 cup milk or substitute  
3 Tbsp butter or ghee or oil  
Put sunchokes and potatoes in a medium saucepan and cover with cold water by one inch; season with salt and bring to a boil; lower the heat and simmer until the chokes and 'toes and/or 'nips are tender, about 15 minutes; drain. Pass the artichokes and potatoes and maybe turnips through a ricer or a fine sieve back into the pan; stir in milk; season to taste with salt and place over heat; melt butter in a small pan over medium heat; cook, stirring the pan once in awhile, until butter is brown and has a nutty smell; stir into the artichokes. (from a Mountain Meadow Farm hand-out)

### **Cabbage Braised with Beer and Mustard**

1/2 head cabbage, any color will do, thinly sliced  
1 Tbsp vegetable oil  
1 onion, cut in half and sliced thin  
1 tsp. ground caraway seeds  
1 12-ounce bottle of beer, preferably a tasty one  
1/2 cup apple cider vinegar or apple juice  
2 Tbsp whole-grain mustard  
3 Tbsp umeboshi vinegar  
Salt and pepper to taste  
Warm saucepan over medium heat and add oil, let it heat up; add onions and sauté for about 7 minutes; add caraway and cook for 2-3 more minutes; add cabbage, beer, and apple juice; cover, and bring to a boil. Reduce heat and simmer for about 5 minutes, covered. Uncover and keep simmering, stirring once-in-awhile, for 15 more minutes, or until cabbage is tender and braising liquid has reduced by half. Add the mustard, umeboshi vinegar, salt, and pepper. Cook for 5 more minutes, stirring occasionally. Serve hot and enjoy!  
*(The Voluptuous Vegan)*

*(The recipes without cookbook citations come from a clever house-guest of mine who was happy to lend his encyclopedic knowledge of all things culinary. Thanks, Ventha!)*