

THIS WEEK'S HARVEST:

ONIONS

POTATOES

SUMMER SQUASH

CORN

TOMATOES

GRAPEFRUIT

WHEAT BERRIES

FARMER'S CHOICE

ALSO AVAILABLE:

COFFEE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

BEEF

HOT SAUCE

CHICOS

SALVES

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



THURSDAY JUNE 4TH, 2009

When Life Gives Lemons, Give a Squeeze

Hi folks. Welp, here we are, our first beautiful June week nearly over and summer imminent. It seems like not long ago we were trying to combat the winter doldrums with tasty soups and inspirational reminders that winter won't last forever.

And it certainly doesn't last forever, nothing does.

I recently saw the new Disney/Pixar movie *Up*. One of the main themes—without spoiling anything—is that of impermanence. The protagonists face their fates and ultimately realize with poignant reverie that, as our good Beatles remind us, “all things must pass awaaaay.” But in the meantime they keep their respective chins up and squeeze the lemons of life into a pretty entertaining brew of action, suspense, downright goofiness, and the follow-your-heart-ism that seasons life's ebbs and flows. It's a feel-gooder for sure, and the more sentimental in the crowd may even find a tear or two moistening their popcorn.

So, movie reviews aside, it's the time of year, as you all know, I'm sure, when CSA gives way to the outdoor hustle-bustle of the Flagstaff Community Market. While this, for most, isn't something over

which to shed tears, it is a reminder of the constant flux that's omnipresent in our lives, the continual change which seems to be the only sure thing.

So for being a part of all the changes, for weathering all the storms, and for arranging the players in your individual game of life just exactly as you like them, we thank you. Each of you. For being you.

And, again and again, we gather at the end to reflect our numerous joys, to support the processes of life, and to sample some of the deeee-lightfully deeee-licious cooking, or un-cooking—as the case may be—that is sure to be present next Thursday, June 11th at the end-of-the-year-and-beginning-of-the-summer potluck.

So next week please take a little extra time to prepare a dish and plop yourselves down for a good ol' fashioned shin-dig while sinking your fangs into all the flavors and textures that life has to offer.

I'm confident that that's what Jola will be doing with his one-year-old chompers...sampling the cake of his existence and realizing that all things must, and will, pass even sugar highs and birthdays.

See you.

Things To Know

- The Farm Visit is this Saturday! Check page 2 for more details, and if anyone has extra room in their vehicle and is willing to accommodate, there are 3-5 folks looking for a ride down. Please contact Karna if you can help. Thanks so much and have a great time!
- Garlic is again for sale this week at pick-up: 2 bulbs for \$1 is quite a bargain for this organic goodness that's grown in volcanic soil in Southern Baja.
- We're still calling for all recyclable plastic bags, clean empty honey jars, and egg cartons. Thank you so much for your support and continued participation!

Farm Day!

Here's a copied flyer from our friendly farmers about the Farm Day coming up **THIS Saturday** June 6th, from 9am on:

Greetings!

Hello friends! We are so excited about what is in the ground right now. The tomatoes have fruited and we've already been harvesting some for some fried green tomatoes. The corn is just about ready and we've planted more melons than ever before. We have over 100 rows planted which will yield about 350,000 pounds of fruit!

In celebration of our summer bounty we are planning a Farm Day open to our members and friends on Saturday June 6th. Tell your friends and bring the whole family out to the farm. We'll be starting at 9am roasting corn and giving farm tours. Make sure to dress for the warm weather and bring lots of water.

*Here are the details of our event:
Crooked Sky Farms Farm Day
for members and friends of Crooked Sky Farms*

*Date: Saturday June 6th 2009
Time: 9 am - 'til it gets too hot!
Location: Our South Phoenix farm
16th Ave and W Watkins St. Phoenix AZ 85007*

We can't wait for you to taste the sweet elote blanco and see how the cucumbers and squash are turning out.

Best,

Everyone at Crooked Sky Farms

*P.O. Box 157
Glendale, Arizona 85311
farmerfrank@crookedskyfarms.com
www.crookedskyfarms.com*

(Please email Jennifer at CSF to RSVP.)

Sunny Side of Cooking Workshop With Lisa Rayner

☀ Have you ever wanted to harness the ample sun's energy for cooking? Ever been interested in the various designs of solar cookers available? How about pasteurizing water, canning food, and making ice at night? Interested to see what a solar-cooked meal tastes/feels like? If you answered yes to any of these questions, you don't want to miss the upcoming solar-cooking workshop with Lisa.

When: **NEXT Saturday**, June 13th from 10am-2pm

Where: Murdoch Community Center, 203 East Brannen St.

Fee: \$40

This workshop is offered through Coconino Community College and the CRN is 15240. Call 928.526.7644 to register or visit www.coconino.edu/discover/courses.html.

Tell your friends and c'mon over for an afternoon full of fun, inspiration, and very cool ways of doing things!

Announcing...

♪ The 9th annual Farmers' Market is pleased to announce its new locations and hours:

Beginning June 7th—**THIS SUNDAY!!**—the Sunday morning market will now be in the City Hall parking lot, on the corner of Route 66 and Sitgreaves, from 8am-12pm. There will also be a Wednesday afternoon market at the St. Pius parking lot on Cedar Avenue and 4th Street from 4-7pm, July 8th-September 9th. Both markets will accept WIC vouchers issued through the Farmers' Market Nutrition Program. Please visit www.flagstaffmarket.com or contact Art or Heather at 774.7781 or art@flagstaffmarket.com.

Letters To and Fro

Here is some lovely correspondence between Tamara Ramirez, Flagstaff Foodlink, and Michael Kotutwa Johnson. Take a peek and give a call if interested in this great opportunity:

Hello, Flagstaff Foodlink!

If you're interested in a hands-on experience with traditional farming methods at Hopi, please see Michael Kotutwa Johnson's invitation below. This sounds like a really cool opportunity!

Best wishes,

Tamara

Hello Ms. Ramirez,

My name is Michael Kotutwa Johnson from the Village of Kykotsmovi on the Hopi Reservation. I ran across your class gardening and farming. Do you know of any students who might want to come to Hopi and help me thin corn for this year's crop? It should take about half a day. Or do you know anyone or departments there that might have students who might want to help? It would be a good learning experience for them. I am also a PhD student at the U of A and am home for the summer farming and working on my Hopi house as I usually do. My number is 928 734 9214.

Thanks,

Sincerely,

Michael

“Food Security Zone”

This is another great event coming up. They are encouraging anyone to come, even if you're not a formal member—it is open to the public and is bound to be quite interesting. Here's the email:

Our June meeting will be on Thursday, June 11th, at Little America, starting at 12:00 p.m to 1:00 p.m. Our guest speaker is Ron Brewster who will speak on “Food Security Zone” and is a continuation of our green theme. He will discuss growing our own food using less of a carbon footprint, in a green manner, more locally and not depending upon foreign sources for table crops and other foods.

Bring your friends to hear about the food can be a security issue in our country. Buffet is \$15. RSVP by June 9.

Thanks,

Karla Brewster

President

Dem Women of Northern Arizona

928-523-4283 (office)

928-380-3453 (cell)

karla.brewster@nau.edu

www.DebbieLeavitt.com

Sunny Raw Foods Moves to Teach at New Frontiers!

Sunny Lee Savage has some important announcements to share regarding her raw classes and their new location: New Frontiers, once a month. The great news is that there will be so much more room and the price will be only \$22 per class. The “less-than-ideal” news is that Sunny will no longer be able to choose the days on which she teaches, so the classes won't always be on the first Saturday of the month as they were previously. (They may not even be on a Saturday at all, but New Frontiers is going to accommodate that preference as much as possible.)

If you're signed up for the June 6th class, don't fret! Just know that it has been rescheduled for Thursday June 25th at 6pm at New Frontiers. If you're unable to make it to that one and you're already signed up or interested in doing so, please let Sunny know; if enough people can't make it (4 or more), she will teach the class on either June 13th or the 20th at her home. She doesn't want anyone to miss out on these great recipes!

This Raw BBQ sounds delicious, complete as it is with raw “burgers,” “baked” beans, potato salad, and “ice cream!” Come learn some really interesting, innovative new ways of cooking-not-cooking with Sunny as you explore the wonders of rawness.

So, to get in on some of this action, please sign up by either calling New Frontiers at (928) 774-5747, or simply stopping by the Customer Service Desk next time you're there and let them know you'd like to sign up. Thanks for your continued support!

Stuffed Tomatoes

Serves 2

2 tomatoes

1/2 cup cottage cheese

1 cup breadcrumbs

1 Tbsp. grated raw beets (I agree this seems a little weird, but...?)

Wash the tomatoes and cut the tops off; using a teaspoon, carefully scoop out the flesh and stand the tomatoes upside down to drain. In a small bowl, mix together the cheese, breadcrumbs, and beet. Place tomatoes on serving plates and fill each with the cheese mixture. Replace the "caps" and serve with salad.

(Adapted from *New Recipes for Young Vegetarians*)

Wheat Berry Pancakes and Quick Berry Syrup

Makes 10 pancakes

Quick Berry Syrup:

1 cup water

1/4 to 1/3 cups sugar

1 1/2 cup mixed berries

Pancakes:

1/2 cup wheat berries

1/2 cup water

1 cup plus 2 tablespoons milk

3 eggs

1 tablespoon honey

2 tablespoons unsalted butter, melted, or vegetable oil

1/4 teaspoon salt

1/3 teaspoon baking powder

1/4 teaspoon baking soda

1/4 cup unbleached white flour

To make the syrup, place the water and sugar in a small saucepan over medium heat. Heat until the sugar dissolves, then add the berries and continue to cook down for 5 to 10 minutes, to desired consistency.

Serve as is, strain, or puree.

Soak the wheat berries in the water for 12 hours or overnight, covered in the refrigerator. Drain and rinse the berries, place in a blender with the milk, and blend for 3 or 4 minutes.

Oil and preheat a griddle.

Add to the blender the eggs, honey, butter, salt, baking powder, baking soda and flour and blend for another minute.

Ladle about 1/4 to 1/3 cup of batter for each pancake onto the hot griddle and cook over medium heat until bubbles appear, turn, and cook until done, about 2 to 3 minutes.

(Thanks to: <http://www.thedailygreen.com/healthy-eating/recipes/470>)

Curried Summer Vegetables

Serves 4-6 fortunate friends

1 tsp. sesame or olive oil

1 large onion, sliced

2 medium potatoes, sliced

1 large carrot, sliced

1 summer squash, sliced also

20 or so string beans, nicely chopped

1/2 cup water

1 tsp. curry powder

Garlic, as much or as little as you desire

Ginger, you choose how much

Sauté the potatoes and onions in oil for about 5-10 minutes; add carrots and sauté for a few minutes, until they turn bright orange. Add squash and string beans and cook a few more moments, until tender. Add water whenever the pot dries out, or if you'd like a thinner sauce. Season to taste with curry.

(*The Quick and Easy Organic Gourmet*)

Buttery Crisp Potato Cake

Serves about 4

"Brittany is a region in the northwest corner of France with the chilly sea weather, so potatoes and other hearty foods are extremely popular there. The local potatoes are buttery yellow, but any potato will do for this recipe; even sweet potatoes would be excellent.

This dish, *galette de pommes de terre*, not only looks especially pretty but also is a good way to use up left-over potatoes. It is simple to make, and the potato mixture can be prepared ahead of time. Serve this light golden brown cake with an artichoke or steamed vegetables and mustard."

5 large potatoes, unpeeled and cooked

2 cups all purpose flour

1 cup butter melted

1 1/2 teaspoons of sea salt

1/4 teaspoon freshly ground black pepper

1 egg yolk, beaten

Preheat oven to 425° F. Mash potatoes in a medium bowl with a fork to make about 4 cups. Mix in flour, butter, salt, and pepper. On an un-greased cookie sheet, shape potato mixture into a 9-inch circle, 1/2 inch thick. Brush egg yolk on top (the egg makes a brown glaze), using a brush or your fingertips. Bake for 35 – 40 minutes or until golden brown and firm to touch. Transfer to a serving plate and cut into wedges at the table.

(*One Taste: Vegetarian Home Cooking from Around the World*)