

THIS WEEK'S HARVEST:

PURPLE CABBAGE

CARROTS

COLLARD GREENS

SPRING MIX

IITOI ONIONS

CITRUS

KOHLRABI

PURPLE TURNIPS  
OR SWEET POTATOES

ALSO AVAILABLE:

COFFEE

CHICOS

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

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YOU'VE GOT SOME  
HANDS TO LEND

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WEEK OF MARCH 16TH, 2009

## Founding Board, Sounding Board

Greetings! This week we've got some info about our CSA Founding Board; they are here to help us through the incorporation process, serve as a sounding board for new ideas, bring their individual expertise to the table, and get our CSA going in a sustainably legal direction.

Here they are:

*Liz Gumerman, President*

*Todd Barnell, Vice President*

*Petrika Peters, Secretary*

*Ed Cahall, Board Member*

*Meredith Hartwell, Board Member*

We will post short bios each week about the members. So...meet our VP:

*Todd Barnell moved to Flagstaff with his partner in 1999, from his home state of Indiana. Since arriving in Flagstaff, Todd has volunteered his time with various groups, including Friends of Flagstaff's Future, the community garden network, Flagstaff Biking Organization, and the Northern Arizona Celtic Heritage Society. He also serves on Flagstaff's Sustainability Commission. Todd works for the Institute for Tribal Environmental Professionals, where he manages the Tribal Solid*

*Waste Education and Assistance Program. Supporting family farms and encouraging the production and use of locally produced food has always been a passion of Todd's, which is why he has enjoyed being a supporter of Flagstaff's CSA since the days when it was delivered to the old Hanley Hall at NAU. Todd is thrilled to serve on the new CSA Board and looks forward to working with everyone to make it the best and most successful CSA in Arizona.*



You can contact the board at:  
**flagcsaboard@gmail.com**  
Thanks for reading!

### Noticias

Spring season is just around the corner! If you're a continuing member, there's no need to fill out a new contract—just be sure to chat with Karna. For new share-holders, there will be contracts available very soon.

The Farm Visit on Sunday April 5th is still underway...if you're interested please contact Lauren Berutich via her email, **lberutich@grandcanyontrust.org**.

CSA posters will be available at the pick up for you to take if you have somewhere you can post them. Many thanks!

**Kohlrabi:** (*Brassica oleracea* var. *gongylodes*)

“Kohlrabi belongs to the cabbage family and got its name from a German word meaning ‘cabbage-turnip’. They were popular in Germany during the 16th century and only recently have they been appreciated elsewhere. Both the leaves and swollen underground stem are edible, especially the stem which can be green, white or purple. Its flavor is milder than a turnip's. If young and tender they may be eaten raw, very thinly sliced. Diced or julienned kohlrabi is good in salads, stir-fries, coated in batter and deep fried or steamed, and accompanied with a cheese sauce. If sliced kohlrabi is blanched first it can be frozen for up to 12 months.”

(<http://www.localharvest.org/kohlrabi.jsp>)

**Onion:** (*Allium cepa*)

“The daily consumption of onions (1/4 to 1 cup diced) has been shown to lower cholesterol, inhibit cancerous growth, and help manage diabetes. Onions are a blood tonic and have anticoagulant properties that may reduce the risk of heart attack and aid in high blood pressure. The anti-inflammatory properties of onions may provide relief for people with asthma, hay fever, and allergies, and they are useful for helping to relieve croup and lung infections...

Key nutrients in onions include calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, vitamin C, vitamin B6, vitamin E, vitamin K...”

(*Prescription for Dietary Wellness*)

**Cabbage:** (*Brassica oleracea* var. *capitata*)

Globally renowned for its heartiness, flavor, and delicious versatility, cabbage is—and has been—a staple for many cultures. I know that I’m a better person because I eat cabbage—it has improved my life! My mom showed me the simplest, most tasty thing to do with the stuff: chop it up, however you like, and sauté it with some onion or garlic or ginger and a little oil. Toss this over some warm rice and drizzle with your condiment of choice and enjoy a super easy, quick and oh-so-tasty meal. For breakfast, fry an egg and stick it on top? Go, Cabbage!

**Turnips:** (*Brassica rapa* var. *rapifera*)

Well, what can I say? We get a lot of turnips this time of year. They take a little getting-used-to...but once you’ve befriended this loyal root, you’ll have a life-long partner in all things mashed, baked, boiled, steamed, and stir-fried. Humbly accepting their fate in any ol’ dish, the turnip will not complain, no matter what you do to him.

Always ready to offer a helping hand in a dish that’s missing an earthy flavor and some down-home simplicity, the turnip will save your arse every time while providing ample nutrients, such as vitamin C, potassium, and calcium. Don’t forget to use the tops too!

(*From Asparagus to Zucchini*)

**Sweet Potatoes:** (*Ipomoea batatas*)

“They are lower in carbohydrates than white potatoes. They contribute to healthy gums and strong connective tissue, and help to promote rapid healing of wounds. They reduce the risk of cancer and osteoporosis, promote bone and tooth development, and help the body release energy from nutrients ingested. They also help to lower cholesterol levels and protect against heart disease and disease-producing viruses. Some research has indicated that sweet potatoes may increase the likelihood of having twins. Sweet potatoes contain high levels of hormone-like agents that stimulate the production of follicle-stimulating hormone (FSH). FSH stimulates the ovaries to produce more than one ovum (egg), thereby increasing the likelihood of a double conception... Key nutrients in sweet potatoes include calcium, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese” and a whole lot of vitamins—C, B6, E, B1, B2, B3...

(*Prescription for Dietary Wellness*)

**Collard Greens:** (*Brassica oleracea*)

“Collards improve the function of the glands and the nervous, respiratory, skeletal, and urinary systems. They protect against estrogen-related cancers, retard tumor growth, and minimize the effects of cigarette smoke. They stimulate anticancer enzymes and retard the growth of carcinogens related to cigarette smoke; improve immune response; protect against lung, colon, esophageal, and prostate cancers; and reduce the risk of age-related macular degeneration... Key nutrients in collard greens include calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese,” and the whole alphabet of vitamins. “A cooking suggestion for collards: Blanch them for 8-12 minutes, then drain and chop them. Sauté one large onion, chopped, and two cloves of garlic, minced, in a little olive oil until tender. Add the collards and heat through. Season them with lemon juice and sprinkle with toasted almonds.”

(*Prescription for Dietary Wellness*)

## "Wild Bread" book reveals secrets of making sourdough artisan breads in your own kitchen

Lisa Rayner, a Flagstaff Ariz. author and activist, is pleased to announce the release of her third book, *Wild Bread: Hand-baked sourdough artisan breads in your own kitchen*. *Wild Bread* is much more than just another bread cookbook. The book reveals the secrets of baking San Francisco sourdough, crusty French artisan loaves, dense Russian ryes, Italian ciabatta, Indian naan, pita bread, great homemade pizza crusts, soft whole wheat sandwich bread, bagels, sweet doughs, Ethiopian injera crêpes and much more. This book explores what goes on inside dough as it is transformed from water, flour, wild yeast and probiotic bacteria into the kind of bread that makes your mouth water. You may never be satisfied with ordinary bread again. Once you learn what factors affect aroma, flavor, shape, crust and crumb, you too will be transformed — into an artisan. *Wild Bread* encourages your creativity and provides the basic principles you need to bake any bread you desire without needing a recipe. *Wild Bread* teaches you how to make authentic whole grain sourdough artisan breads that are easy to knead by hand and make in the variable temperatures and humidities of an ordinary kitchen.

- **Part I** explains the science and care of sourdough ecosystems, including how to capture your own sourdough culture from the air and where to buy authentic cultures from around the world. Sourdough cultures composed of wild yeast and lactic acid-producing bacteria. No baker's yeast or chemical leaveners like baking soda are ever added to real sourdough breads.
- **Part II** explains how to make bread, including how to grind your own wholegrain flours and bake artisan-style breads in a home oven.
- **Part III** contains instructions for making a variety of artisan loaves, flatbreads, pan breads, batter breads, sweet rolls and more—from wheat, rye and gluten-free whole grain flours.
- **Part IV** introduces you to the world of sustainable bread baking, with an exploration of energy-efficient solar cookers and wood-fired earth and brick ovens.
- **Part V** includes a list of commercial sources for authentic sourdough cultures, bread troubleshooting tips, sources for sustainably-produced grains and flours, and books and DVDs on sourdough and artisan bread baking.

Lisa Rayner is the author of *Growing Food in the Southwest Mountains*, a permaculture guide for home gardeners (3<sup>rd</sup> ed. 2002) and *The Sunny Side of Cooking* solar

cookbook (2007). She has been interested in cooking ever since she became a vegan more than 20 years ago. Today, she continues to have a passion for learning about food, and she continues to share what she has learned through her books and workshops. Permaculture design and a lifelong interest in renewable energy inform her work.

*Wild Bread: Hand-baked sourdough artisan breads in your own kitchen*

ISBN 978-0-9800608-1-2

Published by Lifeweaver LLC © 2009

170 pp. 8 1/2" x 7". Color cover, black and white illustrations, comb binding

\$16.95 + \$3 shipping and handling. Contact

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See also Lifeweaver LLC's sister Web site

[www.carryabigsticker.com](http://www.carryabigsticker.com) for a large selection of progressive bumper stickers, buttons, t-shirts and more."

(Just a disclaimer—I did not write this article, it was an email that I pasted...thanks for the fodder!)

### THIS IS IMPORTANT!

HR 875, aka the Food Safety and Modernization Act of 2009, was introduced by Rosa DeLauro—a democratic member of the House of Representatives—in February of this year. In its current form, the act threatens small farmers and local products in some very scary ways. Anyone who produces food of any type and transports that food for sale will be subject to random inspections of their farms and records—without a warrant and without regard to property rights! Federal agents could also impose "restrictions as to how farm animals can be fed, how fields can be managed and this could mean the end of organic, biodynamic and sustainable agriculture practices as these practices are deemed 'unsafe.'" Farmers refusing to comply would be subject to massive penalties. This is HUGE! Please call Congresswoman Ann Kirkpatrick's offices and make your voice heard! (DC—(202)225-2315 or District 1—(928) 445-3434)

Read more by following this link:

<http://nourishedkitchen.com/fight-hr-875-food-safety-modernization-act-of-2009/>

## Kolrabi Siam Chopped Salad

Serves 4-ish

4 kohlrabis, about 2 to 2 1/2" in diameter  
3 green onions, chopped  
1/4 lb. snow peas, chopped (optional)  
1 1/2 cups cabbage, chopped  
1/2 red bell pepper, cut into fine julienne  
1/2 to 1 fresh pepper, diced or 1/8 t. crushed pepper flakes  
1 or 2 cloves garlic, finely minced  
1/2" piece ginger, peeled and grated  
2 Tbsp toasted sesame seeds  
3 Tbsp. canola oil  
2 tsp. sesame oil  
Juice of 1/2 lemon  
Dash of rice vinegar  
Salt and freshly ground pepper to taste  
Black sesame seeds

2 Tbsp minced green onions  
Combine all ingredients except black sesame seeds and the 2 Tbsp of minced green onions in a large bowl; toss well to distribute flavors. Garnish top with black sesame seeds and minced green onions. Best if made several hours ahead to allow dressing to penetrate vegetables. Serve as a salad course or a side dish. (adapted from: [www.vegparadise.com](http://www.vegparadise.com))

### Five-Spice Sweet Potato Ice Cream with Pineapple

1/2 large sweet potato (or 1/2 cup mashed cooked sweet potatoes)  
1 cup coconut cream (if you use coconut milk, the texture will be icier and less creamy)  
1 tsp. soy sauce  
3 Tbs dark brown sugar  
1 tsp Chinese Five-Spice powder  
1/4 tsp ground red chile powder (pure chile powder! or flakes)  
1 Tbs. fresh grated ginger, finely minced candied ginger, or 1/2 tsp dried ground ginger  
1/2 tsp ground cardamom  
1/4 cup finely chopped or crushed pineapple (does not need to be drained, but should be mostly fruit)  
1 Tbs. dark rum (optional but helps keep it from freezing too solid)

For the sweet potatoes, you can either boil or steam and mash them, or roast them first and then mash them. I think roasting them first yields a better (smoother) texture, but they do have to be fully cooked. Also, if you're using fresh pineapple, roast the chunks first for deeper, sweeter flavor!

(Roast sweet potatoes chunks tossed with a tiny bit of olive or sesame oil at 450 degrees for 20-30 minutes, stirring once or twice, until the edges start to brown--time needed will depend on the size of your chunks; roast pineapple chunks at 450 degrees for 10-15 minutes, turning once, until they start to caramelize/brown slightly). Puree all ingredients (except pineapple) together in a blender until smooth. Stir in pineapple and prepare in an ice cream maker per directions. Alternately, you can pour the mixture into a shallow dish and freeze, stirring with a fork every 20-30 minutes until completely frozen.

(from a recipe submission to Lydia Scheer's blog, *Food is For Eating*)

## Easy Greens Bake

Serves 4

6 free-range eggs, beaten  
1 bunch fresh greens (kale, collards, Swiss chard, spinach, etc.)  
1 medium onion (or 3-4 scallions), minced  
1/2 red bell pepper, chopped into 1/4 inch pieces, optional  
3 cloves garlic (or 1 stalk green garlic), minced  
3/4 cup milk of your choice (cow, goat, rice, etc.)  
2 cups finely shredded cheese of your choice, optional  
1/2 tsp. pepper  
1 tsp. salt, optional  
1 Tbsp olive oil

Preheat oven to 350 degrees. Wash greens; strip leaves from stalks; chop stalks into 1/4 inch pieces and set aside; chop greens into bite-sized pieces. Bring a large pot of water to a boil; add chopped stalks; cook until almost tender. Add chopped leaves and cook until tender. Drain, then press with a fork to remove as much water as you can. (You can reserve the nutritious water and freeze for later use in soups). In the meantime, in a heavy skillet over medium heat, sauté onions and peppers in olive oil until onions are translucent. Add garlic, sauté about 2 minutes more. Grease a 9 x 12 casserole dish. Pour in all the ingredients and mix well. (You can also throw everything in the food processor for a more uniform texture.) The mixture will be thick, and you may need to press it into the corners and smooth the top with a spoon. (Sometimes we mix this up in a bowl and spoon it into regular or mini-muffin cups to make beautiful individual appetizers.) Bake for 25-35 minutes, until set in center. Slice and serve warm or at room temperature.

(adapted from: <http://www.localharvest.org/newsletter/20090224/recipes.html>)