

THIS WEEK'S HARVEST:

PURPLE CARROTS

IITOI ONIONS

BABY SWISS CHARD

SPRING MIX

PURPLE KOHLRABI

CITRUS

SWEET POTATOES

PLANT STARTERS—TOMATOES, CHILIES, MELONS, TOBACCO, BASIL, OR RADICCIO

ALSO AVAILABLE:

COFFEE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

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WEEK OF MARCH 26, 2008

Life is Better than Good

Hey everybody! Happy Spring to ya. Lots is going on this week; we've had many submissions so the letter is full of words from YOU! Thanks! Let's start with a note from Lauren about the farm visit:

Do vegetarians eat animal crackers?

~Author Unknown

I just returned from a blissful weekend in Tucson. The sun warm to the skin, the buzzing of bees filling the air, the blossoming of the glorious spring flora. An Agave shoot with hundreds of yellow buds reminding us to celebrate newness. My friend, Kristin, has her bee houses drilled, hung, and ready for solitary bees to come and nestle in her yard, to pollinate and engulf the sweet nectars of the coming season. We are a part of this hive. As we bustle to prepare our gardens for the cool season crops, open our windows to allow some Flagstaff mountain air to circulate the room, and as we check our emails excitedly every Thursday to see what Farmer Frank has in store from Crooked Sky Farms. We are a community ready to sew our spring energy into the city. As the birds begin

to migrate back up north, we will be migrating south for the day, Sunday April 5 to share in a delightful farm visit, BBQ, and harvest. I already have over 35 people signed up to join us for the event and more are welcome. Thank you to the Parish family for their tasty and healthy burgers and to Matt for his wonderful whole wheat buns. And, a special thanks to Crooked Sky Farms for hosting this event and allowing us to tour the very rich place which nourishes our bodies each week and throughout the year. For more information, please be sure you are signed up on the email list by contacting me at l_berutich@hotmail.com and check out the flier attached to the newsletter each week. See you for a fun day of visiting, supporting local foods, and celebration. Thanks!

Lauren

One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating. ~ Luciano Pavarotti and William Wright, My Own Story

CSA NEWS

Spring season is just around the corner! (It begins on April 9th and culminates on June 11th.) 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 shareholders, there will be contracts available this week. Thanks to everyone who has picked up posters and is helping promote CSA far and wide. Keep it up!

Eggs from the Verde Valley will be available this week.

Beef lovers? Check out the info on page 3 and support Flying M Ranch!

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 turnips. 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*)

Carrots: (*Daucus carota*)

This trusty delight is a member of a vast family of other vegetal charmers; sharing the family name, *umbelliferae*, with the likes of “parsley, celery, parsnip, cilantro, fennel, caraway, and dill,” the carrot is a time-tested crowd-pleaser. Cooked or raw, these beauties are an essential component of a well-rounded vegetable diet. Some history: “The carrot originated in middle Asia, first eaten by the hill dwellers of Afghanistan. The early cultivated varieties were purple and pale yellow. The first orange varieties did not appear until the 1600’s in the Netherlands.” And although “carrots are both popular and plentiful, it is difficult to grow a great carrot that is crisp and sweet. Carrots need the proper conditions to grow; soil type, pH balance, tilth, and a compatible seed variety are important factors in producing the ideal carrot. They may be planted in the cool of early spring. With successive plantings, carrots will remain in season through fall. With proper long-term storage, many varieties of carrots may be enjoyed throughout the winter.” These scrumptious dainties are full of vitamin A, beta carotene, fiber, calcium, potassium, and trace minerals.

(*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*)

Basil-Growing Tips:

A cold-sensitive fella, be sure you wait to introduce your basil to the great outdoors until the danger of frost has passed...in Flagstaff there’s no telling when that is, but err on the safe side; around Mother’s Day? Choose a sunny location, since adult basil likes to be toasty—its cheery disposition thrives in full sun. For best results, prepare a soil that is “two parts garden or potting soil, two parts peat, one part sand, and one part compost or composted cow manure. Dig a hole that’s twice the size of the basil plant’s root ball and set the basil in the hole. At this point, to give the herb extra nutrition, you can sprinkle in half a teaspoon of dried nettle herb. Fill the hole with the surrounding soil and tamp it down with your hands. Leave an inch or so of stem between the bottom leaves and the soil clear, to make room for mulch. As for spacing, plant basil plants about seven inches apart from each other and from other herbs. Water newly planted basil with warm chamomile tea made by steeping one tablespoon of dried chamomile in one quart of boiling water, covered, for fifteen minutes. The tea will help ward off transplant shock and help prevent the young plants from harmful ‘damping off’ (fatally soggy stems and leaves) to which they are prone.” (*The Good Herb*)

It's planting time!

Perhaps you are an avid gardener or think you have a black thumb. I have often heard people say "It's too hard to garden in Flagstaff," or "It just all seems overwhelming." For years, I have been unable to find a good source to direct people to, so I created one! It makes gardening SIMPLE and keeps all of the numbers, dates, and details in one (durable) spot. The [Flagstaff Planting Guide: A Quick Reference Garden Mate](#). It's an at-your-fingertips, waterproof, info-packed guide for planting, growing & harvesting for growing vegetables, herbs and more. It is essentially EVERYTHING you need to know to be a successful gardener in Flagstaff. It is a colorful, double-sided, laminated sheet (not an overwhelming book!). Check out the website to learn what specifically is included in the guide www.julielancaster.webs.com. You'll see a mention of the guide in the business section of the *Arizona Daily Sun* this Sunday, March 22nd. They are currently being sold at Winter Sun Trading Company (& their online store), Flagstaff Visitors Center, Haven Montessori School lobby), Museum of Northern Arizona, New Frontiers Natural Marketplace, Flagstaff CSA and Homeco Ace Home Center. Feel free to spread the word!

Happy gardening!

Julie

If you're an NPR listener and you rely upon KNAU to bring you important news and intelligent insights, relaxing classical music and entertainment, have you ever thought of showing your support by volunteering at one of the pledge drives? Perhaps you've pledged your support and helped insure the future of this invaluable resource in the past. Or maybe you've never donated anything to help the station keep running and serving northern Arizona; if money isn't flowing quite enough to share, a great option is to volunteer with the pledge-drive helping to answer phones. The drive takes place from March 27th—April 3rd. If you'd like to give back to your local member station, please do! There are still plenty of shifts available. Call or email: Elta.Foster@nau.edu or dial (928) 523-9442. Thanks ahead of time for your support!

Do you sometimes wonder what to do with some of the things that arrive in your weekly bag of produce? Well, worry no more...because on **April 20th from 6-8:30pm** our very own Lydia Scheer will be hosting a class entitled: "What to do with What's in the Bag." The price is only **\$25** and you will learn how to make some amazing dishes with your CSA food, plus you'll get to eat the dazzling products! And if you've never treated yourself to The Seasoned Kitchen experience, come check it out and enjoy what Flagstaff has to offer to enrich our culinary lives...and with Lydia Scheer at the helm it's bound to be an insightful, creative, delightful evening, full of flavor and packed with nutrients. Call The Seasoned Kitchen at 928-213-5942 to sign up for the class

Beef is available to purchase each week! This special bovinity heralds from the Flying M Ranch, just east of town—one of the two ranches supplying Diablo Burger with their beef. This is free-range beef, without antibiotics or hormones; there are many different cuts available; and you can buy as little or as much as you like!

Petrika Peters moved to Flagstaff in August of 2008 from southern Arizona. Petrika has called Colorado, Washington, and South Dakota home. She is delighted to live in a moderate climate and to be surrounded by a progressive community. Petrika became involved in CSA last Fall, she immediately felt connected to the community and wanted to become a bigger part of the Flagstaff CSA. Petrika is delighted to be on the founding board and very excited about the potential growth in bringing local produce to the greater Flagstaff community. She is particularly interested in increasing access opportunities to low-income families. Petrika is currently a graduate student in the Political Science department at NAU.



Honey Glazed Carrots with Fresh Mint

Serves 4

1 bunch carrots

2 Tbsp butter or oil

1 1/2 Tbsp honey

Salt and pepper to taste

1-2 Tbsp chopped fresh mint

Peel carrots (optional) and cut into evenly sized rounds or sticks. Combine carrots, butter, honey, and 1/2 cup water in a large skillet over medium-high heat. Bring to a simmer and cook until carrots are tender and most of the liquid has reduced to a glaze, about 10-15 minutes. Season with salt and pepper. Sprinkle the mint on the carrots, toss well, and serve with gusto.

(From Asparagus to Zucchini)

Butterflies with Basil and Lemon Vinaigrette

Makes 4 servings

2 1/2 cups cooked butterfly (bow tie) pasta, about 1/2 pound dried

1 cup spinach leaves, julienned

1 red bell pepper, cored, seeded, and julienned

1 scallion, minced

2 Tbsp fresh lemon juice

1 Tbsp olive oil

3/4 tsp. Dijon mustard

1 clove minced garlic

2 Tbsp minced fresh basil

In a medium bowl, combine the pasta, spinach, bell pepper, and scallion; now in a small bowl, whisk together the lemon juice, olive oil, mustard, garlic, and basil.

Combine and serve at room temperature.

(The Good Herb)

Beans n' Greens

Makes 8-12 servings

3 cups black-eyed peas

Butter or oil

1 large onion, chopped

A few cloves o' garlic, minced

1 tsp. thyme

2-3 bay leaves

1 large bunch of Swiss chard, kale, or other greens

Salt n' pepper

Put peas on to cook in water; heat a little butter or oil in a skillet. Add onions and garlic; sauté with thyme and bay leaves until tender. After cooking peas for 1/2 an hour, add the onion mixture and chopped greens. Cook 1/2 an hour longer; remove bay leaves; season.

(From Asparagus to Zucchini)

Val's Secret Southern Sweet Potato Fries

Sweet potatoes, peeled

Vegetable oil

Cinnamon

Nutmeg

Sugar

“Peel them and slice ‘em up into fry-like pieces. I fry them in vegetable oil until golden brown, but not too brown. They’re ready when they float to the surface. Then mix cinnamon and nutmeg and a little white sugar in a bag. Shake it all up and sprinkle it over the hot fries. There you go. Now you know. Now I gave away a secret.”

Valery Baerwolf, Val's Southern Cuisine

(From Asparagus to Zucchini)

Winds of Japan

Makes about 1/2 cup, in about 5 minutes

2-inch piece of ginger, grated and squeezed (1 1/2 Tbsp fresh-squeezed ginger juice)

3 Tbsp tamari

2 Tbsp sesame seeds

1 Tbsp mirin*

1/4 cup water

Grate the ginger; gather it up and squeeze the juice out of it into a mug or measuring cup. Stir the other ingredients into the ginger juice and serve over boiled salad, noodles, rice, or fish. Be creative!

**Mirin is a sweet cooking wine made from rice; used to sweeten stir-fries, soups, stews, marinades, dips, dressings, sauces, and puddings. Available at grocery stores in the ethnic foods section...I think!*

(The Quick and Easy Organic Gourmet)

Kohlrabi Salad with Cilantro

2 medium kohlrabi, peeled and shredded

1 cup Chinese cabbage, shredded

1 carrot, cut into matchsticks

1/4 cup fresh cilantro or parsley, chopped

Ginger-Sesame Dressing*

Lightly toss each group of veggies with dressing; arrange them in ribbons of color on a platter.

(Healing with Whole Foods)

Ginger-Sesame Dressing*

1 Tbsp grated ginger juice

1 Tbsp umeboshi vinegar, a plum-based condiment with a lemony, salty flavor, and a deep red color...available at grocery and natural food stores.

1 tsp. roasted sesame oil

Blend ingredients until creamy; toss with salad or veggies.

(Healing with Whole Foods)