

THIS WEEK'S HAR-  
VEST:

SUMMER SQUASH

RED POTATOES

ORANGES

WHEAT BERRIES

RADISHES

HIITOI ONIONS

QUELITES

FARMER'S CHOICE

ALSO AVAILABLE:

COFFE

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

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THURSDAY MAY 14TH, 2009

## BTWW Challenges and Inspires

G'day, Flagstaff CSA'ers. It's nice to see so many of you in your bike-gear—for some this means a helmet atop your starched professional outfit, for others it means flip-flops under rolled-up jeans, while others still prefer to sport the good ol' fashioned spandex and fancy-bike-shoe-look. Come one, come all, I say, for today is the day when we count how many members have tossed their car keys aside to help propel a way of life forward while getting a little exercise.

As many of you know, a lot of the BTWW activities have been taking place in the early mornings: Monday's kick-off ride, Wednesday's "Bike to Breakfast," and today's "Bike to School." For some this is a normal part of your life. (You're ahead of the game, if so!) For others, myself included, it's an activity I generally don't do first thing upon arising.

But I'm finding that there's really no better way to greet the day than on my wheeled steed. The chilly spring air does wonders for the lingering warm fuzziness that can be so hard to shake; the birds provide the most perfect of sonatas; and my sense of connectedness to the greater

whole gives way to a contented bi-pedaled bliss that's much longer-lasting than two pots of tea.

This week I've been riding with a very special 11-year old, and I think it's safe to say that it helps him wake up too. It's a chance for us to give our bodies the necessary shove toward alertness that so often gets bypassed in a car. Our minds are free to roam as far and wide as they like, unfettered by gas pedals and creeping lines of Miltonian traffic. With jingling bells and armed turn-signals, there's nothing quite like a bike ride, especially when half of the town is doing the same thing!

CSA is in the midst of the BTWW Challenge, so we will be keeping track of how many people ride, walk, take the bus, or car-pool to pick-up. These numbers will be recorded and entered online and the two workplaces with the highest participation will win a new commuter bike! (Karna will also have a "special something" for ALL participants, so everybody wins.) In addition to the Challenge, don't miss the "Bike to Potluck" this evening at 5:30pm, followed by the Student Films and Awards from 7-9pm. (Both at Thorpe park.) For more specifics and info, check out [www.flagstaffbiking.org](http://www.flagstaffbiking.org). Thanks!

### News n' Such

- Please feel more than free to help CSA recycle by hauling in that ever-present (for many of us) pile of plastic bags—it will greatly help the flow of pick-up and make everyday a love-the-earth-day.
- CSA would also love to help re-distribute recycled egg cartons and used honey jars, if you've got 'em!
- 2nd half payments are due this week; remember it's only a 10 week season...**
- Thanks to all our volunteers for helping keep pick-up smooth and efficient! You rock!

## Spring & the Wood Element

Let's turn to some old wisdom regarding the season that's upon us. *Healing with Whole Foods* has this to say:

"Spring is a new beginning—the time of year to 'rise early with the sun' and take 'brisk walks,' which as the *Inner Classic* reminds us, are *yang* activities, reflecting the ascending and active nature of spring. One cannot help but notice plant life pushing upwards after winter's slumber. The sight of the green color of tender young plants nourishes the soul through the eyes, so the appetite for food decreases and the body naturally cleanses itself, not only of food residues, but of excessive desire and the accompanying emotions of dissatisfaction, impatience, and anger as well. The metaphorical membrane over the eyes and mind disappears, and vision becomes clearer. Things are seen in new ways.

This is the time for contacting your true nature and giving attention to self-awareness and self-expression. The *Inner Classic* defines the vital relationships which describe springtime:

The supernatural forces of spring create wind in Heaven and wood upon the Earth. Within the body they create the liver and the tendons; they create the green color...and give voice the ability to make a shouting sound...they create the eyes, the sour flavor, and the emotion anger.

This is the season to attend to the liver and gall bladder. In spring we naturally eat less, or even fast, to cleanse the body of the fats and heavy foods of winter. The diet should be the lightest of the year and contain foods which emphasize the *yang*, ascending, and expansive qualities of spring—young plants, fresh greens, sprouts, and immature wheat or other cereal grasses. Salty foods such as soy sauce, miso, and sodium-rich meats all have a strong component of sinking energy and are best limited during springtime. Too many heavy foods clog the liver, resulting in spring fits and fevers.

The expansive, rising quality of sweet and pungent-flavored food is recommended by the classics as a means of creating a personal spring within. For this effect, one can use a little concentrated sweetener with pungent herbs, such as honey/mint tea. The pungent cooking herbs—basil, fennel, marjoram, rosemary, caraway, dill, bay leaf—

are desirable at this time. Most of the complex carbohydrates such as grains, legumes, and seeds have a primarily sweet flavor which increases with sprouting. Young beets, carrots, and other sweet starchy vegetables, thinned from the spring garden, provide a refreshing sweet flavor. Certain intensely pungent flavors are traditionally employed in the spring by Western folk healers as medicine: a week-long daily dose of raw onions and garlic acts as a vermifuge to rid the body of parasites. A traditional Japanese parasiticide is the sweet-pungent combination of mochi and mugwort—pounded sweet rice with mugwort."

(Thanks to Paul Pitchford and his beautiful, fabulous, really wonderful book, *Healing with Whole Foods* for this long quotation. If you've never heard of/read this book, I fully recommend it. It's like an encyclopedia mixed with a poem mixed with a bible and a prayer.)

### Proudly Presenting...

♪ The 9th annual Farmers' Market is pleased to announce its new locations and hours: Beginning June 7th, 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](http://www.flagstaffmarket.com) or contact Art or Heather at 774.7781 or [art@flagstaffmarket.com](mailto:art@flagstaffmarket.com).

♪ Did anybody attend Lisa Rayner's bound-to-be-fabulous Sourdough bread cooking class yesterday at The Seasoned Kitchen? If you did and you'd like to give us a little summary of your experience, I implore you to write up a blurb and we'll stick it in next week's letter.

Please email myself or Karna: [macy.mouritsen@gmail.com](mailto:macy.mouritsen@gmail.com) or [flagcsa@gmail.com](mailto:flagcsa@gmail.com). Thanks ahead of time for your contribution—it helps keep things fresh and interesting...or, in this case, nicely fermented!

♪ Café Dirt was a wonderful success! Thanks to all who helped make it possible...look for more to come.

# You Don't Have to Fly

## By Anne Mouritz

Have you ever had the feeling that your life is all of a sudden complete? Maybe you have had your first child or grand-child, moved into a home that you adore, or are with the one you love. Perhaps you've recently taken a job that thrills your socks off and, if so, that's good because it's warm enough now without them. Graduation, gardens, vacations, forgiveness—the filler-uppers in life are endless.

Earlier this week I had the life-changing, heart-filling, smile-inducing experience of adopting my first dog. We had always had dogs in my house growing up, but not until Tuesday had I ever had one that was *my dog*. While it's funny to think about owning another being—dog, kid, plant—there really is something different when it's *your dog*; being followed by someone who looks to you for food, walks, protection, snuggles, and entertainment with pure delight and open acceptance is an unending thrill.

Simply put, I'm in love. In love with a creature who has most likely endured traumas on which I'm loathe to even speculate. A creature who follows me constantly out of devotion, fear of abandonment, or just plain sweetness. His eyes tell me how grateful he is to be here as his warm body leans up against me and keeps my toes snuggly. His ears—one up and one down in constant, over-the-top adorableness—are always scouring the airwaves for the next thing coming our way.

Yep, we're twitterpated for sure.

Lupin and I are a match made out of mutual need—I felt I needed another being to care for and love; he needed me in much the same ways. Everyone knows that there are many more likely matches waiting to be made for those in need. We live, however, in a time of grave budget cuts. The Coconino Humane Association (CHA) is under-staffed and under-funded already, with much of the work done by volunteers. If the limited funding is cut for this organization, dogs and cats will not be able to hang out long enough to be adopted. Right now CHA is able to keep the animals for a few months before euthanizing the ones who don't find homes, but without crucial funding they will be forced to put down animals at any time due to space and money issues.

If you'd like to help speak for these voiceless critters and possibly save a few lives, please send an e-mail to the city council members and let them know how your thoughts and feelings: [Council@flagstaffaz.gov](mailto:Council@flagstaffaz.gov).

Or you could always go to the pound and see which animal spins you on your heels and tosses a leash in your hands. For you see, superheroes don't have to fly to be spectacular, they just have to spread their love a little bit further.

## Vegetal Business

☀ **Quelites:** This Hispanic term can refer to any number of greens eaten for their leaves and stems. They are great chopped up with your breakfast eggs, tasty in salads or on sandwiches, sautéed with garlic and onions...they'll respond well to pretty much anything you do to them. No need to be frightened!

☀ **Summer Squash:** As soon as the squash starts rolling in, we've got to be creative because there's bound to be much more of it en route! High in vitamins A and C, potassium, and calcium, summer squash is a great seasonal food because it is easy to digest and cools the body down while replacing lost fluids.

Here are some squashy ideas: Try it raw as a dipping veggie; steam it in a little water for about 10-15 minutes, being mindful not to overcook, and top with butter or oil, a little squeeze of lemon, some herbs, cheese, and/or a pinch of pepper; add to summer soups and stews; grill the halves for about 3-4 minutes on the hottest part of the grill and then 8-10 minutes on the side where it's less hot—baste with oil or a marinade; squash is great for shish-kabobs; make a simple casserole by layering blanched squash slices alternately with chopped onion cooked with bread crumbs, repeat 2-3 times and top with butter; mash cooked squash, drain it well, and blend with butter and salt and pepper. See, endless possibilities!

*(From Asparagus to Zucchini)*

## Grandmere's Crusty Gratin Potatoes

Serves 4

"The potato is a favorite in France, as it is in many European countries; a meal is not a meal to a Frenchman without potatoes and bread. The buttery yellow potatoes in Brittany are typically used, but any local potato will be good for this recipe. A gratin is a baked dish with a crusty top. The potatoes are baked in milk, giving the finished dish a rich golden brown top and a creamy interior. Serve with a green salad."

2 1/2 pounds—give or take—potatoes, scrubbed and cut into very thin slices (1/6 inch or so)

1 Tbsp butter or oil to butter the baking dish

1/2 clove garlic, peeled

1/3 cup melted butter or oil

Sea salt and freshly ground black pepper

2 cups half-and-half, milk, or non-dairy substitute

1/8 tsp. ground nutmeg

1 cup shredded Gruyere cheese, optional

Butter a 9x9x2-inch baking pan and rub generously with garlic clove. Layer a third of potatoes and a third of melted butter in baking dish. Season with salt and pepper. Repeat until all potatoes are used. Mix half-and-half with nutmeg in a small bowl. Pour over potatoes. Sprinkle with cheese, if desired. Bake, uncovered, 1 1/2 hours or until the top becomes rich dark-golden crust. You may spice it up a bit by adding green chili strips between the potato layers or cooked and sliced chestnuts.

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

## Homemade Seitan

Makes 6-8 pieces

2 cups 80% wheat-gluten flour (from ground wheat berries, perhaps?)

1 tsp. garlic powder

1 tsp. ground ginger

1/2 tsp. cumin

1/2 tsp. turmeric

1 1/4 cups water or veggie broth

3 Tbsp tamari or Bragg Liquid Aminos

1-3 tsp. toasted sesame oil, optional

For the broth:

4 cups water

1/4 cup tamari

1 3-inch piece kombu seaweed

3 slices fresh ginger root

In a medium bowl, mix flour with garlic, ginger, cumin, and turmeric. Mix 1 1/4 cups water, 3 Tbsp

tamari, and sesame oil together in a bowl and add to the flour mixture. Mix vigorously with a fork until a stiff dough forms. Knead this 10-15 times and let rest for 2-5 minutes. Knead a few more times and let it rest 15 more minutes. Cut gluten dough into 6-8 pieces, stretched into cutlets. Make the broth: In a large pot, stir together 4 cups water, 1/4 cup tamari, kombu, and fresh ginger and bring to a boil. Reduce heat to low, drop in gluten pieces, cover, and cook for 1 hour. Drain broth and reserve for soup. Cover seitan and store in the fridge for up to a week, or freeze for longer storage.

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

## Sautéed Quelites with Jalapeno and Tomato

Serves about 4

1 Tbsp cooking oil

1/2 white onion, finely chopped

1 jalapeno, thinly sliced

6 cherry tomatoes, halved

1 bunch quelites, cleaned and coarsely chopped

1 lemon, juiced

Salt and peppa

In a large sauté pan, heat oil and add onions and peppers and cook for 3-5 minutes or until onions are translucent. Add tomatoes and cook for 2 more minutes. Now add the greens and cook for 5 or so minutes, until the greens are wilted and tender. Add lemon juice and season with S and P.

*(adapted from www.foodnetwork.com)*

## Red Radishes with Sea Salt

Really, the name tells it all; dip whole red radishes in some unsalted butter and sprinkle with sea salt for a refreshing appetizer or an after-dinner palate-cleanser.

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

## Dandelion Salad

1/2 pound dandelion greens

Dressing:

1 clove garlic

2 tsp. lemon juice

1/2 tsp. umeboshi paste

1 tsp. oil

Blend dressing ingredients in a mortar and pestle until creamy. Toss with greens. (Dandelions are all over the place—just make sure you know they've not been sprayed with pesticides before eating them!)

*(Healing with Whole Foods)*