

**THIS WEEK'S HARVEST:**

SWISS CHARD

CHIOGA BEETS

SUMMER SQUASH

NOPALITOS

ONIONS

RED POTATOES

CITRUS

DRIED BEANS

**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 MAY 21ST, 2009

## Keep up the Great Work!



We would like to devote this page to congratulating CSA member extraordinaire, Ann Eagan, on winning the "Honorary Commuter of the Day" last week for BTWW. Here is the interview she gave to FBO:

**FBO:** Where do you work?

**Ann:** NAU Cline Library

**FBO:** How long have you riding your bike?

**Ann:** I bought a trike last year. I got my first bike in 1975.

**FBO:** How long have you been commuting?

**Ann:** When I lived in Colorado I commuted irregularly. I was a regular bike commuter in Tucson for about 8 years. Since I moved

to Flagstaff in 1999 I have commuted irregularly but have tried to commute at least some of the time during the summers.

**FBO:** How long is your commute?

**Ann:** A little less than 3 miles one way.

**FBO:** What kind of bike do you ride?

**Ann:** I have a Sun EX-3 USX tricycle.

**FBO:** What is the most unusual thing that's ever happened to you while riding?

**Ann:** I started sliding backward down a small hill on my trike - not enough strength to get up the hill. My husband stopped my slide before I got the trike stopped, then I walked up the hill the rest of the way.

**FBO:** What is your favorite thing(s) about your bike commute?

**Ann:** Seeing the flowers along the urban trail, especially the poppies.

**FBO:** Pet peeve?

**Ann:** The intersection at McConnell and Beulah. It's always busy and the drivers are often not paying attention.

**FBO:** Do you have any advice for someone that is trying to commute for the first time?

**Ann:** Check out the route on a weekend or another less busy time so it's not so stressful when you need to actually do it for work.

**FBO:** Anything else you'd like to add?

**Ann:** Finding a way to get back into cycling is one more way to get back my life. In February 2007 I was diagnosed with intravascular lymphoma, a very rare and very aggressive cancer. It responded well to the chemotherapy and I have been in remission for two years now. The cancer left me with balance problems so I cannot safely ride a bike but having the trike allows me to do most of what I was able to do before. I recently spent seven weeks in the hospital battling pneumonia so my commuting this week will be virtual as I pedal on a stationary bike in physical therapy. As soon as I can, though, I'll be back on the trails!

## Noticias

•2nd half payments were due last week; please pay by this week or mail your check to: PO Box 126, Flagstaff, AZ 86002. Thanks for your promptness!

•Meat from A Bar H and Navajo Churro Lamb will be delivered this week; bring your dough!

•Garlic is also 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 to Celebrate Bounty, Confirm Community Cohesion**

Here's a copied flyer from our friendly farmers about the Farm Day coming up on 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: 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](http://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!

### **Thought You Might Like to Know...**

♪ ...That there's a very important "March 4 Schools" event on Saturday, May 30th, from 10am-12pm. Peaceful protesters will be meeting at the front of City Hall to "unify our voices" and continue "showing our light" in the face of severe budget cuts. Please come show that you care about this vital issue while celebrating the arts/cultural programs which are slated to be eliminated. If there's one thing Flagstaff knows how to do, it's to rally for change in a grassroots effort. For more information and to register, please go to: <http://www.march4schools.com>.

Thanks ahead of time for your support!

♪ 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).

## Food for Thought

Here is a copied article/recipe about a traditional Greek funeral food, in which wheat berries—of which I'm sure we all have plenty—play a prominent role. (A funeral is not necessary, however, for this dish to succeed.)

*Kolyva - History behind this custom is rooted in Greek Mythology.*

*The story goes that Persephone (goddess of spring), the daughter of Demeter (goddess of wheat and the harvest), is kidnapped by Hades and taken to the underworld where he rules. Demeter is so sad that she doesn't allow the plants to grow. When the world is threatened by famine, Zeus relents and allows Persephone to return to Demeter as long as she has not eaten anything from the underworld. Hades is upset, so he tricks Persephone and gives her a pomegranate for her walk back home. She eats some of the seeds, and because of that must return to Hades for a portion of the year. During this time, Demeter allows nothing to grow (winter), and when Persephone comes back, the world gets Spring. Greeks remember their deceased with the pomegranate given by Hades and the wheat berries Demeter gave the world.*

*Recipe -*

*4 cups (about 1/2 lb.) wheat berries*

*salt*

*1/2 cup sesame seeds*

*1 tsp anise seeds*

*1 1/2 cups (6 oz.) walnuts, coarsely chopped*

*1 1/2 cups (6 oz.) slivered blanched almonds*

*1 1/2 cups golden raisins*

*1 tsp. ground cinnamon*

*seeds from 1 large pomegranate\**

*3 cups confectioner's sugar*

*2 cups whole blanched almonds for decorating*

*silver dragees\*\**

*Rinse the wheat berries and place them in a large saucepan. Add enough water to cover by two inches, along with a few pinches of salt. Bring to a boil over medium heat and cook until the berries are tender and beginning to split but not mushy, about 1 hour and 45 min. (add more water to the pot when the liquid reduces to the level that the wheat no longer floats, and stir from time to time so the berries don't stick to the bottom)*

*Drain and set aside in the strainer to cool and dry for at least an hour and up to several hours. Place the cooled wheat berries in a large mixing bowl. Add the sesame and anise seeds, walnuts, slivered almonds, raisins, cinnamon, and the pomegranate seeds. Sift in 1 cup of the confectioner's sugar and toss it all together. Transfer the mixture to a large platter or tray. Sift the remaining sugar over the top to coat it thickly, almost like a frosting. Decorate the top with almonds and the dragees. To serve, present the platter of decorated kolyva. Then just before eating, mix it all together.*

*\* NOTES*

*Pomegranate is not always in season. There is no substitute for its taste, texture, or symbolism, so if you can't find it, just leave it out.*

*Dragees are available in most well stocked large supermarkets, usually with baking goods, sometimes Ethnic foods.*

*Wheat berries can ferment at room temp and the sugar will crystalize in the fridge, so if you are making it for the next day, the best thing to do is to do step 1, store the berries in the fridge, then mix everything as described in steps 2 and 3 just before serving.*

*Enjoy!*

(A big thanks to CSA member Rita Bradley for the link and for helping us get through our bags of wheat berries. Visit <http://www.funeral-programs-digest.com/?p=36> for more information and delightful Greek recipes.)

## Lentil Burgers

Makes 6 patties

Vegetable oil for frying

1/2 onion, chopped

1/2 cup cooked green lentils

1/3 cup cooked peas

1 carrot, grated

1 Tbsp chopped fresh parsley

1 tsp. tamari

2 cups breadcrumbs

1/4 cup flour

1 egg, beaten

Heat a little oil in a frying pan or skillet and sauté the onion for about 5 minutes, or until soft. Mix all the ingredients together, except the flour, in a large bowl, adding enough egg to bind the mixture. Leave to cool.

When cold, form the mixture into burger shapes and dust with flour. Fry the burgers in vegetable oil until evenly browned. Serve with a bun or make a big batch and freeze 'em up for a rainy day.

Note: I bet this recipe would work great with any sort of legume...

*(New Recipes for Young Vegetarians)*

## Potato Roti

Makes 4, but this looks so delicious that you might just want to double it...or triple...

3 large potatoes, boiled and mashed

2 Tbsp chopped fresh cilantro

3 green chilies, chopped

2 Tbsp butter or oil, melted

1 tsp. salt

About 1 cup all-purpose flour

Ghee for frying

Mix all the ingredients together thoroughly, adding enough flour to make a soft dough; water is not necessary for this purpose. Divide the dough into four equal portions, then roll each on a floured surface to make a round measuring about 6 inches in diameter. Heat a griddle or heavy-based skillet. Cook the roti dry on the hot surface, or first grease the pan with a little ghee. When the underside is browned, turn the roti over and cook on the second side. Serve immediately with curry or dal. Alternatively, the roti can be deep-fried in hot ghee. This would also be a good use for leftover mashed potatoes.

*(Indian Vegetarian Cookbook)*

## Swiss Chard and Chickpea Soup

Serves about 6

3 carrots, diced

2 stalks of celery, diced

1 cup diced red onion

1 sprig rosemary, leaves removed from the stem and chopped

3-4 cloves minced garlic

6 cups vegetable or chicken stock, or just water

2 cups chopped tomatoes

About 2 cups chickpeas

1 bunch Swiss chard, roughly chopped

Salt and pepper

Combine carrots, celery, red onion, rosemary, garlic, and stock in a saucepan. Bring to a low boil and cook about 10 minutes. Add tomatoes, chickpeas, and chard. Simmer for another 15 minutes. Season with salt and pepper to suite your individual taste-buds' preferences.

*(Adapted from From Asparagus to Zucchini)*

## Huaraches: Stuffed Nopales

"These were first served to us at the nopal fair in Tlaxcalancingo, Puebla. I have since had them in restaurants in Mexico City. They are aptly named for the flat soles of the country people's sandals that they resemble."

Serves 6

6 large nopal cactus paddles, cleaned

1/4 medium white onion

1 large garlic clove, peeled and halved

Salt to taste

6 slices manchego, jack or gouda cheese

1/4-1/2 cup flour

3 eggs, separated, at room temperature

1/2 cup corn oil

"Place the whole cactus paddles, onion and garlic in a large pot with water to cover and salt to taste. Bring to a boil and cook for 15 minutes, or until the nopales are tender but still firm. Drain and rinse. Starting at the wide, curved end, carefully slice each paddle horizontally, as if butterflying a chop for stuffing. Do not cut all the way through to the narrow end (the thicker part where the pad is attached to the main plant) but leave approximately 1 1/2" uncut. Place a slice of cheese between the two sections and press flat. Dredge the paddles in flour. Beat egg whites until they form stiff peaks, and fold in the lightly beaten egg yolks. Heat the oil in a large skillet until a few drops of water sprinkled into it bounce around. Dip the stuffed nopales in the egg batter to coat and fry in the hot oil until golden brown on each side. Serve immediately with red salsa."

*(Thanks to: [www.mexconnect.com/en/articles/2406-huaraches-stuffed-nopales](http://www.mexconnect.com/en/articles/2406-huaraches-stuffed-nopales))*