

THIS WEEK'S HARVEST:

BASIL

TOMATOES

SQUASH

RED POTATOES

DRIED CHILIES

GRAPEFRUIT

ONIONS

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

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THURSDAY MAY 28TH, 2009

Get Ready to Party!

Hi, everybody! Welcome to the third-to-last pick-up of the season! Whooooo-hoooo! It's quite an accomplishment for many of us, as another full year of CSA wraps up; Karna, who has worked so diligently and tirelessly to make sure that pick-up runs smoothly and well, that everyone is satisfied, and that there is room for all our voices; the many delightful volunteers who give their time so freely each week, thus insuring that the things needing lifting are lifted, the things needing filling-up are filled-up, and the things needing to be paid for are indeed paid for; our farmers who make darn sure we don't go hungry and who open up their land and knowledge to help us gain a more viable, sustainable and personal relationship with this food; and last on this list, but of course never least thanks to you, the members.

Without any of these vital components, not only would CSA be a messy ordeal—produce flying haphazardly in all directions and people running amok as they search for someone to pay or a bag to fill or just trying to figure out what is in their share—it wouldn't be nearly as fun and rewarding to be a part of. Thankfully, however, it is a lot of fun and a huge pleas-

ure to be a part of this community that supports regional, organic agriculture.

As we wind down, say goodbye to Bilby—unless of course we work there!—and get ready for the delight that is the Sunday, and now Wednesday, market, it's possible that some of us may begin to feel a tad sentimental. I'd encourage you, if you're feeling grateful, poetic, or any other way you'd like to share, to please write a letter and email it to myself or Karna, letting us all know what CSA means in your life and what has changed as a result.

And, as always, there will be an end-of-the-year celebration potluck. This year, however, we have a very special, very young fella whose existence we'd like to celebrate with some cake and kids and all your love; last year at this time you might recall that Karna was about ready to pop...this year Jola is about to toddle into the joys of being a 1-year-old! On June 11th, the last pick-up of the year, please bring a dish to share and come party down and rejoice in another year well-spent as a member of this vital community.

You are all beautiful! Thanks for being a part of it!

Cheers!

Noticias

•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 **next 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.

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

Announcing...

♪ Our farm manager, Tanya, her husband Jesus, and their two sweet children are looking for a place to stay on Saturday nights before the Sunday morning market. They promise to be "no trouble" and would be up and out early, getting ready for the market. In exchange for a room in which to sleep, they're offering a summertime share of Crooked Sky Farms' produce. If you're interested in helping out the good people who work so hard to make it possible for us to continually eat beautiful, fresh produce, please email Karna and let her know you're willing to share your home a bit on Saturday nights. Thanks ahead of time!

♪ 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 or contact Art or Heather at 774.7781 or art@flagstaffmarket.com.

The Lives of the Veggies

As spring-time marches on, with flowers blazing and earthworms dancing in the rain, it's a pleasure to write the biographies of our weekly cast of vegetal characters; some possess sweet perfumes, which might be the envy of their brothers and sisters; some are so round and jolly no one could ever be mad at them; others remain so humble and straightforward you'd trust them with anything; and still others are so zesty and tangy that your mouth may water just by whispering their names. Here's an homage of sorts to our fine friends from the earth, a tribute to their lives and how generously they trek to our chopping boards, our tables and our mouths:

∞ **Basil:** Since we've been blessed with so much basil lately, alive as well as in leaf form, I'm not going to get too specific, for repetition's sake, on the history part—you know, how it is thought to have originated in India, where it was holily grown around shrines and temples; how a “good Hindu” had a basil leaf placed on his or her chest at death to help aid in the passage to the next realm; and how basil thrives in the heat of the summer. Instead, let's talk today about storage tips! So, as you know, fresh basil doesn't stay fresh for very long. (I just found a sadly forgotten bag of the precious stuff lurking angrily in the depths of my fridge...guilty as charged.) *From Asparagus to Zucchini* recommends that “For short-term storage, wrap in a lightly damp towel and refrigerate. Do not wash prior to refrigeration.” Or you could “Freeze fresh leaves in a plastic zip-lock bag. Remove air, seal, and freeze. Do not thaw before use.” Another good thing to know is that “Pesto freezes very well in an airtight container. Some people freeze it in an ice cube tray. When well frozen, pop out pesto cubes. Bag them in a zip-lock bag and freeze. Take out as many cubes as you need at a time.”

∞ **Tomato:** Well, most people don't need much coaxing to enjoy one of the first perfectly ripe, succulent, juicy termaters of the year. These faithful garden standbys are still a delight, and challenge, to grow and harvest for humans, even hundreds of years after their first cultivation in Peru by the Aztecs and Incas in the 8th century. Our word for these cheerful balloons of squirtseeds and slipperypeels comes from the ancient Mayan word “xtomatl.” (Say that 10 times fast! Or just one time slowly!) Oddly, the tomato wasn't accepted globally as a food until around 1850, after its Euro-debut in the 16th century. Still the ones who know how to do some of the tastiest things with the xtomatl, the Italians were the first in Europe to give them a chance. Just in case our harvest this week contains some under-rippers, you can make them blush a bit more by storing them in a warmish, sunless place for a few days.

∞ **Squash:** We know summer is fast approaching when the influx of squash begins...and doesn't end for many moons! Luckily, squash is as versatile as it is plentiful, and there are endlessly tasty and innovative things to do with the stuff. See last week's letter for some squooshy ideas, and remember to store your summer squash in a plastic bag because it tends to dry out rather quickly. Also, in the midst of a squash infestation, it's good to know that you can cook it, puree it, and freeze it as a base for soups in the winter and fall.

∞ **Red Potatoes:** I made the potato pizza on the next page and it was pretty good...but I'd recommend reallytruly slicing them as thin as possible so that they're transparent and paper-thin. I also squirted the whole shebang with some water because it looked like the spuds were drying out, what without any cheese to insulate and all. It was also fun to alternate the layering with a sweet potato. Experiment away!

∞ **Chilies:** You're probably well-stocked with dried peppers, but that's a good thing because, according to *The Good Herb*, “African and Mexican herbalists have recommended hot peppers for digestion for centuries...Ayurvedic East Indian herbalists also recommend hot peppers in small amounts as a digestive and circulation tonic and say the herb has *agni*, meaning it stimulates the stomach and related organs...In Zaire and Zambia, since ancient times, hot peppers have been made into a salve and rubbed on the skin to soothe the pain of arthritis.” So, you see, there are many uses for the many dried peppers we accumulate!

∞ **Grapefruit:** Did you know that: 1. Grapefruit helps treat poor digestion, belching, and increases one's appetite during pregnancy? 2. Helps to sober one up after too much drinking? 3. If you simmer the pulp for 10 minutes in 6 ounces of water and then slowly sip the result while avoiding solid food, it will reduce a fever? All of this and more is true about this mouth-watering citrus.

(Thanks to *From Asparagus to Zucchini*, *The Good Herb*, and *Healing with Whole Foods* for the info.)

Roti with Black Beans and Basil

Makes 4 servings

“These sandwiches are popular in Trinidad, where they are often filled with spiced meats and deep-fried. This is a vegetarian version that omits the deep-frying. Serve the roti for lunch or dinner with sides of steamed vegetables, or salad and soup. You can also slice the roti into small wedges and serve them as finger food with cocktails.”

1 Tbsp plus 1 tsp. olive oil
1 small onion, thinly sliced
1 clove garlic, mashed through a press or minced
1 medium tomato, mediumly chopped
2 tsp. good-quality yellow curry powder
1 tsp. dried hot red pepper flakes, or to taste
1/4 cup dry sherry or mirin
2 1/4 cups cooked rice
1/2 cup cooked black beans, rinsed if canned
1/4 cup minced fresh basil
4 pitas
2 tsp. Dijon mustard

Heat a large sauté pan; pour 1 Tbsp of oil; add onion, garlic, tomato, curry powder, and hot pepper and sauté over medium-high heat until the onion is just wilted, about 3 minutes. Add the sherry, rice, and beans and keep on cookin’ until the rice is warmed through. Remove from heat and add basil. Now spread mustard on each pita and scoop the rice mixture onto one-half of the bread. Fold each pita into a half-moon shape. Wipe the sauté pan and heat the remaining 1 tsp. of oil until hot and fragrant. Set the roti in the pan and let them sizzle away until mottled brown, about 2-3 minutes on each side. Serve hot.

(The Good Herb)

Pickled Garlic

Makes 7 half pint jars

2lbs large garlic heads (separate into cloves, DO NOT PEEL)

1/3 lb. fresh ginger, peeled and thinly sliced
1 cup coarse salt
7 dried red chilies
2 cups white wine vinegar
1 cup dry white wine
2 1/2 Tbsp mustard seed

Combine garlic in large saucepan with enough water to cover.

Place over medium heat and bring to a boil. Let boil for 2 minutes

Drain thoroughly. When cool enough to handle, peel each clove without crushing.

Transfer to non-metallic bowl. Add ginger and salt with enough water to cover. Refrigerate mixture for 2 days. Drain garlic mixture and rinse thoroughly in cold water. Drain again. Pack ginger and garlic evenly into 7 clean, hot, 1/2 pint jars to 1/2” from top. Add one chili to each jar. Combine vinegar, white wine and mustard seed in med saucepan and bring to rapid boil over high heat. Ladle into jars to just cover garlic mixture. Process per standard canning procedures. (Thanks to CSA member whose name we don’t recall!)

Yeast-Free Pizza Dough

Makes one 12-inch crust

1 1/2 cups all-purpose flour
1 Tbsp. baking powder
1/2 tsp. salt

Mix these together in a bowl. Make a well in the center and add:

1/2 cup water
2 Tbsp olive oil

Transfer dough to a floured board and knead for about 5 minutes or until dough is smooth and elastic. Once kneaded, it’s ready to be used!

(Pizzas)

Potato Pizza

Makes 1 pizza

1 quantity Yeast-Free Pizza Dough
1 lb. potatoes
2 Tbsp olive oil
1 Tbsp rosemary leaves
1 tsp. cracked black pepper

Place a pizza brick, unglazed terracotta tile or baking sheet in the oven. Preheat—with baking vessel(s) inside—the oven to 450. On a floured surface, press out the pizza dough using your fingertips into a 12-inch square (always pressing from the middle out toward the edges.) Now, slice the potatoes as thinly as possible. Place the pizza dough on the heated brick, tile, or baking sheet. Brush the base with a little of the oil, then arrange the potatoes on top. Sprinkle with rosemary and pepper and drizzle any remaining oil on top. Bake for 25 minutes, or until pizza is golden on the edges and crisp underneath.

(Pizza)

Farmer’s Choice

Serves one and all

Carry this home with gratitude and serve it up with heartfelt contentment and a side of merriment.

Salud!