

THIS WEEK'S HARVEST:

SPRINGTIME MIX

RED POTATOES

GREEN ONIONS

RADISHES

CITRUS

WHEAT BERRIES

ARTICHOKES

CARROTS

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 8TH, 2009

## BTWW Warm Up!

Welcome to the week before Bike to Work Week, in which we dust off and oil up our loyal wheeled companions, climb aboard and pedal our way to bliss.

This is also a good time to learn a little bit more about the Flagstaff Biking Organization (FBO)—whose mission statement is: “Promoting bicycling as a safe and attractive means of transportation and recreation in Northern Arizona.”

The FBO developed in 2002 when a group of cyclists wheeled together to coordinate Flagstaff’s first BTWW. It was such a success that they couldn’t just do nothing until the next May, so they became a viable non-profit and have been doing wonderful things in the community ever since. Helping keep people informed about all things cyclical, improving facilities, access, and trails, implementing bike safety classes in elementary schools, and fixing up bikes and selling them at a low cost to people who need them are just a few of the projects that this devoted group has rolled through with passionate vision.

Supporting BTWW is more than just fun—and fun it surely is!—and it’s more than just something we do for a

week in May: It’s a way to glide with freedom blowing through our hair as we exercise not only our bodies, but our minds and spirits. It’s a way to be a cohesive whole, a group of people who aren’t afraid to challenge the status quo, and who yearn for a time when there weren’t so many darn cars driving unnecessarily to and fro, cramming our streets with choking fumes and blaring horns. It’s a way to live a little better.

Now for some logistics. The BTWW Worksite Challenge will be underway next week from Monday the 11th to Friday the 15th. CSA is registered to participate, so we will be keeping track of how many people ride, walk, take the bus, or carpool 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, there is a delightful slew of activities cruising around town, starting with a 7:30 a.m. commute on Monday through town and a free breakfast at Heritage Square. Let’s make this the biggest BTWW so far! For more specifics and info, check out [www.flagstaffbiking.org](http://www.flagstaffbiking.org).

## News n’ Such

If you’re buying MEAT, please turn in your contracts and deposits this week.

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. Muchas gracias.

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...

## Tails from the Ground

- **Spring Mix**, often called “mesclun,” from the French word for mixture, has a variety of flavors which all blend together to form a delightfully fresh ensemble.
- **Green Onions** are another spring-time staple, presenting us with tasty bunches of white and green. *Joy of Cooking* states that “Poet Carl Sandburg contended that life itself is like an onion: It has a bewildering number of layers; you peel them off, one by one, and sometimes you cry.”
- **Artichokes** are one of spring’s earlier veggies, being the immature flower buds of a thistle plant. They contain cynarin—an acid which makes wines and foods served with them taste sweeter than they really are—so if you happen to pair your ‘chokes with a delicately special wine, know that it’ll be a bit different tasting. Artichokes go well with sharp flavors, such as lemons, oranges, vinegars, black olives, capers, garlic, shallots, parsley, sage, tarragon, fennel, basil, and oregano.
- **Radishes** “were once so esteemed as a stimulant for the appetite that people used to start their day with a handful.” Served raw with salt is a time-tested favorite for these cheery little spheres of crispness; if they aren’t thoroughly crisp, however, you can resuscitate them by dunking for a few minutes in ice water. The leaves are very nutritious and can be cooked much like turnip greens. Radishes pair well with scallions, chives, salt, parsley, sherry, rice vinegar, and lemon.
- “Of all the odd facts about food—and there are many—consider this: It took more than a century for the **potato** to be accepted in Europe after its introduction from South America, and even longer than that to make its way to North America, when it was finally brought over by Irish immigrants. Today the potato is the leading fresh food crop!”
- **Carrots** are superb, and the tops can be used in soup stocks much like their cousin parsley.
- **Wheat berries** are great in pilafs, salads, or mixed with other grains. They are great sources of fiber and will be sure to keep one regular.
- **Citrus** is a familiar bit of sunshine in our pick-up. If your citrus is too hard, run it under a little warm water and then roll it around on a hard surface with your hand and some pressure.

(Thanks to *Joy of Cooking* for all info and quotes.)

## We Meat Again

Deadlines have been extended to this week for meat, so if you’re interested or you know anyone who is, please make sure to get your order in... In case you’re still curious about your options regarding meat purchasing, here is the list of local ranches supplying CSA with really good, healthy, meat options.

• There is ONE Churro Lamb share from Slow Food still available. You may purchase 1/2 or a whole lamb for \$9.50/pound and you get to choose the cuts you prefer. Pick-up is May 21st, so if you’re interested be sure to talk to Karna and reserve your share. (*Check out [www.slowfoodusa.org/index.php/programs/details/us\\_presidia/](http://www.slowfoodusa.org/index.php/programs/details/us_presidia/) for more details.*)

• A Bar H Farms and Josh Koehn from San Simone, AZ will be offering shares of range-fed, natural beef, lamb, and chicken. Delivery is set for May 21st. Please get a contract from Karna or print one out from this week’s email and get your order in ASAP.

## Ongoing and Upcoming Events

♪ 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).

♪ Another cooking class at The Seasoned Kitchen is coming our way! This time it’s the “Sourdough Artisan Bread Workshop” taught by Lisa Rayner with her superb new book, “Wild Bread: Hand-baked artisan sourdough breads in your own kitchen.” You will get to be a part of the magic of home-baked bread and all its fascinating stages. The class will not include the typical full meal but will have snacks and fresh bread! It is on May 12th, from 6-9pm and costs \$40. Call 213-5942 to register.

Visit: <http://seasonedkitchenaz.com/calendar.html> and/or <http://www.lisarayner.com/>.

♪ Café Dirt was a wonderful success! Thanks to all who helped open up the forum...look for more to come.

MOTHER'S ACTING UP AND FLAGSTAFF BIRTH NETWORK PRESENT: A MARCH FOR PEACE  
FROM 2-3 FROM CITY HALL TO HERITAGE SQUARE AND A BIRTH FAIR FROM 3-6 PM AT  
HERITAGE SQUARE

Moms are indisputably some of the most important, amazing, beautiful people in our lives. While holidays highlight just one of the 365 days, every day really is Mother's Day...because without them, where would we be? Certainly not around to celebrate! Here's a great press release about an even greater event:

*Hello all Mothers and Others who care about children. You are invited to embrace the true spirit of Mother's Day the day before Mother's Day, Saturday, May 9th, with a march and festival. Imagine a Mother's Day weekend event that feeds your soul! Join us for the 6th annual march for peace beginning at 2 pm at on the steps of City Hall facing Milton Avenue. Underneath the flagpoles, we will hear from local members of Mothers Acting Up about the history of Mothers' Day and ways to act up in our local community. We will then march to Heritage Square for a Birth Fair. Participants are encouraged to wear costumes, carry signs, blow bubbles and even walk on stilts if so inclined during the march. Arriving at the birth fair at Heritage Square, we will take the stage to read the original Mother's Day Proclamation written in 1870 by Julia Ward Howe, which begins "Arise, then, women of this day! Arise all women who have hearts whether our baptism be that of water or of fears." Howe encourages us to come together to end violence and build a better world for all. The march and birth fair are in response to her call almost 140 years ago to unite on behalf of our global family. The fair combines activities for children with inspiration for adults interested in moving the world toward peace. Mother's Day was originally created as a call to action for women to speak out against the Civil War. Today, communities across the nation are reclaiming the holiday to celebrate peace and inspire local activism. The 2nd annual Birth Fair, sponsored by the Flagstaff Birth Network, will include entertainment by Chuck Cheesman, Brian David, Music Together, family yoga and a belly dancing workshop. The kids' corner will include opportunities to make tambourines, paper flowers, and of course, a Mother's Day card. There will also be bubble blowing, hula hooping, games and a celebratory cake for all. Vendors from local businesses and organizations focusing on healthy family living will also be present. Empower yourself by celebrating a more "traditional" Mother's Day this year and celebrate with mothers and others who care about the world's children. For information on similar events across the nation, visit [www.mothersactingup.org](http://www.mothersactingup.org).*

**Event: Mother's and Others March and Birth Fair**

**Date: Saturday, May 9, 2009**

**Time: March: Meet at 2 pm, march from City Hall to Heritage Square; Birth Fair: 3-6 pm at Heritage Square**

**Where: City Hall, then to Heritage Square**

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### **Artichokes a la Polita**

Serves 4-8, depending

8 artichokes

1/2 kilo potatoes

5 carrots

Juice from 2-3 lemons

4 spring onions

1 cup of olive oil

1 bunch of fresh dill or 3 tablespoons dried dill

Salt

Pepper

Slice the stem of the artichokes and remove the outer leaves. Leave only the tender leaves. Rub each artichoke with the lemon and put all of them in bowl full of water. Cut the potatoes and the spring onions in medium sized slices. Slice the carrots and sauté them together with the spring onions in a saucepan with the oil. Add the artichokes and the potatoes, the dill, the lemon juice, salt, pepper and enough water to cover them. Allow to cook, stirring occasionally, for 1 1/2 hour. If you want the "sauce" to be thick, you can mix a small teaspoon of corn flour in 1/4 cup (60 ml) water, add it and allow it to cook for another 5 minutes.

(Thanks for the link, Karna: <http://www.greek-recipe.com/modules.php?name=News&file=article52>)

### **Red Radishes with Scallions**

Makes 4 servings

Red radishes, well scrubbed

1 Tbsp butter or oil

Scallions, white part and 1 inch of green, diced

1/2 cup water or broth

Salt to taste

Trim the leaves off, rinse and set aside. Cut radishes in halves or quarters, depending how you like them. Heat oil in pan and add onions, cooking for a few minutes until soft. Now add the radishes and some liquid. Cover the pan and simmer until radishes are tender, about 3-5 minutes. Uncover, increase heat to medium-high and boil rapidly to reduce the pan juices while shaking the pan a few times. Add some salt and call it a day.

(adapted from *Joy of Cooking*)

### **Broiled Grapefruit**

Serves 4

2 grapefruits, halved

1 Tbsp sugar for each half (or other sweetener)

Pinches of ground ginger or ground star anise

Adjust the broiler rack so the grapefruit will be about 4 inches below the heating element; preheat broiler.

Slice grapefruit in half and remove any large seeds. If desired, snip out the tough centers before loosening each section with a grapefruit knife or small serrated knife. Place the halves on a small-rimmed baking sheet and sprinkle with sugar and spices. Broil until the tops begin to brown, about 5 minutes. Garnish by placing a small berry in the middle.

(*Joy of Cooking*)

### **Wheat Berries**

1 cup dry berries=about 4 servings

Soak berries at least 8 hours or overnight. For every cup of berries, soak in 3 cups of water. (They will expand and soak it up.) Once soaking is complete, add 1/4-1/2 teaspoon of salt (use more if cooking more than one cup) and bring berries, with their soaking liquid, to a boil in a medium saucepan. Reduce heat and simmer, uncovered, until tender but chewy, for about 45-60 minutes. Make sure you thoroughly pick through before soaking to get rid of any unsavory detritus.

(*Joy of Cooking*)

### **Honey Glazed Carrots with Fresh Mint**

Serves 4

1 pound carrots

2 Tbsp butter or oil

1 1/2 Tbsp honey

Salt and pepper

1-2 Tbsp chopped fresh mint

Cut carrots into evenly sized rounds or sticks. Combine carrots, butter, honey, and 1/2 cup water in large skillet over medium-high flame. 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 to taste. Sprinkle mint on carrots, toss well, and serve.

(*From Asparagus to Zucchini*)

### **Chinese Salad Dressing**

Makes 1/2 cup

1/3 cup sesame or olive oil

1 tsp. minced garlic

1-2 tsp. grated fresh ginger

Dash of cayenne

2 Tbsp lemon juice

1 tsp. sesame seeds

1 Tbsp chopped green onion

Mix all ingredients together and drizzle to your heart's content...

(*From Asparagus to Zucchini*)