

THIS WEEK'S
HARVEST:

WHITE ACORN
SQUASH

EGGPLANT

RADISHES

TOKYO BEKHANA

SPRING MIX

PEPPERS (BELLS,
ANAHEIMS, AND
JALAPENOS)

KAMAZUNA (BOK
CHOY'S COUSIN)

ONIONS

THANKSGIVING
WEEK PICK UP
WILL BE ON WEDS.
NOV. 26TH—SAME
PLACE, SAME TIME

*MOCHI? THIS IS A
RICE CAKE OR
DUMPLING MADE
FROM COOKED,
POUNDED SWEET
RICE...VERY DELI-
CIOUS, CHECK IT
OUT!

FLAG CSA LOVES
VOLUNTEERS... WHAT
ARE YOU GOOD AT?
WANNA COME PLAY!?

EMAIL OR CALL IF
YOU CAN HELP, FOR
FAVOR.

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NOVEMBER 13, 2008

Community Supported Blogging, Anyone?

Hello, Good People! Welcome to the bustle of Thursday afternoon at this busy hub of fresh, earthy delights. As we slide into the weekend with thoughts of warm beverages, good books, and overall coziness, I want to take a moment to share some exciting news...

Once upon a time there was a little two-paged weekly newsletter. Many had loved this little publication—indeed it had had many good parents. Life seemed pretty peaceful for the little fella', until one day it caught wind of something bigger...something better...something more inclusive and...it had an idea.

(Let us be clear, however, that this humble publication wants only to serve its hungry masses—that's you—as fully as possible; ambitions of change are fueled only by a desire to better connect with, inform, and inspire the folks, you again, who make the fledgling newsletter's heart burst with pride).

Anyway, the idea—revolutionary, yes—goes like this: A CSA blog extraordinary with contributions from YOU, recipes from YOU, ideas and suggestions

a lá YOU, poems and pictures, yes it's true, from none other than YOU the people. A blog format would enable our meager two-pages to become much more substantial and effective, with more member contribution, better archives, and all around more fun as we would be able to communicate and leave feedback, questions, etc.

And while the newsletter, bless its heart, has many good ideas of its own, we must thank CSA member Jessica Fetzner for this particular one. With a community of such great hearts and minds, our blog is bound to reflect the joy and ingenuity of the social fabric that makes us so special.

So, are you interested? The idea is still vestigial, but I wanted to pass the word along and see what sort of enthusiasm could be harnessed, what sort of ideas you've got about a blogging atmosphere. Objections? If you feel strongly about this one way or another, feel free to let me know. Email me, please, (macy.mouritsen@gmail.com), and I'll be sure to bring your ideas to the table where these fresh, earthy delights are served with a side of gratitude and topped with glee. Thanks to all.

Reminders and News

Second-half payments are due; your name will be *highlighted*; if you owe please be sure to pay this week. Honey will be available today for sale—you choose: Mesquite or Wildflower. Olive oil is available. Zuni will have mochi* for sale and Mountain Meadow Farm will be selling herb starters, worms, and such. Wonderful books by Lisa Rayner could also be yours...

Meatiness

Chicken is still available, but everything else has been claimed. **Meat pickup is next week, Nov. 20th—bring cash or checks and respect for these good animals...**

Basic Sourdough Pizza or Pie Crust

(This recipe yields quite a bit of dough; a half-sized batch might be more doable.)

14 cups whole-wheat, or spelt, flour

5 cups water

1 1/2 tsp. sea salt

1 cup sourdough starter (see last week's recipe)

Mix 7 cups flour with water, salt, and starter; add remaining flour slowly until dough becomes too thick to stir; knead gently until smooth, uniform, and elastic; cover and let rise 4-6 hours in a non-metal bowl; replenish starter; knead dough once again after it has risen to about double its original size. Now roll out until very thin; place in a pie or pizza pan that has been brushed with oil; trim and flute the edges; let rise 30 minutes; add filling and bake.

(Healing with Whole Foods)

Eggplant, Pepper, and Onion Pizza

As many eggplant as you've got, very thinly sliced, oiled and salted on both sides

An onion, also thinly sliced

Peppers, your choice, finely chopped

Tomatoes, sliced thinly too

Olive oil

Mozzarella or goat cheese

1 Tbsp. coarsely chopped flat-leaf Italian parsley

Arrange cheese evenly on pizza dough; top with tomato slices, peppers, onion, eggplant. Bake for 10-15 minutes on lowest oven rack at 450 degrees.

(Liberally adapted from Pizzas)

Ghee (Clarified Butter)

Yields one pound of ghee

Here is an exciting thing! Ghee is butter with the milk solids removed; Ayurveda describes ghee as one of the finest cooking oils; it increases "digestive fire" (thus improving assimilation and increasing nutritional value of foods).

You will need:

2 pounds of sweet, unsalted butter

Place butter in a saucepan until it boils, then lower heat to maintain a slight rolling boil; the foam collecting on top will condense and thicken and should now be skimmed off; after 12-15 minutes, when boiling stops and a frying-oil sound begins, quickly remove from heat and allow to cool for a few minutes; then pour it into a non-plastic container. The sediment from the bottom of the pan and the skimmings from the top may be used in any way you like.

(Healing with Whole Foods)

Stuffed Winter Squash

Serves 2

1 medium acorn squash, cut in half and seeded (don't throw the seeds away--toast 'em up!)

1 tsp. olive oil

2 tsp. pure maple syrup

1/2 tsp. ground cinnamon

Filling:

1 Tbsp olive oil

1 cup finely chopped yellow onion

2 garlic cloves, minced

1 1/2 cups thinly sliced and chopped white mushrooms

1 Tbsp dried sage leaves

1/4 tsp. thyme

2 cups water or veggie or chicken broth

2 Tbsp soy sauce or Bragg's Liquid Aminos

2 Tbsp cornstarch, dissolved in 2 Tbsp water

1 1/2 cups cooked rice

Salt and pepper to taste

1/4 cups chopped fresh parsley (optional)

Preheat oven to 350 degrees. Brush the inside of the squash with maple syrup and oil; sprinkle with cinnamon; place the squash cut side down in a baking dish and bake for about 35 minutes. Meanwhile, get to work preparing the filling. Warm the oil in a medium skilled over medium heat; add onion and sauté for 8-10 minutes, or until soft, stirring often. Add garlic and cook for one more minute; add mushrooms, sage, and thyme. Keep sautéing for 2-3 minutes, until mushrooms are tender and release their juices; add water or broth and soy sauce until sauce thickens; simmer for one minute, to blend flavors. Stir the cornstarch mixture and add it to skillet. Reduce heat to medium-low and cook for 2-3 minutes, until the sauce thickens. Stir in the rice and salt and pepper to taste. Place each squash half in a shallow serving bowl. Spoon filling into open, yummy-smelling squash and top with parsley and cheese if you like.

(Student's Go Vegan Cookbook)

Kamazuna and Tokyo bekhana are great stir-frying partners; add some onions, garlic, ginger, tofu, and those spicy radishes...see what happens!

Peace your way.