

THIS WEEK'S  
HARVEST:

NAVEL ORANGES

ONIONS

SWEET POTATOES

PINTO BEANS

BUTTERNUT  
SQUASH

SPRING MIX

BASIL

RED POTATOES

FLAG CSA LOVES  
VOLUNTEERS...

EMAIL OR CALL IF  
YOU CAN HELP,  
FOR FAVOR.

CONTACT:  
KARNA OTTEN AND  
BABY JOLA

FLAGCSA  
@GMAIL.COM OR  
928-637-5197

WWW.FLAGCSA.  
COM

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NOVEMBER 26, 2008

## Sharing Thanks & Basking in Gratitude's Warmth

Good health to you all, Sweet-Fine-Friendly-People-of-CSA! As gusty winds blow layers of clothing onto our bodies and grey skies enclose us in thoughtful gratitude, now is the time to celebrate!

It's time to rejoice in all that we have—the dear, smiling eyes we share our every days with, the knowing embrace of a friend, the perpetual balancing act of our full, busy lives—and to offer up our deepest thanks for the abundant grace filling our moments...and our bellies.

But not all bellies are as fortunate as ours, sadly. I wonder why I get to eat so well while others aren't ever too sure where their next meal will come from; will it be fresh or hot? How come so many people live hungry, cold, scared lives while I get to have more than enough of everything? A sense of overwhelming unfairness sends my mind reeling, yet I am quite pleased at the comfort and ease of my bountiful existence.

So it is with gratitude to the people who don't know this comfort and ease that I wish to dedicate these words. It's not easy to sustain a joy for life, a zesty

worldview drenched in optimism and open-mindedness when your basic needs are not met. It is to the people on whom life is especially tough that I want to extend my warmest heart wishes of prosperity and health.

Like a clean, dry, pair of socks, our Flagstaff CSA supports and nourishes the health of a community of people who, I feel safe in assuming, sincerely care about all human—and other—lives. So with this comes a responsibility, a challenge, to be tolerant in thought and mindful in action...to represent the abundant privilege we know so well: to bask by gratitude's hearth and to wear generosity's halo as often as possible. Cheers to that!

### Sunny-Sides-Up

Also, a word about eggs...there will be a limited supply available for purchase at pick up today, for \$4/dozen. If you know of anyone wanting us to support their chickens, let Karna know please!

And a note about our lovely blog; if you'd like to contribute send an email to [flagcsarecipes@gmail.com](mailto:flagcsarecipes@gmail.com) and you will receive an invitation to become an author. From there, if you have a gmail account, you can post entries and carouse 'til your heart is content.

### The Biz

Last week some people forgot to grab their poultry, which would be okay if it didn't directly affect the farmers: this resulted in a \$600 loss of sales for the good people at A Bar H Farms! So, if you did not pick up your meat, the \$5 deposit on chickens is non-refundable, but for the turkey deposit (\$20 each), Karna will offer a \$10 voucher for the next meat order in February. Please speak with Karna directly or email her. Thank you.

Coffee, honey, olive oil, Mountain Meadow Farm products, mochi, Village Baker bread and books are all available for your perusal and purchase...stocking stuffers, perhaps?

## Chai Tea

Serves about 4

4 tsp. tea leaves (Darjeeling works well, also try Rooibus for kiddos)

2 1/4 cups water

1 cup milk, soy or rice will do too

4-6 tsp. sugar or honey, optional

1/4 tsp. green cardamom pods, coarsely crushed in coffee grinder or whole

1/2 tsp. minced fresh ginger

A few peppercorns if you've got 'em

1-inch piece cinnamon stick

2-3 cloves garlic, coarsely chopped (I think this is a bit crazy, but some might like it—feel free to omit!)

6-7 mint leaves

Combine all ingredients in a large saucepan. Bring to a boil, then reduce heat and simmer for 2-3 minutes. Turn off heat. Cover and let rest for a few more minutes. Strain and serve while still hot, great for cold days, (feel free to add or subtract ingredients...)

*(Indian Cooking for Family and Friends)*

### **Bay-Studded Potatoes, Rosemary, and Olive Oil**

Serves 6-8

8 large new potatoes

16 bay leaves

3 Tbsp olive oil

3/4 stick, (1/3 cup) sweet butter or ghee, melted

4 sprigs rosemary

Coarse salt and freshly ground black pepper

Preheat oven to 400 degrees. With a small knife, cut each potato across its width in slices about 1/2-inch thick, stopping 1/2-inch before the bottom so the slices are still joined at the base; season with salt and pepper and insert a few bay leaves in the cuts in each potato. Place 'toes in a roasting pan, pour the oil over them and brush with a little of the melted butter. Roast in the oven for 30-40 minutes, until tender. Brush with remaining butter, scatter rosemary over top and return to the oven for 10-15 more minutes, until golden.

Drain and sprinkle with coarse salt.

*(A Passion for Potatoes)*

### **Butternut Squash-Apple Soup with Toasted Pecans and/or Nutmeg Cream Garnish**

1 Tbsp. each butter and olive oil

3-4 cups butternut squash, peeled, seeded, cut into 1-inch chunks

1 cup chopped celery (about 2 stalks)

1 cup peeled and chopped carrots

1 1/2 cups tart apples, peeled and cut into 1/2 dice

1 tsp. each thyme and marjoram

1/2 tsp. each ground cumin and cinnamon

1/8 tsp. cayenne

1 tsp. kosher salt

7 cups stock/water

1 cup apple cider

1/4 cup heavy cream

Salt and white pepper

In large saucepan heat oil and butter over medium heat; add squash, celery, onions, carrots, and apple; mix well and let sweat 5 minutes. Cover and sweat again for 5 minutes more. Add stock or water and bring to a gentle boil; reduce heat slightly and cook for 30 more minutes. Remove from heat and cool for 10; add cider. Puree in batches until very smooth and transfer to a clean, heavy-bottomed pan; add the cream and thin with water if too thick. Add salt and pepper to taste.

Now for the **Toasted Pecan Garnish:**

1/2 cup chopped pecans

About 1 tsp. olive oil, just enough to coat the nuts

Pinch sugar (not too hard, now!)

Pinch salt (be gentle)

Tiny pinch cayenne (there you go...)

Toss all ingredients together, spread in a pie pan and bake for 5 minutes at 350 degrees, or until fragrant; this may also be done in a small, heavy skillet on the stove but be sure not to burn nuts and keep tossing...a kitchen timer may be a good idea here.

And **Nutmeg Cream:**

1/3 cup heavy cream

Good pinch kosher salt, to taste

Pinch nutmeg (is this spice abuse?)

Whip cream to soft peaks, add salt and nutmeg, whip to stiff peaks; chill until serving time; top soup with cream and nuts and enjoy it!

*(Sharing the Table at Garland's Lodge)*

### **Turnips Gain Clout in Stir-Fry**

The word on the street is that turnips and eggplant are "surprisingly good in stir-fry," especially with some sort of sauce—teriyaki-based and coconut curry are some favorites of CSA member Lydia, yummmm...

Thanks for your contributions, everyone!

Enjoy your feasts!