

THIS WEEK'S HARVEST:

ORANGE ACORN SQUASH

CITRUS

BOK CHOY

SPRING MIX

PURPLE TURNIPS

RAPINI

IITOI ONIONS

PLANT STARTERS—
PURPLE AND GREEN
BASIL OR NASTURTIUM

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 DELICIOUS,
CHECK IT OUT!

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

EMAIL OR CALL IF
YOU CAN HELP, POR
FAVOR.

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Is the Juice Really Worth the Squeeze?

Hi folks, how you doing? Another week has flown by and here we are, Thursday afternoon again. Supposedly it's fall and winter will be fast approaching, but you won't hear me complaining about the plentiful sunshine and almost-flip-flop-weather; I'll happily hang my laundry out to dry for as long as possible!

As we leap into cooler weather and prepare for the plentiful bushels of leafy-green-vitamin-superstars heading our way over the coming weeks, we may find ourselves facing a fridge full of guilty accumulations. Corners too dark and murky to face without extreme bravery...If your fridge has a hobby of collecting things like mine does (greens, turnips, and radishes?), you may be in pretty deep, eh? Not only might one begin to feel like an apathetic waster of good food, but also like a bit of a culinary poseur—so let's see what we can cook up with these collector's items, shall we?

Since we've been receiving a lot of Asian greens lately—with their mildly bitter, slightly spicy, cabbage-like flavor, and dense, watery stems—here are some cook-

ing ideas: they are great in lighter dishes and broth-based soups; they mix well with ingredients such as miso, soy sauce, sesame oil, coconut milk, freshly grated ginger, garlic, and red chili flakes; toss the clean, still damp, leaves into a hot, oiled skillet with whatever spicer-uppers you love and stir until wilted and the color of a forest after heavy rain.

So last week I mentioned the exciting prospect of a CSA blog...well...it now exists! We encourage you to sign on and post comments, recipes, radish/turnip hints; the place to go is <http://flagcsarecipes.blogspot.com/>, or you may email flagcsarecipes@gmail.com, the password is vegetables. (And I also want to clarify that the newsletter will still live on in its natural habitat—I was not totally clear last week, sorry—and the blog will just be a beloved cousin and partner in culinary and sustainable delights.) So log on and enjoy it! There are already some great posts and really wonderful links to other related sites. Happy blogging...and keep reminding yourselves that the juice truly is worth the squeeze when it comes to eating fridge-clingers...you will be rewarded with a clean body and a clean ice-box...quite appealing if you ask me!

Weekly Biz: Comings and Goings

- ☞ Meat pickup today—bring cash or checkbooks and some extra arms to help!
- ☞ Coffee, honey, olive oil, Mountain Meadow Farm products, mochi, and books are all available for your perusal and purchase...stocking stuffers, perhaps?
- ☞ Eggs will be available next week, (first comers get the eggs since the hens aren't laying enough for everyone desiring weekly eggs) for \$4/dozen. Karna will keep her ears open for more eggstraordinary cluckers willing and ready to serve us...
- ☞ Churro lamb will be available for those wanting more lamb...details coming soon.

Beans with Broccoli Rabe (Rapini)

1 pound dried beans, a white variety might be nice
3 garlic cloves, smashed lovingly
1 bay leaf
1 dried red chili pepper
7 dried sage leaves, less if using fresh sage
Salt to taste
5 Tbsp. extra virgin olive oil
1 bunch rapini (a slightly bitter cousin of broccoli with a mustardy zing that decreases with cooking)
1/2 tsp. oregano
Freshly ground pepper
Hot red pepper flakes

Soak beans overnight. Cook them on the stove in an oven-proof dish with garlic, bay, red chili pepper, sage, 1 tsp. salt, and 4 Tbsp. olive oil. Cover everything with 1-inch of water and cook for about a half hour. Cover with foil or top with a lid. Put in oven set to 450 degrees; bake for 30 minutes. Reduce heat to 225 degrees and bake for 1 1/2 hours more. Discard leaves and pepper. Shred greens and place in high-sided skillet with remaining olive oil, oregano, salt, pepper, and pepper flakes. Cook and stir for about 5 minutes until greens are wilted and shiny. Transfer beans to pan and mash to a purée. Dilute with water to make the beans creamy and cook for another 10 minutes. Season to taste with salt and pepper. (adapted from Tucson CSA's newsletter, thanks to Lisa Janz)

Roasted Squash & Garlic Enchiladas

Easy and very tasty, you can use this filling in many ways—a layer in lasagna or stuffed in a phyllo dough pie, add cheese and make it a pizza or pasta sauce if you like...

1 large or two small winter squash
1 whole head garlic, unpeeled
1 Tbsp. oil plus enough to coat baking pan and veggies
Salt n' peppa to taste
Halve squash (or bake whole) and scoop out seeds. Oil pan well and coat inside of squash and entire bulb of garlic with oil. Lay squash cut side down in pan with garlic and cook for about 40 minutes at 350 degrees; once flesh is tender, remove it from skin with a spoon and place in bowl. Cut top off garlic bulb and squeeze cloves into squash bowl. Add oil, salt and pepper, mix well. Roll filling in corn tortillas and top with red enchilada sauce, green chili sauce or mole. If you eat cheese, sprinkle some on top, cover and bake for 20 minutes at 350, or if you like to plan ahead,

cover and freeze for an easy future dinner. I can smell these pups already...mmmm...
(adapted from Tucson CSA newsletter, thanks to Sara Jones)

Turnip or Radish Fritters

3 large turnips or radishes, grated
1/4 cup flour, your choice
1 egg
1 Tbsp dried dill or more if fresh
Juice of one lemon
Zesty peel of one lemon
1/2 tsp. salt
Sugar to taste, optional
Cheese to garnish, also optional
Add to grated veggies the egg, dill, salt, flour, lemon peel, 1/2 the lemon juice. (Feel free to flour it up until you've got a nice, sticky consistency.) Heat a pan to medium with oil, scoop out the mixture by 1/4 cupfuls, drop onto pan, flatten and fry until golden brown on each side. Mix remaining lemon juice with a tad bit of sugar and drizzle atop these steaming-hot yum-mies; top with cheese if you like.
(also from Tucson CSA—they've got great recipes!—*muchas gracias a Tina Hansleben*)

Cardamom Oatmeal Cookies

(Makes 48 cookies!)
3/4 cup apple butter
2 Tbsp canola or other vegetable oil
1 egg, lightly beaten
2 tsp. vanilla extract
3/4 cup packed brown sugar
3/4 cup chopped raisins (optional)
1 1/2 cup flour
1 tsp. baking soda
1/2 tsp. salt
1 tsp. ground cinnamon
1 tsp. ground cardamom
2 cups rolled oats
Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a light coat of oil. In a large bowl, mix together the apple butter, oil, egg, vanilla, and brown sugar until smooth; stir in the raisins or other dried fruit. In a separate bowl mix together the flour, baking soda, salt, cinnamon, and cardamom; now stir in the oats. Add the dry ingredients to the wet ones and mix until well-blended. Drop the batter by the spoonful about 3 inches apart onto the baking sheet. Bake each batch for about 15 minutes, or until lightly browned.
(*Moosewood Restaurant Low-Fat Favorites*)