

THIS WEEK'S
HARVEST:

KALE

PURPLE OSAKA
MUSTARD GREENS

TURNIP GREENS

CHILIES

TOMATOES

PEARS

ONIONS

BUTTERNUT
SQUASH

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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OCTOBER 16, 2008

Falling into Synch: West Winds blow, Blood Thickens

Living in seasonal harmony feels like coming home. Nature cradles our weary heads and offers answers; earth's abundance soothes our spirits and whispers "Come inside, my children, come warm your hands with me."

As we go inside ourselves, our homes, and our hearts we enter a realm of encroaching stillness: winter is just around the corner. Fall is the season to plan for the approaching winter calm, the quiet days and months when we internalize our focus and sharpen our views.

"Everything in nature contracts and moves its essence inward and downward. Leaves and fruit fall, seeds dry, the sap of trees goes to their roots," states Paul Pitchford in *Healing with Whole Foods*. The qualities of food we consume in autumn, then, stress more astringent, hearty flavors. Cooking methods, such as baking and sautéing, using less water and less heat for longer periods of time help this drawing in process. Bitter and salty foods also help move energy inward and downward.

Therefore, "fall is the time to or-

ganize the open and perhaps scattered patterns of the previous warmer seasons," states Pitchford. Some good fall foods include sourdough bread, sauerkraut, olives, pickles, leeks, adzuki beans, salt plums, rose hip tea, vinegar, cheese, yogurt, lemons, limes, and grapefruit.

In closing, I offer you this poem by Lloyd Schwartz called *Leaves*, part I: *Every October it becomes important, no, necessary to see the leaves turning, to be surrounded by leaves turning; it's not just the symbolism, to confront in the death of the year your death, one blazing farewell appearance, through the irony isn't lost on you that nature is most seductive when it's about to die, flaunting the dazzle of its incipient exit, an ending that at least so far the effects of human progress (pollution, acid rain) have not yet frightened you enough to make you believe is real; that is, you know this ending is a deception because of course nature is always renewing itself—the trees don't die, they just pretend, go out in style, and return in style: a new style.*

Cheers to thick blood and hot, strengthening meals. Enjoy your harvest!

Honey and Olive Oil join CSA

A Bar H Farms will be supplying us with beef, lamb, turkey, and chicken possibilities. (Be certain to get your order in ASAP if you want beef, lamb, or turkey—these shares are limited). **All contracts for meat due by Nov. 4th.** Honey and oil contracts are available today; they're due next week with full payment. We will order these products once a month. We're still waiting to hear back on the cheese...

Local Connections

We deliver to Tuba City for a small fuel charge; also people from Sedona, Williams, & Parks can be put in contact with a CSA ferry (fairy?) delivering fresh weekly goodness.

Chilean Bean Stew* or Porotos Granados

(Thanks to CSA member Ellen Furr for this recipe!)

2 Tbsp oil
2 cups chopped onions
4 garlic cloves, minced
1 1/2 tsp salt
1/2 pepper
1/8 tsp cayenne
3 cups water
4 cups peeled, seeded, cubed butternut squash (3 pounds)
3 cups fresh, frozen or canned corn Kernels
3 cups cooked red pinto beans or 3 cans of pinto or white beans, drained and rinsed.

Heat oil in large soup pot. Add onion, garlic, salt, pepper and cayenne, sauté on med heat for 5 min. Add water and squash, cover and bring to boil, then reduce heat simmer 10 min. Stir in 1 cup of the corn, beans and basil. Cover and continue to simmer for another 5-10 minutes until squash is soft. This is what I serve and it is delicious. OR: Ladle 2 cups of broth from the stew into a blender, add 2 cups of corn and puree until smooth. Stir pureed corn back into the stew. Gently reheat before serving. Can top with grated cheddar cheese. "Very good!"

(Moosewood Restaurant Classics)

Sesame Kale Salad

Serves 4-6

1 pound fresh kale (or chard, spinach, mustard greens)
2 Tbsp soy sauce (of Bragg's Liquid Aminos)
2 Tbsp toasted sesame oil
1 Tbsp toasted sesame seeds, crushed if desired
1 clove minced garlic
2 tsp honey
1 Tbsp apple cider vinegar
Dash of black or ground red pepper
Chop kale stems and leaves; steam stems a couple of minutes, then add the greens and steam until just barely tender. Drain; let kale cool enough to handle. Squeeze out as much water as possible. Place in a serving bowl; mix the remaining ingredients in another bowl; add to greens. Mix, chill, and serve.

(From Asparagus to Zucchini)

*More ideas for cruciferous vegetables: Sauté kale and mustard greens, turnip greens or chard with olive oil and garlic, then pile onto a sandwich, eat by themselves, or serve as a side dish.

Chilie Puree

Makes 2-3 cups

1 tsp each cumin seed, oregano, sage, kosher salt
10 chilies, stemmed and rinsed
1/2 medium onion, chopped
4 cloves garlic

Toast spices, salt, and garlic together in a heavy skillet over medium heat for five minutes or until they become slightly fragrant. Add the onion and chilies and sauté the whole thing together for 5 minutes or more, again until toasty fragrant. Transfer the mixture to a saucepan and add water to cover. Cook over medium high heat, partially covered, 15 to 20 minutes. Cool a bit. Transfer to a blender and process until very smooth. Pour the puree through a strainer, whisking the mixture to force every bit of the puree to come through and leaving skin behind. Use this in soups, stews, and sauces; it freezes very well.

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

Pear Rice Pudding

3 1/2 cups cooked brown rice
1 1/2 cups apple juice (or half water and half juice)
1/4 tsp sea salt
1/3-1/2 cup water
1/4 tsp cinnamon
1/2 cup almonds
3/4 cup water
3-4 Tbsp tahini

Chopped pear to your flavor preference
Boil almonds in 3/4 cup water and 3-4 Tbsp of tahini. Puree in blender. Place all ingredients, except pear, in a pressure cooker and cook for 40-45 minutes. (If you don't own a pressure cooker just use the stove-top and simmer, covered, for about an hour). Place ingredients in a covered baking dish and bake at 350 degrees for 45 minutes to an hour. Remove cover and brown top. Slice pear and arrange on top in a lovely design of your choosing. (*Macrobiotic Cooking for Everyone*)

*Again, I invite you to send me feedback, suggestions, requests, you name it!

Please contact me: macy.mouritsen@gmail.com

Looking forward to hearing from you...Thanks!