

THIS WEEK'S HARVEST:

PUMPKINS

SPRING MIX

TOKYO BEKHANA

BOK CHOY

I'ITOI ONIONS

ROASTED CHILIES

TOMATOES

EGGPLANT

WE NOW HAVE
CLOSE TO 300 CSA
MEMBERS!!!

THANKS FOR
SPREADING THE
WORD...KEEP IT UP!

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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Ode to Vegetal Diversity and Lore

Food is rich. The history, traditions, nutritional analysis—simply the way it makes us feel when we put it into our bodies!—make eating consciously not only something we must do to sustain life, but a true expression of joy and delight.

Researching the lesser-known varieties on this week's list, I was struck by the sheer vastness of our food world. Our relationship with food is one of intricate interdependence; the more we honor and respect the gifts we receive, the more fully the cycle of life is able to continue nourishing all aspects of us.

Did you know that eggplant does more than go well with cheese and basil? It clears stagnant blood, reduces swelling, is used for bleeding hemorrhoids (I was going to discuss this in the eggplant recipe, but...) It can also be used as a compress for frostbite, and should be eaten sparingly by pregnant women.

Cabbage stimulates the immune system and kills bacteria and viruses in addition to speeding up the metabolism of estrogen, thus reducing breast cancer risks. It purifies the blood, improves di-

gestion, beautifies the skin, helps resolve mental depression and irritability, and contains vitamin U (an ulcer-fighter). Eating cabbage regularly helps overcome chronic cold feet! It also contains tons of iodine and more vitamin C than oranges; the outermost leaves have loads of vitamin E and contain at least 1/3 more calcium than the inner leaves. (Tokyo bekhana is a member of this huge and diverse cabbage family).

Regular pumpkin consumption has been shown to help relieve bronchial asthma. Who would've guessed?

I'Itoi onions were originally harvested in the US on I'Itoi Mountain, a.k.a. Baboquivari Mt., regarded by the O'odham nation as "the navel of the world—a place where the earth opened up and people emerged." The name means Elder Brother, so the onion is a sacred reminder of the O'odham creation story. Is that why onions make you cry?

These vignettes add a layer to the innate beauty and value of fresh, local food; there is always more than meets the taste-bud! Thanks for all that you do to enable a greater dietary understanding and appreciation, it takes a village to enjoy good food...so enjoy!

Contracts, contracts, contracts!

*Honey orders and payment are due this week.

*Meat contracts are still available, but they're going quickly! Be certain to have them in no later than Nov. 6th, ok?

*If you ordered olive the total is \$46 due today, if all goes as planned olive oil will be here next week next week.

*Mountain Meadow Farm will be joining us at pick-up with herb starters, red wormys, and sunchokes...so empty your piggy banks, bring cash or checks and stock up! See you!

Reusable Bags in Hot Demand

We need more bags always: if you've got 'em, we'll gladly take 'em!!! Thanks for being the best CSA on this side of the Mississippi! Salud.

Stir-Fried Bok Choy with Mushrooms

Place 1/2 cup water in a small bowl and add 6 dried shiitake mushrooms. Let them soak for 20 minutes, stirring once in awhile. Remove from bowl, saving the soak juice, and cut into 1/4-inch slices. Strain the soaking liquid and reserve 2 Tbsp. Pour this into a small bowl and add:

1 Tbsp Shaoxing (?) wine or dry sherry
2 tsp. cornstarch
3/4 tsp. white pepper (black, red, or green will do too)

In yet another small bowl, combine:

1 cup veggie broth or stock, or meat-based if you like
1/2 tsp. salt
1/2 tsp. sugar

Heat in a wok or large skillet over high heat:

3 Tbsp peanut or sesame or canola or other oil (or just plain water)

Add the mushrooms and :

1 1/2-2 pounds bok choy, cut crosswise into 2-inch pieces

Stir-fry until bok choy is cooked to your preferred wiltedness, maybe 3-4 minutes? Add the soup mixture, cover, and steam until "crisp-tender," about 1-2 minutes. Stir in the reserved cornstarch mixture and bring to a boil, stirring often. Top with:

A bit of toasted sesame oil or some fresh sesame seeds (Also...feel free to add whatever almost-too-old veggies you may have lurking in the depths of your fridge to this mix and see what happens).

(Joy of Cooking)

Tokyo Bekhana Slaw

Serve this finely cut slaw alone or over cooked rice noodles. You could also use it as a filling for spring rolls, wrapped up with lettuce or in rice paper wrappers.

1/2 head Tokyo Bekhana, shredded

1/2 bunch radishes, shredded

1/2 bunch carrots, shredded

1 tablespoon rice wine vinegar

1 teaspoon freshly grated ginger

1 teaspoon honey

1 teaspoon toasted sesame oil

2 teaspoons olive oil

2 teaspoons soy sauce

Toss together vegetables. Mix liquid ingredients in separate bowl, then pour over vegetables. Toss, then let marinate in refrigerator for at least one hour before serving.

(I love the internet! Thanks to Tucson CSA member Sara Jones).

Chinese Steamed Eggplant

1 large eggplant, cut into 6 wedges

2 Tbsp vegetable oil

1 I'itoi onion, cut into 2-inch pieces

2 cloves garlic, minced

3 Tbsp soy sauce

1/4 tsp. sugar

Pinch of black pepper

Steam eggplant until tender, about 30 minutes. Heat oil in a wok or large skillet. Stir-fry green onion for a minute or so; add remnants and cook for a few more minutes. A nice addition to the Bok Choy Mushroom dish next-door.

(From Asparagus to Zucchini)

Red Pepper Salsa (for Grilled Fish?)

1 cup chopped red (or green) peppers, roasted or raw
1/3 cup chopped pitted black olives, (brine-cured is the best)

1/3 cup coarsely grated Parmesan cheese (optional)

2 Tbsp olive oil

2 Tbsp chopped fresh basil

1 Tbsp parsley, chopped freshly

1 tsp. fresh chopped oregano or 1/4 tsp. dried

Salt and pepper to taste

Combine all ingredients; let stand 30 minutes. Serve with grilled tofu, fish, with soup or salad...you name it. Serves 6-8.

(From Asparagus to Zucchini)

Pumpkin Cooking Tips

*Steam 1- to 2-inch chunks for 15-20 minutes. Puree or top with butter.

*Boil same sized chunks in salted water until tender, about 8-10 minutes.

*Cut in half and bake cut side down with a little water in the pan at 350 degrees for 40-50 minutes.

Whole pumpkins can be cleaned out, brushed inside with melted butter, and baked with lid on for 35-40 minutes. Or just bake it whole!

*Sauté 1/2-inch slices of pumpkin until golden brown on both sides with onion rings, fresh grated ginger, and a pinch of salt, or sweeten slightly with drizzled maple syrup or honey.

(From Asparagus to Zucchini)

Thanks to *Prescription for Dietary Wellness, Healing with Whole Foods*, and *Joy of Cooking* for the smattering of facts on the front page; I'itoi onion info was found at www.slowfoodusa.org.