

THIS WEEK'S HAR-
VEST:

RADISHES

SPRING MIX

BRAISING MIX

WHITE TURNIPS

SPAGHETTI SQUASH

CHILIES

TOMATOES

WHEAT BERRIES

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,
FOR FAVOR.

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Pulses Rise, Fingers are Crossed

As November 4th draws near and some of the most important political changes and challenges are upon us, we want to thank you ahead of time for casting your ballots. There is more than the myriad divisive issues at stake—we're voting for fundamental changes this year at the polls. It's a comforting feeling to know that the members of CSA will be voting as representatives of a larger whole, a whole that values paradigms ensuring bio-viability on this planet for future generations. Together, with enough chutzpah and determination, we will be able to make significant changes in our cozy town as well as send the message to Washington and the state legislature that we do not lurk with apathy behind the shabby status quo. So wear your stickers proudly and be a citizen worth your salt...and your wheat berries: Please vote!

So wheat. To make these hard little nuggets of nutrition palatable—and chewable!— you may want to first soak them for at least 8 hours or overnight. For one cup of wheat berries use 3 cups of water to soak. Once desired soaking has

been achieved, add 1/4 to 1/2 teaspoon of salt and bring the berries, with soaking liquid to a boil. Reduce heat and simmer, uncovered, until tender but chewy for about 45-60 minutes. (For un-soaked berries, bring liquid and salt to a boil. Stir in berries, reduce heat, and simmer, uncovered, until tender but chewy, for 1 1/4-1 1/2 hours. Drain if necessary.) Cooked wheat berries can be used in just about any way you can scheme up: breakfast porridge, rice-like pilaf, breads and rolls, pizza crust, stuffed bell peppers...you name it.

This coming weekend has been dubbed "Weekend for Change," for it's one of the last chunks of time in which to persuade people to vote one way or another on proposition 102—the "marriage amendment." You can help by forwarding an email, sending a text message, putting up a yard sign, or volunteering at the Weekend for Change Headquarters to phone bank, canvass neighborhoods, or attend a rally. You can find more information at this website: www.equalityarizona.org.

Again, thanks for caring about your community enough to make your voices heard. Good luck at the polls...our fingers are crossed; may your candidate reign at last!

News.

☞Olive oil and honey will be at pick-up today! There is some extra of both in case you forgot to sign up; first come will be first served. (You'll get another chance next month too...)

☞Meat contracts need to be in ASAP...please remember!

☞Coffee is always available and always delicious.

☞Thanksgiving week pick-up will be on Wednesday, Nov. 26th...we'll remind you again.

Food Not Bombs

It was a success! For the first meal in quite some time, the turn-out was impressive. Sundays at Wheeler Park...be there or be hungry! (Free food, good people, great cause.)

Wheat Berry Turnip Stew

2 cups wheat berries, soaked overnight
6 cups water
2 medium turnips, diced
1/2 onion, diced
5 inches wakame, soaked for about 10 minutes and cut (seaweed available in bulk at New Frontiers)
1 clove garlic, minced
1-1 1/2 tsp. savory
1/2 tsp. sea salt
Bring wheat and water to a boil. Simmer on low heat for two hours until berries make a gruel. Add turnips, onion, wakame, and salt. Simmer for 30 more minutes. Add garlic and savory and cook for 15 minutes. Serves 6-8.

(Healing with Whole Foods)

Raw Sprout Hummus

2 cups dry garbanzos (soak overnight, sprout one day)
4 Tbsp. sesame seeds
2 1/2 lemons (about 1 cup)
2/3 bunch parsley
1 tsp. sea salt
1 jalapeno, seeds in or removed
1/2 cup olive oil
3 Tbsp. Nama Shoyu (unpasteurized soy sauce)
3 cloves elephant garlic
Blend until smooth in a food processor or a blender. Feel free to adjust amounts of lemon, parsley, garlic, jalapeno, and salt to taste.
(Thanks to CSA member Christina Bentrup for this recipe—it looks great!)

Cabbage Kimchee (Korean Pickles)

1 head cabbage, cut into 2-inch pieces
1 pound radishes, cut into half-moons
5 cups water
2 Tbsp sea salt
2 Tbsp ginger, minced
1 clove garlic, minced (optional)
1 green onion, chopped
1/2 tsp. cayenne
2 tsp. sweetener, sugar or agave nectar (optional)
In a large bowl combine water, 1 1/2 Tbsp salt, cabbage, and radish. Set aside for 12 hours. Remove cabbage and radishes from soaking liquid and combine with ginger, garlic, scallions, cayenne, and 1/2 tsp. salt. Put into a jar or crock. Stir sweetener into soaking liquid and pour over vegetables up to 1 inch from the top. Cover loosely with a clean cloth and set aside for 3-7 days. Makes about 2 quarts; 1 cup serves 6-8 lucky folks.
(Healing with Whole Foods)

Winter Squash, Leek, and Saffron Risotto

5-6 cups chicken or veggie broth
1/2 tsp. saffron threads, pulverized
3 Tbsp olive oil
1/2-1 cup finely chopped leeks (white and pale green bits only)
1 1/2 cups Arborio rice
2/3 cup dry white wine
2-3 cups cooked, pureed winter squash
3/4-1 cup grated Parmesan, romano, or asiago cheese
Salt n' peppa to taste
Bring stock and saffron to a simmer in saucepan. Heat olive oil in large, heavy sauce pan. Add leeks; cook over medium-low heat until softened, several minutes. Raise heat to medium-high and stir in rice. Keep stirring rice 1-2 minutes, then add wine. Stir in and cook until nearly all the wine has evaporated, about 2 minutes. Add two ladlefuls of hot stock (enough to barely cover the rice); stir frequently until most is absorbed. Continue to add stock a ladleful at a time and stir often until almost totally absorbed. Risotto is done when rice is barely tender and mixture is creamy; this should take 25-35 minutes. (Adjust heat if rice is absorbing liquid too quickly). Stir in squash during last 10 minutes; fold in most of the grated cheese. Season with salt and pepper to taste and serve immediately with a tad more cheese on top if you like. Serves 6-8 soon-to-be-very-happy bellies.

(From Asparagus to Zucchini)

Wheat Berries with Sautéed Onions and Dried Fruits

2 Tbsp butter or olive oil
1 cup chopped onions
1 cup dried mixed fruits
3 cups cooked wheat berries, or a combination of berries and rice...you decide
1 cinnamon stick
1/2 cup chicken broth or water
Salt and pepper to taste
1/4 cup chopped toasted nuts of your choosing
Heat oil and add onions; cook for 8-10 minutes. Add fruit and grains, cinnamon and broth or water. Cover and cook over low heat, stirring a few times, for about 10 minutes. Add spices and top with nuts. A great fibrous way to start your cool fall day!
(Joy of Cooking)