

THIS WEEK'S POSSIBLE HARVEST FROM FARMER'S MARKET:

SUMMER SQUASH

APPLES

GARLIC

ARUGALA

POTATOES

EGGPLANT

ROOT VEGGIES

...THE LIST GOES ON...AND ON...AND ON...

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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SEPTEMBER 21, 2008

## Committing to Hope: CSA Brightens All Life

Welcome! Bienvenidos! Willkommen! It is with pleasure and excitement—for I have missed writing to you dearly—that the weekly CSA newsletter returns. With heads held high and an open smile, we want to thank you—our members, without whom the COMMUNITY bit of Community Supported Agriculture would be missing—for your commitment.

Your pledge. Your engagement. Some may simply feel obliged. Call it what you will, as long as your hearts, minds, and bodies are united for a cause you so fervently believe in, it is worth the lifestyle change or adjustment to support locally grown, organically produced, cared for and well-loved food.

This food has a purpose. It's a symbol. A custom. This way of life has a goal: To re-establish, re-think, re-learn, re-care about life and our integral connection to this planet. To value biodiversity, human/nature harmony, respect, appreciation, cyclic rhythms, honor, and goodness. To begin again wherever we can.

To commit to hope. As shareholders in fresh carrots, experimental crops, and ex-

panding culinary expertise, you guys—we, us, I—are honored with the task of spreading these substantial chunks of goodness as far as we can. We know about CSA and speak proudly to many. The Royal We share our bounty, so newcomers c'mon over!

We also want to become better and grow... As the voice of CSA on paper, I want your thoughts, recipes, suggestions, approvals, denials, anything you've got. This newsletter will grow with CSA, so there's room for you here!

Karna and Jola wish to spread food empowerment all over the place—you better watch out for these two!—so lets hear your ideas about car-pooling, satellite programs, volunteering, advertising...

Our beloved Farmer Frank Martin of Crooked Sky Farms wishes to keep doing what he loves most—using sustainable, gentle, bio-aligned processes to grow amazing, important, and loved food while treating his farm-workers with respect and paying them well.

Oh, poo. I've run out of room. Until next time, dear friends. Thank you for committing. And reading and caring. Salud.

### Logistics

Prices: CSA runs for nine months out of the year, Farmer's Market takes over in summer. It is divided into fall, winter, and spring 12-week seasons, each season is \$240, or \$20/week. You may pay the \$240 in two installments if you wish. (Splitting a share with someone is a great idea, simply alternate weeks or divide each bountiful bushel of greenness.)

Dates: Thursday October 9th-January 8th. Pick-up is each Thursday from 4-7pm at Bilby Research Center. See you!

### Other Options

In addition to produce, CSA puts you in contact with delicious Café de Dona Ella, humanely raised meat, cheese, and myriad other improvements to the shabby status quo.

## Melanzana Ripiena (Stuffed Eggplant)

Serves 4

2 medium eggplant  
1/3 cup olive oil  
1 medium onion, finely minced  
1/2 cup peeled, chopped tomatoes, fresh or canned  
2 Tbsp. capers  
1/4 cup chopped black olives  
1 tsp. salt  
1/2 tsp. freshly ground black pepper  
1/4 tsp. dried oregano  
1/4 tsp. dried basil  
1/4 cup dry bread crumbs  
1/4 cup freshly grated Parmesan cheese

Preheat oven to 375 degrees. Wash eggplants and pat dry, lovingly. Remove stems but do not peel. Cut in half, lengthwise. Remove pulp, leaving a shell about 1/4 inch thick. Chop pulp. Heat 2 Tbsp. olive oil in a skillet. Add onion and sauté until soft. Add chopped eggplant, stir, and continue cooking for 5 minutes. Add tomatoes capers, olives, salt, pepper, oregano, and basil. Mix well and cook, uncovered, over medium heat for 10 minutes, stirring occasionally. Mix in bread crumbs and 2 Tbsp. of cheese. Stuff mixture into eggplant shells, top with remaining cheese and oil, and arrange in a greased baking pan, skin-side-down. Cover with foil and bake for 40 minutes. Remove cover and continue baking for 10 more minutes. Serve hot or cold with fresh salad. Mmmmm...

(From *The Little Italian Cookbook*)

## How Sweet It Is: Corn and Pepper Salad

Serves 4

4 ears sweet corn  
1 green bell pepper, diced  
1 red bell pepper, diced  
1/4 cup diced red onion  
2 Tbsp. slivered basil  
3 Tbsp. balsamic vinegar  
1 tsp. Dijon mustard  
1/2 cup olive oil  
Salt and pepper

Husk corn and boil or grill until crisp-tender. Cook and slice off the kernels. Place corn in bowl with sweet

peppers, onions, and basil. Whisk balsamic vinegar and mustard in a small bowl, then slowly whisk in olive oil a little at a time. Toss with veggies and add salt and pepper to taste.

(From *Asparagus to Zucchini*)

## Root Vegetable Gratin with Cheddar and Horseradish Rye Crumb Crust

6 servings

1 pound rutabaga, peeled and cut into chunks  
1 pound sweet potatoes, peeled and cut into chunks  
1/2 pound parsley root or turnip, peeled and cut into chunks  
1/2 Tbsp. olive oil  
1/3 cup apple cider or wine  
1 Tbsp. minced garlic  
Salt and pepper  
3 Tbsp. butter  
3 Tbsp. flour  
2 cups whole milk, heated  
1/8 tsp. nutmeg  
2 Tbsp. horseradish  
4 ounces grated aged cheddar cheese  
1/2 cup rye bread crumbs

Heat oven to 375 degrees. Spread veggies in a large baking dish, drizzle with olive oil and cider or wine, scatter on the garlic, season with salt and pepper, and toss well. Cover dish tightly with aluminum foil and bake 20 minutes, then remove foil and continue to roast until veggies are brown-tipped and tender, about 20-35 minutes longer. Meanwhile, make a white sauce by melting the butter in a saucepan; stir in flour and cook over low heat for several minutes. Whisk in milk, bring to a simmer, and cook gently for 10 minutes, stirring often. Season well with salt and pepper. Stir in nutmeg. Gently fold the sauce into the roasted vegetables. Transfer to a buttered baking dish (or leave it in the same dish the vegetables were roasted in). Mix horseradish, cheddar, and bread crumbs with your clean fingers and sprinkle with mixture evenly over the vegetables. Continue to bake until bubbly, about 20-30 minutes. Enjoy with fine friends and a good wine...as you rejoice in the power of good food. Cheers!

(From *Asparagus to Zucchini*)