

Flagstaff EcoRanch, Tree A'Lolly Farms & WIC

Collaborative Student Driven CSA

The Value WIC Provides to Community

We are extremely honored and excited to be working with WIC (Women, Infants, and Children). WIC is funded by the USDA and provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. Flagstaff EcoRanch and Tree A'Lolly Farms will provide WIC with the equivalent of five shares to distribute to participating women and families at their Monday meetings. In addition to this, WIC is also a part of the Arizona Farmers' Market Nutrition Program (FMNP) which provides fruit and vegetable benefits to women and children participating in the Special Supplemental Nutrition for Women, Infants, and Children (WIC) and to seniors who participate in the Commodity Supplemental Food Program (CSFP).

This initiative allows low income families to buy fresh, seasonal, produce at each local farmers' market. To confirm eligibility, please call 928.679.7250 or visit: <http://azdhs.gov/prevention/azwic/index.php>

A New CSA in Town



On behalf of Flagstaff EcoRanch, Tree A'Olly Farms, and WIC, we would like to give many thanks to our new shareholders, who have taken a chance on our collaborative student driven CSA. As you may already know, Flagstaff is faced with the challenge of extremely short growing seasons, as well as making sure that our

produce doesn't freeze. This CSA will be a learning tool for volunteers, interns, and capstone students interested in getting involved in the local food economy or applying course based curriculum to the real world. Our interns will be collecting harvest data, consumer feedback, learning about marketing and sales, managing finances, and strengthening community partnerships. Our goal is to



provide three to four pounds of produce each week, but we may supplement with eggs, dried herbs, or teas if our harvests are affected by unforeseen circumstances.



We are excited that you all wanted to be part of this movement. We hope that through this CSA we can continue to "Grow food to grow the local food network."



15-Minute Tomato Shakshuka



Ingredients

- olive oil
- 1 shallot or ½ small onion, finely chopped
- 1 garlic clove, finely chopped or grated on a microplane
- ¼ tsp each of smoked paprika and oregano
- 1 14-oz. can chopped tomatoes
- 1 roasted red pepper from a jar, chopped
- ½ teaspoon salt
- a big handful of baby kale or spinach
- 2-3 eggs (depending on how many people are eating it)
- pinch of red pepper flakes (optional)

Preparation

1. Finely chop shallot (or onion), garlic, and roasted red pepper. Coat a small pan in oil and heat over medium-high heat.
2. Add shallot and cook for 2 minutes, until beginning to soften.
3. Add garlic, paprika, oregano and cook, stirring, for 30 seconds. Add tomatoes, red pepper, and salt. Cook, stirring, for 2 minutes. Stir in baby kale.
4. Make little divots with a spoon and crack eggs into them (so eggs stay relatively contained). Cover the pan and reduce heat to medium-low. Cook for 5-7 minutes until egg whites have set but yolk is still runny.
5. Sprinkle with chili flakes and serve with toast, pita, or quinoa.

Alternative Uses for Plants: Peppermint

Nutritionally, peppermint offers vitamins A and C, iron, potassium, and fiber. Peppermint supports digestive, oral and respiratory health. Add the leaves to salads or make peppermint tea. Even adding peppermint leaves to purified water, is cooling and refreshing. Chewing peppermint leaves is an easy way to naturally freshen breath. If stored in an airtight container and is dried out beforehand, the herb should remain fresh for up to three years.

