

Recipes

Autumn Minestrone

- 2 tablespoons canola oil
- 1 cup chopped onions
- 2 garlic cloves, minced or pressed
- 2 1/2 cups peeled and cubed winter squash
- 2 celery stalks, diced
- 1/2 cup peeled and diced carrots
- 2 1/2 cups cubed potatoes
- 1 teaspoon dried oregano
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 6 cups water
- 4 cups chopped kale (try Spinach!)
- 1 1/2 cups cooked or canned cannellini beans



garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water and cook for 10 minutes or until the potatoes are almost done. Add the kale and beans and simmer for another 5 to 7 minutes, until the kale is tender and the beans are hot.

Wilted Spinach Salad with Warm Feta Dressing

- 1/2 pound fresh spinach leaves
- 5 tablespoons olive oil, divided
- 1 medium red onion, halved, cut into 1/3-inch-thick wedges with some core attached
- 1 7-ounce package feta cheese, coarsely crumbled
- 2 tablespoons Sherry wine vinegar

tablespoons oil in heavy large skillet over high heat. Add onion; sauté until brown and softened, about 7 minutes. Transfer to bowl with spinach; remove skillet from heat. Add remaining 3 tablespoons oil and cheese to skillet. Stir to melt cheese slightly, about 1 minute. Stir in vinegar. Season to taste with salt and pepper. Pour over spinach; toss to coat and wilt slightly.

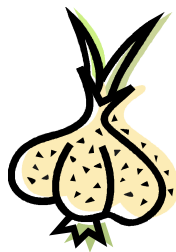


Warm the oil in a large soup pot on medium heat. Add the onions and

Place spinach in large bowl. Heat 2

Baked Mashed Potatoes and Yams with Garlic and Parmesan (I wish we could grow yams....)

- 8 large garlic cloves, unpeeled
- 3 1/2 tablespoons olive oil
- 1 1/2 pounds potatoes cut into 2-inch pieces
- 1 1/4 pounds yams (red-skinned sweet potatoes), cut into 2-inch pieces
- 1/2 cup milk
- 2 tablespoons butter
- 1 generous teaspoon minced fresh rosemary or 1/2 teaspoon dried
- 6 tablespoons freshly grated Parmesan cheese



Drizzle 2 tablespoons olive oil over. Bake until garlic is very soft, about 25 minutes. Cool; peel garlic, reserving oil in cup. Brush 8x8x2-inch glass baking dish with 1/2 tablespoon olive oil. Cook

all potatoes in large pot of boiling salted water until tender, about 25 minutes. Drain, reserving 1 cup cooking liquid. Return all potatoes to same pot. Add milk, butter, rosemary, roasted garlic and reserved oil to potatoes. Mash until smooth and fluffy, adding enough reserved cooking liquid to thin to desired consistency. Mix in 3 tablespoons cheese.

Season with salt and pepper. Spoon potatoes into prepared dish. Sprinkle 3 tablespoons cheese over; drizzle with 1 tablespoon oil.

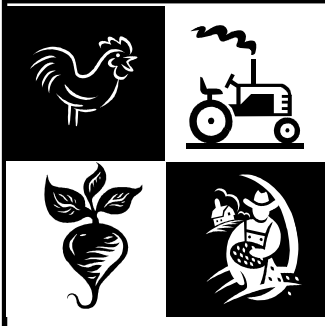
Preheat oven to 350°F. Bake potatoes uncovered until heated through and golden on top, about 45 minutes.

Preheat oven to 350°F. Place garlic in small ovenproof cup or ramekin.

Words to Live By

“The tree which moves some to tears of joy is in the eyes of others only a green thing that stands in the way. Some see Nature all ridicule and deformity, and some scarce see Nature at all. But to the eyes of the man of imagination, Nature is Imagination itself.”
- William Blake, 1799, *The Letters*





Cure Organic Farm Newsletter

Distribution Week #5
Winter Share
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7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
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This newsletter is also
available online at:
www.cureorganicfarm.com/
csanewsletters.htm

Rutabaga- An Uncommon Treat

The rutabaga, a relatively newcomer in the world of vegetables, is thought to have evolved from a cross between a wild cabbage and a turnip. The earliest records of rutabaga's existence are from the seventeenth century in Southern Europe where they were first eaten as well as used for animal fodder. It's curious that throughout history animals were often fed the healthiest foods, foods thought to be inappropriate for human consumption. The rutabaga is a root vegetable that looks very much like a turnip with yellow-orange flesh and ridges at its neck. Although this beta carotene-rich vegetable has been grown and marketed in our country for nearly 200 years, it remains an uncommon food in American dining. It's actually a great tasting vegetable with a delicate sweetness and flavor that

hints of the light freshness of cabbage and turnip. With its easy preparation and versatility, great nutrition, and excellent flavor, the rutabaga can easily become an endearing family favorite.



Preparing Rutabagas

There are at least 100 ways to enjoy rutabagas. Here are a just few suggestions to introduce this wonderful vegetable:

RAW: First, peel them with a vegetable peeler. Slice and enjoy as a snack. Chop, dice, or grate them and add to salads. Create a unique

salad with diced rutabagas and other vegetables of your choice. Grate them and add to cole slaw. Grate and combine with carrot salad.

COOKED: Rutabagas can be roasted, boiled, steamed, stir-fried, mashed, or stewed. Cook them with potatoes and mash together. Quarter them and roast along with potatoes. Enhance the flavor of stews with chopped or quartered rutabagas. Dice them and add to soups. Stir-fry with onions.

Today's busy lifestyle often makes us seek out healthy recipes that fall into that easy-to-prepare category. Simply steam and mash the rutabaga and enjoy it with your favorite meal, or peel and chop for roasting with other vegetables or chicken. It is that easy!

Thawing Your Turkey

Although Thanksgiving is a week away, it is not too early to allow the turkeys to begin to thaw in your refrigerator. The safe way to thaw a turkey is in your refrigerator. It can also be thawed under cold water. To prevent harmful bacterial growth, keep the turkey cold while thawing and cook it promptly after thawing. Here are refrigerator thawing times for various size turkeys: An 8 to 12 pound

turkey takes 1 to 2 days to thaw in the refrigerator. A 12 to 16 pound turkey takes 2 to 3 days in the refrigerator. A 16 to 20 pound turkey takes 3 to 4 days in the refrigerator.

To thaw a turkey in cold water, check the wrapping to make sure there are no tears. Then, place the bird in its unopened bag in the sink or in a large container and cover it with cold water.

Change the water every 30 minutes to assure safe and effective thawing and be sure the water is ice-cold.



In your share this week:

Head Lettuce

Spinach

Garlic

Onions

Winter Squash

Carrots

Potatoes

Rutabaga

Pears

We'd LOVE to Reuse your egg cartons!!!

Although the daylight is shortening and the nights are getting cooler, our chickens are still laying regularly. We are extremely short (read, don't have any) on egg cartons. We'd rather reuse yours than buy new cartons....So please, if you have cartons

Coming Thanksgiving Week

Lettuce

Spinach

Potatoes

Onions

Garlic

Carrots

Parsnips

Pears/Apples

Winter Squash

