

Recipes

Sautéed Parsnips and Carrots with Honey and Rosemary



2 tablespoons extra-virgin olive oil

1 pound carrots (about 4 large), peeled, cut into 3x1/4x1/4-inch sticks

1 pound large parsnips, peeled, halved lengthwise, cored, cut into 3x1/4x1/4-inch sticks

Coarse kosher salt

2 tablespoons (1/4 stick) butter

1 tablespoon chopped fresh rosemary

1 1/2 tablespoons honey

Heat oil in large skillet over medium-high heat. Add carrots and parsnips. Sprinkle with coarse kosher salt and pepper. Sauté until vegetables are beginning to brown at edges, about 12 minutes. Add butter, rosemary, and

honey to vegetables. Toss over medium heat until heated through and vegetables are glazed, about 5 minutes. Season to taste with more salt and pepper, if desired.

Cranberry-Ribbon Apple Pie

1 1/2 cups plus 1 tablespoon sugar

1/2 cup 100% cranberry juice

2 cups cranberries (about 8 ounces)

3 pounds peeled & sliced apples

2 tablespoons all purpose flour

1 teaspoon fresh lemon juice

1/2 teaspoon ground cinnamon

2 home made pie crusts

2 tablespoons unsalted butter, cut into 1/2-inch cubes

1 teaspoon milk

Pinch of ground cinnamon

Vanilla ice cream

Stir 3/4 cup sugar and juice in saucepan over medium-high heat. Add cranberries; bring to simmer.

Simmer until almost all liquid is ab-

sorbed, stirring often, about 25 minutes. Toss all apples, flour, lemon juice, 1/2 teaspoon cinnamon, and 3/4 cup sugar in large bowl to blend. Preheat oven to 400°F. Roll out 1 dough disk on floured surface. Transfer to 9-inch deep-dish glass pie dish. Trim overhang to 1 inch. Spread cranberry mixture over crust bottom. Top with apple mixture; dot with butter. Roll out second dough disk on floured surface to 13-inch round; drape over apples. Trim overhang to 1 inch. Press crust edges together to seal; crimp. Cut 1-inch hole in center. Brush crust with milk. Mix remaining 1 tablespoon sugar and pinch of cinnamon in small bowl; sprinkle over crust. Bake pie 15 minutes; reduce oven temperature to 375°F and bake until crust is golden, about 50 minutes. Serve with Vanilla ice cream!

Turkey Potpie with Cheddar Biscuit Crust

For stock: Carcass and skin from a 12- to 14-pound roast turkey
10 cups water

For filling:

1 medium onion, coarsely chopped
2 large carrots, cut into 1/2-inch pieces

2 celery ribs, cut into 1/2-inch pieces

1 large parsnip (peeled), cored and cut into 1/2-inch pieces

1 teaspoon chopped thyme

3 tablespoons unsalted butter

1/2 pound mushrooms, trimmed and quartered

1/4 cup all-purpose flour

4 cups roast turkey meat, cut into 1/2-inch pieces

1 package frozen baby peas, thawed

For biscuit crust:

2 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon black pepper

1 cup coarsely grated extra-sharp Cheddar

1/4 cup [grated Parmigiano-Reggiano](#)

3/4 stick cold unsalted butter, cut into 1/2-inch pieces

1 1/4 cups well-shaken buttermilk-

Make stock:

Separate parts of carcass and put, along with skin, in an 8-quart pot. Cover bones with water and simmer until liquid is reduced by one third, about 1 1/2 hours. Strain through a fine-mesh sieve into a large bowl. Set

aside 3 1/2 cups stock (reserve remainder for another use).

Make filling:

Cook onion, carrots, celery, parsnip, and thyme in butter with 1/2 teaspoon salt and 1/4 teaspoon pepper in a 12-inch-wide shallow pot, covered, over medium heat, stirring occasionally, until vegetables are almost tender, 10 to 12 minutes. Add mushrooms and cook, uncovered, stirring, until tender, 5 to 7 minutes. Sprinkle with flour and cook, stirring constantly, 2 minutes. Stir in stock (3 1/2 cups), scraping up any brown bits, and bring to a boil, stirring, then simmer until slightly thickened, about 3 minutes. Stir in turkey, peas, and salt and pepper to taste. Reheat over low heat just before topping with biscuit crust.

Make biscuit crust and bake pie:

Preheat oven to 400°F with rack in middle. Sift together flour, baking powder, baking soda, salt, and pepper into a medium bowl. Add cheeses and toss to coat. Blend in butter with a pastry blender or your fingertips until mixture resembles coarse meal. Add buttermilk and stir just until a dough forms. Drop biscuit dough onto filling in 8 large mounds, leaving spaces between biscuits. Bake until biscuits are puffed and golden brown and filling is bubbling, 35 to 40 minutes. Let stand 10 minutes before serving.

Words to Live By

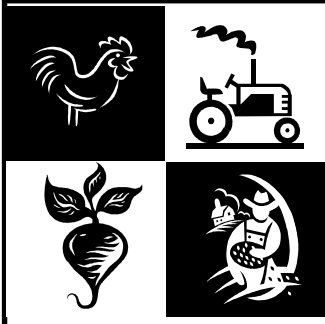
Thanksgiving

The year has turned its circle,
The seasons come and go.
The harvest all is gathered in
And chilly north winds blow.

Orchards have shared their treasures,
The fields, their yellow grain,
So open wide the doorway ---
Thanksgiving comes again!

Old Rhyme.





Cure Organic Farm Newsletter

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
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Distribution Week #6
Winter Share
November 26th, 2008

This newsletter is also
available online at:
www.cureorganicfarm.com/
csanewsletters.htm

Thanksgiving Trivia— How Much Do You Really Know

Fact or Fiction: Thanksgiving is held on the final Thursday of November each year.

Fiction. In 1863, President Abraham Lincoln designated the last Thursday in November as a national day of thanksgiving. However, in 1939, after a request from the National Retail Dry Goods Association, President Franklin Roosevelt decreed that the holiday should always be celebrated on the fourth Thursday of the month (and never the occasional fifth, as occurred in 1939) in order to extend the holiday shopping season by a week. The decision sparked great controversy, and was still unresolved two years later, when the House of Representatives passed a resolution making the last Thursday in November a legal national holiday. The Senate amended the resolution, setting the date as the fourth Thursday, and the House eventually agreed.

Fact or Fiction: One of America's Founding Fathers thought the turkey should be the national bird of the United States.

Fact. In a letter to his daughter sent in 1784, Benjamin Franklin suggested that the wild turkey would be a more appropriate national symbol for the newly independent United States than the bald eagle (which had earlier been

chosen by the Continental Congress). He argued that the turkey was "a much more respectable Bird," "a true original Native of America," and "though a little vain & silly, a Bird of Courage."

Fact or Fiction: Native Americans used cranberries, now a staple of many Thanksgiving dinners, for cooking as well as medicinal purposes.

Fact. According to the Cape Cod Cranberry Growers' Association, one of the country's oldest farmers' organizations, Native Americans used cranberries in a variety of foods, including "pemmican" (a nourishing, high-protein combination of crushed berries, dried deer meat and melted fat). They also used it as a medicine to treat arrow punctures and other wounds and as a dye for fabric. The Pilgrims adopted these uses for the fruit and gave it a name—"cranberry"—because its drooping pink blossoms in the spring reminded them of a crane.

Fact or Fiction: On Thanksgiving Day in 2007, two turkeys earned a trip to Disney World.

Fact. On November 20, 2007, President George W. Bush granted a "pardon" to two turkeys, named May and Flower, at the 60th annual National Thanksgiving Turkey presentation, held in the Rose Garden at the White House. The two turkeys were flown to Orlando, Florida, where they served as honorary grand marshals for the Disney World Thanksgiving

Giving Thanks

For the hay and the corn
and the wheat that is reaped,
For the labor well done,
and the barns that are heaped,
For the sun and the dew
and the sweet honeycomb,
For the rose and the song
and the harvest brought home --
Thanksgiving! Thanksgiving!

For the trade and the skill
and the wealth in our land,
For the cunning and strength of the working-
man's hand,
For the good that our artists
and poets have taught,
For the friendship that
hope and affection have brought
Thanksgiving! Thanksgiving!

For the homes that with
purest affection are blest,
For the season of plenty
and well-deserved rest,
For our country extending
from sea unto sea;
The land that is known as
the "Land of the Free" --
Thanksgiving! Thanksgiving!

Author Unknown

Parade. The current tradition of presidential turkey pardons began in 1947, under Harry Truman, but the practice is said to have informally begun with Abraham Lincoln, who granted a pardon to his son Tad's pet turkey.



In your share this week:

Head Lettuce

Spinach

Garlic

Onions

Winter Squash

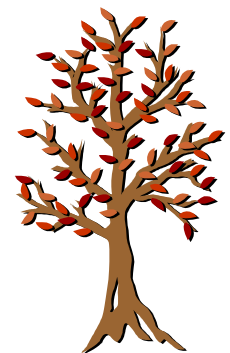
Carrots

Potatoes

Parsnips

Apples

Farmer John's Whole



Coming Next Week

Lettuce

Spinach

Potatoes

Onions

Carrots

Parsnips

Apples

Winter Squash

