

Cure Organic Farm Newsletter

Distribution Week #2

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

Meet My Hero

I think it was Utah Phillips who first made me realize how important it is to have real life heroes rather than the fantastic Spider Man heroes of today. I think we all need a touch of an encouraging voice (especially when you have to harvest and it is snowing...) to push us off the comfort edge and to dive into what we really believe in.

My real life hero is Vandana Shiva. She inspires me throughout the season to grow food in a way that connects all of the growers here on the farm to a larger food growing community, to be ecologically responsible for the future generations and do our best to make a significant difference in the food choices our local community has. Vandana Shiva is a leader in the international Forum on Globalization, and a recipient of the Alternative Nobel Peace Prize (The Right Livelihood Award) in 1993. She had dedicated many years to the fight for public information on genetic engineering, intellectual property rights as it relates to agriculture and seed technology issues. She is truly an amazing woman and my hope is to share a bit of her with you in that you too may discover the work she continues to do around agriculture and food safety issues. Her work directly affects each one of our families.

Visit her on line at <http://www.navdanya.org>

Vandana Shiva began an organization with the mission *To protect nature and*



people's rights to knowledge, biodiversity, water and food.

Vandana Shiva writes

“Over the past three decades I have tried to be the change I want to see. When I found that dominant science and technology served the interests of powerful, I left academics to found the Research Foundation for Science, Technology and Ecology, a participatory, public interest research organization. When I found global corporations wanted to patent seeds, crops or life forms, I started Navdanya to protect biodiversity, defend farmers' rights and promote organic farming.

Navdanya/RFSTE's journey

over the past two decades has taken us into creating markets for farmers and promoting tasty, healthy, high quality food for consumers. We have connected the seed to the kitchen, biodiversity to gastronomy. And now we have joined hands with Slow Food to celebrate the quality and cultural diversity of our food. The seed has inspired us to spread the message of sustainability through Bija Vidyaapeeth, which I started with Satish Kumar as a sister institution of the Schumaker College in the UK. My journey on the road to ecological sustainability started with the Chipko movement in the 1970s when women in the region of the Himalayas protected forests by hugging trees. For me, ecology and feminism have been inseparable. And Diverse Women for Diversity is one expression of combining women's rights and nature's rights, celebrating our cultural diversity and biological diversity. The defense of nature's rights and people's rights have come together for me in Earth Democracy - the democracy of all life on earth, a living democracy which supports and is supported by living culture and living economies.”

Vandana Shiva visits lectures in Colorado usually at least once a year.

In your share this week:

Braising Mix

Potatoes

Onions

*Delicata/ Sweet
Dumpling Squash*

Brussels Sprouts

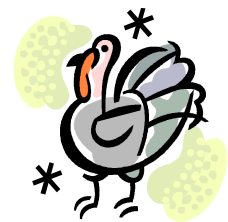
Baby Beets

Apples

Pears

Think Thanksgiving Turkey's

We are taking orders for Wisdom Farm's turkeys. Turkey's weigh between 15-20 pounds and cost \$3 per pound. Order your turkeys now for pick-up here at the farm November 18th.



Coming Next Week

Turnips

Greens

Winter Squash

Apples

And so much more....

Recipes

Carrots and Brussels Sprouts

[Gourmet](#) | February 2008

2 tablespoons chopped shallot
3 tablespoons unsalted butter, divided
1 pound carrots, cut diagonally into 1/2-inch-thick pieces
1 pound Brussels sprouts, halved lengthwise
1/3 cup water
1 tablespoon cider vinegar
Cook shallot in 2 tablespoons butter in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until softened, 1 to 2 minutes. Add carrots, Brussels sprouts, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring occasionally, until vegetables begin to brown, 3 to 4 minutes. Add water and cover skillet, then cook over medium-high heat until

vegetables are tender, 5 to 8 minutes. Stir in vinegar, remaining table spoon butter, and salt and pepper to taste.

Apple, Pear, and Dried-Cherry Crumble

[Bon Appétit](#) | September 2007

Eve Restaurant

1 cup sugar
3 tablespoons plus 1 1/2 cups all purpose flour
2 teaspoons ground cinnamon, divided
1/2 teaspoon ground nutmeg
4 large apples cut into 1/4-inch-thick slices
2 large pears into 1/4 thick slices
1 cup dried cherries
1 tablespoon fresh lemon juice
3/4 cup unsalted butter, room temperature
3/4 cup golden brown sugar
1 1/2 teaspoons finely grated lemon peel

1 cup chilled whipping cream
6 tablespoons pure maple syrup
Vanilla ice cream
Preheat oven to 350°F. Butter ceramic baking dish. Mix sugar, 3 tablespoons flour, 1 teaspoon cinnamon, and nutmeg in large bowl. Add apples, pears, and dried cherries to bowl; sprinkle with lemon juice and toss to coat. Transfer to prepared dish. Using fingertips, mix butter, brown sugar, lemon peel, remaining flour, and remaining cinnamon in medium bowl until moist clumps form. Crumble butter mixture over fruit. Bake until fruit bubbles at edges and crumble is crisp and beginning to brown on top, about 1 hour. Cool about 20 minutes. Meanwhile, beat cream in medium bowl until peaks form. Gradually whisk in maple syrup. Serve with ice cream and maple cream.

Potato and Autumn Vegetable Hash

[Bon Appétit](#) | November 2009

Herb oil:

1/3 cup extra-virgin olive oil
1/3 cup olive oil
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh Italian parsley
1 tablespoon chopped fresh rosemary

Hash:

6 golden baby beets with green tops attached
6 red baby beets with green tops
2 delicata squash, peeled, halved, seeded, cut into 1/2-inch cubes (about 4 cups)
1 1/2 potatoes, cut into 1/2-inch cubes

1 pound garnet yams or other yams, peeled, cut into 1/2-inch cubes
1/4 cup butter, cut into 1/2-inch cubes

For herb oil:

Whisk all ingredients in small bowl. DO AHEAD: *Can be made 4 days ahead. Cover and chill.* Bring to room temperature and rewhisk before using.

For hash:

Preheat oven to 350°F. Cut greens and stems off all beets; discard stems. Coarsely chop enough beet greens to measure 4 loosely packed cups. Bring medium saucepan of salted water to boil. Add greens and cook just until wilted, about 1 min-

ute. Drain well. Set aside. Scrub beets; place in 8x8x2-inch glass baking dish. Pour half of herb oil over beets; sprinkle with salt and pepper. Cover baking dish with foil and roast beets until tender when pierced with small sharp knife, about 1 hour. Remove from oven and let beets stand until cool enough to handle. Peel beets; cut into 1/2-inch pieces and reserve. DO AHEAD: *Beet greens and beets can be made 1 day ahead. Cover separately and chill.* Increase oven temperature to 375°F. Combine squash, potatoes, and yams in large bowl. Add remaining herb oil and toss to coat. Sprinkle generously with salt and pepper. Spread vegetable mixture evenly on large rimmed baking sheet. Roast until vegetables are tender when pierced with knife and lightly browned around edges, stirring and turning vegetables occasionally, about 50 minutes. DO AHEAD: *Can be made 2 hours ahead.* Let stand uncovered at room temperature. Rewarm in 350°F oven until heated through, about 15 minutes. Stir beets and beet greens into roasted vegetables; dot with butter cubes and continue to roast just until beets are heated through, 5 to 10 minutes. Transfer vegetable mixture to large bowl and serve.

Words to Live By

O the weather outside is frightful

But the fire is so delightful

And since we've no place to go

Let it snow, let it snow, let it snow.

-Sammy Cahn

