

# Cure Organic Farm Newsletter

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Distribution Week #6  
November 30, 2005

This newsletter is also  
available online at:

www.cureorganicfarm.com/  
csanewsletters.htm

## Tricks of Season Extension

I am guessing that you are as surprised as we are that fresh produce continues to be harvested each week. In doing some research on Winter Shares that other farms provide I have found that a majority of farms will conclude their harvesting by early November and keep all of the crops in cold storage; like a root cellar or refrigerator. At this time we have harvested all of the carrots from the field to prevent them from freezing, but many crops are still coming fresh out of the soil and onto your table.

So, how is it all happening? With season extension techniques. The head lettuce has really been a surprise this late in the season. We picked a few cold hardy varieties like our favorite Batavian leaf Pablo, the red and bronze one, Rouge d'Hiver, an heirloom red romaine, and Salad Bowl the green oak leaf. The Pablo and Salad Bowl have been tolerating the below freezing night time temps under floating row cover (all of the white stuff in the fields). The floating row cover allows light, moisture, and air to pass through so the plant can thrive. It also increases the temperature by between 1-3 degrees, which is fairly substantial when it comes to the cells of the plant freezing and the chance of recovery.

Another technique catching on with small farms across the nation are Hoop Houses. Hoop Houses are unheated greenhouse structures that utilize the sun as passive solar energy. The Hoop House structures can be fairly light weight and are made from electrical conduit or pvc

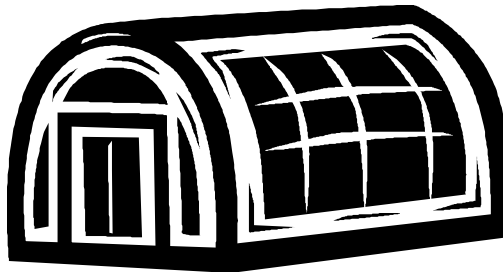
## 2006 Summer CSA

We have begun planning the 2006 season CSA. We are planning on offering 100 CSA share as well as the fruit share. The 2006 season will be very similar to this season. Pick-up will be here at the farm or at the Boulder Farmers' Market on Wednesdays and will run for 20 weeks, beginning June 7 and continue through October 18.

pipe. Two layers of 6 mil. opaque plastic are secured over the structure which allows the sunlight to pass through and trap the heat inside. During the day time when outside temperatures are in the 30's, the hoop house temperatures are often over 65 degrees. Like the floating row cover, the Hoop House increases the night time temperature inside, allowing plants to flourish through the cold season.

Crops are planted directly into the ground as seeds or as transplants and are harvested when the crops reach maturity. We are harvesting braising mix, fennel, turnips and pak choi out of the Hoop Houses now. In the summer months we add compost and leave our Hoop Houses fallow, allowing them to rest a bit before the cold season is upon us. Another option during warmer months is to utilize the extra early heat inside the Hoop House for heat loving plants like tomatoes, melons, or peppers.

The Hoop Houses allow us to harvest fresh produce each week through these late months of the season, as well as begin providing food in the early spring. With the addition of our second Hoop House this summer, we are able to provide fresh veggies and greens for a longer period of time which is great for us and great for our customers!



Some new crops we will be trying are Cauliflower, various fresh shell beans like Black Turtle and Vermont Cranberry, Brussels Sprouts, and Sweet Corn.

With a little luck we will have our first 2006 CSA brochures hot off the press next week, and available at the Dec. 7th pick up.

## In Your Basket This Week

### Braising Mix

Carrots

Fennel

Onions

Pak Choi

Parsnips

Turnips

Apples

## Egg Cartons!

Our girls are still laying even though the daylight is dwindling and the temperatures are dropping. Please bring your empty egg cartons to the farm so we can refill them!

## 2 More Weeks

The last Winter CSA pick up is December 14th!

## Coming Next Week

Pak Choi

Leeks

Winter Squash

Turnips

Apples

And much more!

# Recipes

## SAUTEED TURNIPS AND PARSNIPS WITH ROSEMARY

Makes 4-6 servings.

2 tablespoons olive oil  
2 tablespoons unsalted butter  
3 medium turnips (3/4 lb total), peeled and cut into 1/3-inch dice  
3 medium parsnips, peeled, cored if necessary, and cut into 1/3-inch dice  
4 med. shallots, cut lengthwise in 1/6ths  
1 garlic clove, chopped  
1 teaspoon finely chopped fresh rosemary

Heat oil and butter in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook turnips, stirring occasionally, until crisp-tender, about 5 minutes. Add parsnips and shallots and cook, stirring occasionally, until golden brown and almost tender, about 10

minutes. Add garlic, rosemary, and salt and pepper to taste and cook, stirring, until vegetables are tender, about 3 minutes more.

## GINGERED CARROT SOUP

Makes 4-6 servings.

2 tablespoons vegetable oil  
1/2 cup minced onion  
1/4 cup minced peeled fresh ginger  
3 cups (or more) chicken stock or canned low-salt chicken broth  
4 cups sliced peeled carrots (about 1 1/2 pounds)  
1 cup orange juice  
1/2 cup half and half  
1/4 teaspoon ground cinnamon  
1/4 cup matchstick-size strips peeled carrot (for garnish; optional)  
1 tablespoon matchstick-size strips peeled fresh ginger (for garnish; optional)

Heat oil in heavy large saucepan over medium-high heat. Add onion and 1/4 cup minced ginger and sauté until onion is translucent, about 5 minutes. Add 3 cups chicken stock and 4 cups sliced carrots. Cover and simmer until carrots are tender, about 30 minutes.

Working in batches, puree mixture in blender or processor. Return soup to saucepan. Mix in orange juice, then half and half. Cook over low heat 5 minutes. Mix in ground cinnamon. Season soup to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer before continuing, thinning with more stock if necessary.) Ladle soup into bowls. Top soup with carrot and ginger strips, if desired, and serve.

**Looking for more recipes? Check out our website at [www.cureorganicfarm.com/csarecipes.htm](http://www.cureorganicfarm.com/csarecipes.htm)**

## PAK CHOI WITH GARLIC

Makes 6 servings.

2 tablespoons (1/4 stick) butter  
4 teaspoons minced garlic  
12 baby pak choi  
2 cups chicken stock or canned low-salt broth

Melt butter in heavy large skillet over high heat. Add garlic; sauté 1 minute. Add pak choi and stock; simmer until pak choi is tender, turning occasionally, about 8 minutes. Season with salt and pepper.

## STIR-FRIED PAK CHOI (Serves 4-6)

Nearly every Chinese family stir-fries pak choi year-round, but it's also prized as a vegetable for such special occasions as New Year's. The mastery here is in choosing young tender pak choi, no more than eight inches in length. Stir fry the vegetables on high heat just until the greens are bright and the stalks are tender.

1 pound young pak choi  
2 tablespoons chicken broth  
1 tablespoon oyster flavored sauce  
1 1/2 teaspoons thin soy sauce  
1 1/2 teaspoons corn starch  
1/2 teaspoon sugar  
3 teaspoons vegetable oil  
2 ginger slices  
1 clove garlic, crushed and peeled

Separate the pak choi into stalks. Wash in several changes of cold water and drain thoroughly in a colander. Trim 1/4 inch from the bottom of each stalk. Halve each stalk lengthwise and cut stalks and leaves into 2-inch-long pieces. In a bowl, combine the broth, oyster sauce, soy sauce, corn starch, and sugar. Heat a 14-inch flat-bottomed wok or skillet over high heat until hot but not smoking. Add 1 1/2 teaspoons vegetable oil and ginger, and stir-fry 10 seconds or until ginger is fragrant. Add the remaining 1 1/2 teaspoons vegetable oil, pak choi, and garlic, and stir-fry 1 to 2 minutes, or until leaves are just limp and pak choi is bright green. Re-stir the broth mixture and swirl into wok. Stir-fry 1 to 2 minutes or until the sauce has thickened slightly and coats the vegetables. Serve immediately.

## Words to Live By

### In a drear-nighted December

In a drear-nighted December,  
Too happy, happy tree,  
Thy branches ne'er remember  
Their green felicity:  
The north cannot undo them,  
With a sleety whistle through them;  
Nor frozen thawings glue them  
From budding at the prime.

In a drear-nighted December,  
Too happy, happy brook,  
Thy bubblings ne'er remember  
Apollo's summer look;



But with a sweet forgetting,  
They stay their crystal fretting,  
Never, never petting,  
About the frozen time.

Ah! would 'twere so with many  
A gentle girl and boy!  
But were there ever any  
Writhed not at passed Joy?  
To know the change and feel it,  
When there is none to heal it,  
Nor numbed sense to steel it,  
Was never said in rhyme.

~John Keats~