



Cure Organic Farm Newsletter

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This newsletter is also
available online at:

www.cureorganicfarm.com/
csanewsletters.htm

Buying Locally? Fa la la la...

By now you all know what pride we take in supplying local food, and what a pleasure it is for us to share other local purveyors with you. With the holiday season approaching- Winter Solstice, Hanukah, Christmas and New Year's; we thought we would provide you with a list of local businesses that could offer gift ideas for the season. We have also included a list of some close farms that sell trees and local sources of meat for holiday meals.

Christmas Trees:

Munson's- 75th and Valmont
Cottonwood Farms- 75th and Arapahoe
Red Wagon Farm- Hwy 287 and South Boulder Road
Blue Ribbon Farm-Hover and Boston (Longmont)

Local Meats:

Lestikow Farms-lamb
George at 303-926-6973
Long Family Farms- pork and lamb
John Long at 970-454-2977
Wisdom Poultry- chicken and turkey
Jay & Cindy at 970-774-7492

Honey:

Madhava Honey-honey, bees wax, candle making supplies
Longmont- 303-444-7999

Remember the summer season of CSA spotlights? Now is a great time to dig out those old newsletters or check them out

Self-Serve Eggs

Our farm fresh eggs will continue to be available after Winter CSA distribution ends. We have set up a self-serve egg station under the big willow tree out front by the driveway. Not sure where we mean? Follow the signs. Eggs will be available from 8am to 6 pm each day throughout the winter. To prevent the eggs from freezing we will empty the self serve station each evening.

on our web site to contact some outstanding local businesses.

Laughing Yogi- Yoga studio in Lafayette accessible to all levels. 303-709-6151.
www.laughingyogi.com

Eriu Earth Soaps- Sensual soaps, home-made hand and body creams, bath salts and other delights. 303-475-6692.
www.eriuearthsoaps.com.

Jennie and Michael Sanchez, SanchoPaca

They have yarn, raw fleeces, and finished products like alpaca socks and scarves. You can also contact them to set up a ranch visit if you'd just like to come take a look at these remarkable animals. To schedule a visit, email: headsancho@san chopaca.com, look online: www.san chopaca.com or call at: 303-682-1898.

We hope these ideas will help make the holiday shopping a bit easier for everyone, and give friends and family a chance to see what local businesses are creating- good luck!



If you need to make special arrangements to pick eggs up let us know. **The price of our eggs will increase in January to \$3.50 per dozen.** This is due to an increase in feed costs. Exact change is preferred, although we will supply the self-serve station with some change as well.

In Your Basket This Week

Braising Mix

Carrots

Leeks

Onions

Pak Choi

Parsnips

Turnips

Winter Squash

Apples

2006 CSA

The first 2006 CSA brochures are now available. You can sign-up by mailing in your registration form or online at www.cureorganicfarm.com. We are looking forward to sharing another season with you!

1 More Week!

The last Winter CSA pick up is December 14th!

Coming Next Week

Pak Choi

Onions

Carrots

Winter Squash

Turnips

Apples

And much more!

Recipes

PARSNIP SALAD WITH WALNUTS AND DATES

Makes 4 servings.

1-2 firm white parsnips
Sea salt and freshly ground pepper
2 tsp lemon juice or more to taste
1 tsp grated lemon zest
2 tsp honey
8 large Medjool dates, pitted
1/4 C yogurt, preferably whole milk
6 walnuts, cracked and chopped.

Peel the parsnips. Cut them in half crosswise and cut a slice off the very top so that you can see the ring of flesh surrounding the core. Grate them on a box grater without bearing down too hard so that the pieces will be thin. Keep your eye on the top of the parsnip and stop grating when

you get to the core. Toss the grated parsnips in with 1/2 tsp salt, some pepper, the lemon juice, zest and honey.

Cut each date half into 4 pieces. Add these to the parsnips with the yogurt and toss well. Taste for salt and lemon, adding more if needed. Cover and refrigerate until ready to serve, then toss once more with the walnuts.

A ROUGH AND READY TURNIP AND LEEK POTAGE

Makes 3-4 servings.

6 slender leeks
3 small Yukon Gold potatoes
6 small turnips
1 1/2 tbsp unsalted butter
A few thyme sprigs

Sea salt and freshly ground pepper
Cream
Chopped parsley or thyme

Slice the white parts of the leeks crosswise and wash them well. Scrub the potatoes, quarter them lengthwise, and chop. If the turnip skins are tender looking, quarter and chop the turnips without peeling them.

Melt the butter in a soup pot. Add the vegetables, give them a toss, then add 1/2 cup water and the thyme. Simmer for 5 minutes, then add 5 cups water and 1 1/2 teaspoons salt. Bring to a boil, then simmer until the vegetables are tender, 25 to 30 minutes. Taste for salt, season with pepper, and stir in a few spoonfuls of cream. Garnish with chopped parsley or thyme.

Looking for more recipes? Check out our website at www.cureorganicfarm.com/csarecipes.htm

WINTER SQUASH BRAISED IN PEAR OR APPLE CIDER

Makes 6 servings.

2 lbs. winter squash
2 tbsp unsalted butter
2 tbsp finely chopped rosemary
2 C fresh unfiltered apple or pear cider
Sea salt and freshly ground pepper
Apple-balsamic or organic apple cider vinegar, to taste

Peel the squash, remove the seeds, then dice it into 1/2 inch cubes or even smaller pieces. (Depending on the squash, you may need to bake it in the oven before you are able to peel it.)

Melt the butter in a wide skillet and add the rosemary. Cook over medium heat to flavor the butter. After 3 minutes, add the squash and cider plus water to cover.

Bring to a boil, add 1/2 teaspoon salt, and simmer until the squash is tender, 20 to 25 minutes, by which time the juice will have reduced enough to provide a glaze for the squash. If not, raise the heat to reduce it quickly. Sprinkle on a teaspoon of vinegar and taste for salt. Add additional vinegar if you need to balance the sweetness, then season with pepper.

HOW TO BAKE WINTER SQUASH

Preheat the oven to 375 degrees or whatever temperature is convenient if you're using the oven for something else. Cut the squash in half, scoop out the seeds and strings, brush the surface with oil, and place cut side down on a sheet pan. Bake until very soft when pressed with a finger, about 40 minutes, though time depends on the size. Now you'll be able to scoop out the tender cooked centers. You can also bake the squash face down in a casserole dish by putting enough water to cover the bottom of the pan and more or less steaming the squash.

Words to Live By

Stopping by Woods on a Snowy Evening By Robert Frost

Whose woods these are I think I know.
His house is in the village, though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.



He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark, and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.