

Recipes

Cucumber Soup

serves 3 - 4

2 large or 3 small cucumbers, peeled, seeded, and cut in chunks
1 small clove garlic, crushed
2 - 3 tbsp. lemon juice (to taste)
1/2 cup chicken broth
1/2 cup sour cream
a shake or two of cayenne pepper
1 tsp. salt, or to taste
pepitas for garnish (optional)

Combine all ingredients but garnish in a blender or food processor and puree until smooth. Taste and adjust lemon juice & salt, as desired. Chill. Top each bowlful with a sprinkling of pepitas.



Green Salad With or Without Greens?

Hankering for a nice 'green' salad with fresh tomatoes to go with dinner but want an alternative to a lettuce salad? Pre-cook your beans— steam or boil until tender then place them in the fridge to cool. Make a simple vinaigrette, tossed the cold beans later and scatter small red tomato wedges on top. Looks very Italian, and goes great with a pasta dinner. The vinaigrette can be just a splash of white wine vinegar, a squeeze of fresh lemon juice, pinch of salt, a bigger pinch of herbs de Provence (rubbed to bring out their flavor), a few grinds of black pepper and some olive oil, whisked together. Easy!

Zucchini Pancakes

from The Fannie Farmer Cookbook
serves 4 to 6

1 lb. zucchini, coarsely grated
3 tsp. parsley, minced
1/2 C grated cheese (soy cheese works fine too, says Farrell)
1/4 C flour
2 eggs, lightly beaten
Salt & pepper
4 tbsp. butter, margarine or oil

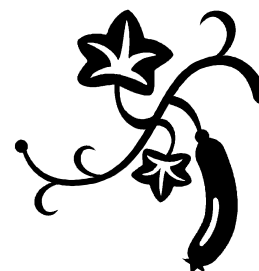
Combine all ingredients except butter. Heat butter or oil in a large skillet over medium heat. Drop spoonfuls of mixture into skillet and cook until golden brown. Turn pancake over and brown other side. Serve hot.

Zucchini-Granola Cookies

3/4 cup butter or margarine
1 1/2 cup brown sugar
1 egg
1 tsp. vanilla
grated rind from one orange (optional)
3 cups grated zucchini
3 cups flour
1 tsp. baking soda
1 tsp. salt
3 cups granola cereal
1 cup butterscotch or chocolate chips (optional)

Cream butter and sugar in a large bowl. Add egg, vanilla, orange rind and zucchini. In a separate bowl,

combine flour, soda and salt. Add this to zucchini mixture, along with granola, and stir. Add chips if using at this point (dough should be sticky). Drop by spoonfuls on greased cookie sheet. Bake at 350 degrees for 12 - 15 min. Remove to rack or brown paper to cool.

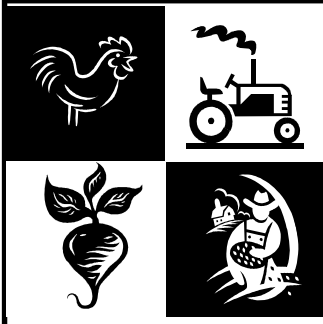


Words to Live By

"To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And eternity in an hour."

- William Blake





Cure Organic Farm Newsletter

Distribution Week #10
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7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
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This newsletter is also
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www.cureorganicfarm.com/
csanewsletters.htm

Ordering Lasater Ranch Grasslands Beef

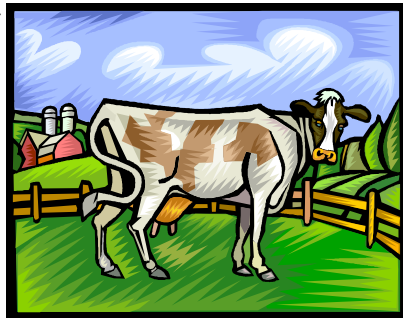
Last week's newsletter provided information about Lasater Ranch's Grasslands Beef. Lasater Ranch is located South east of Colorado Springs and is the largest open range ranch in Colorado. Their beef is completely raised on pasture, not finished on corn which gives the beef a different taste and texture. We are excited to continue this relationship with Lasater ranch and hope that you enjoy what they have to offer.

To order Lasater Beef choose from the following items available and sign up at your CSA pick-up or by sending us an email. We will be taking orders through the last week of August, with your beef to be available for pick-up at the September 3rd pickup. All beef is individually packaged in butcher paper and is frozen.

The Family Sampler—\$200
This package offers 36 lbs of assorted cuts wrapped in white butcher paper, including roughly 8 lbs of steaks, 12 lbs of assorted roasts and other cuts, and 16 1-lb packages of ground beef.

Ground Beef- \$4/pound
One pound packages wrapped in butcher paper. Please order by one pound increments.

New York Strip Steaks - \$13.50/ pound- Individually wrapped 10-12 oz. steaks. Please place order by number of steaks you would like.



Ribeye Steak - \$15/pound 10-12 oz. steaks individually wrapped. Please order by number of steaks you would like.

Filet Mignon-\$22/pound 6-8 oz. filets individually wrapped. Please order by number of steaks you would like.

The vast majority of beef eaten in America today is grain fed, finished in feed-lots. Grass-fed beef is lower in fat and calories, and higher in important vitamins such as beta-carotene and vitamin E, than beef finished on grain. Research has shown that grass-fed beef can lower cholesterol levels. In addition, grass-fed beef has 2-6 times more of the good fat called omega-3 fatty acids. These essential fats play an important role in many of the body's vital systems. For more information on the nutritional qualities of grass-fed beef, visit www.eatwild.com and look at "The Nutritional Benefits of Grass-fed Animal Products."

it to make a new hive and increase pollination as well as honey production.

Our bees are doing well this year. We will be extracting honey in early September and will have it available for sale at the CSA pick-ups at that time.

Honey Bee Swarm

Each week during Kids camp when we gather for lunch at the end of the week we all share what our favorite part of the week was. This week, although only Wednesday I feel confident in saying that the highlight for the farmers was watching one of our honey bee hives swarm.

Bees swarm as a way of population control. When

the hive is strong and the hive starts to become crowded the bees will raise another queen. Once she has hatched the hive will literally split, leaving one queen behind with half of the bees while the new queen and other half of the bees leave the hive in search of a new home. With a little luck a bee keeper will see the swarm and be able to catch

In your share this week:

Cherry Tomatoes

Green Beans

Sweet Corn

Carrots

Head Lettuce

Cucumbers

Summer Squash

Fruit Share

Apricots

Cherries

Peaches

Wisdom Chickens Next Week

Just a reminder that your Wisdom Farm's Chickens will be available at next Wednesday's pick-up.

Coming Next Week

Head Lettuce

Carrots

Sweet Corn

Peppers

And so much more.....