



Cure Organic Farm Newsletter

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

In your basket this week:

Beets

Braising Mix

Garlic Scapes

Head Lettuce

Turnips

Radish

Sugar Snap Peas

Our CSA

Welcome to the 2006 season. We're happy you've joined with us to support local agriculture and promote land stewardship.

Cure Organic Farm is in it's second year. We are growing over 90 varieties of vegetables and herbs on six acres. All of the crops we grow are distributed to the CSA, sold to local restaurants and available at the Boulder Farmers Markets.

The farm is also home to five honey bee hives (honey available in the fall), two flocks of free range chickens, which produce the freshest eggs around, and a pair of heritage breed pigs which love visitors.

Diversity is essential in creating any ecosystem and critical to the success of a small farm. Each season we add a couple of new crops into the field plan with the hope of creating a balanced system and providing more choices for our CSA members. New crops this year include cauliflower, Brussels sprouts, and purple carrots. Be sure to let us know what you think of them when they appear in your share.

Each year we are blessed with a great crew in the field helping to make it all possible. We offer internship positions to people looking for practical training in the dynamics of running a

small farm. It is our hope that this program provides the tools necessary to create more community based food systems throughout the country. Agriculture is about connecting a community with its local food sources and we need more small farmers in order to do this successfully. Be sure to take the time this year to introduce yourself to Liz, Bobby, Jeff and Owen.

We're excited to get to know you better and share our farm with you this season.



Box Note

For those of you picking up in Boulder, please remember to bring your boxes back with you each week during pick-up, as we reuse them.

Who We Are:

- Anne P. Cure, Farmer and Owner
- Paul Cure, Farmer and Owner
- Chloe Diegel, Asst. Field Manager
- Liz Kriso, Intern
- Bobby Wilcox, Intern
- Jeff Munroe, Intern
- Owen Roberts, Intern and Mechanic
- Laurie Balliett, Kids' Camp Coordinator

A Seasonal Feast

Congratulate yourself! You've decided to take on the delicious challenge of eating seasonally, as well as locally. There is no better way to connect with the seasons than by doing so on your dinner table.

The season begins with cool weather crops like head lettuce, braising

greens, radish, turnips and beets. It slowly moves into early summer with snap peas, fava beans, garlic and carrots. Then summer's bounty adorns our table with summer squash, tomatoes, peppers, eggplant, cucumbers, beans and basil. The day light will shorten in the fall as potatoes, leeks, onions parsnips, and winter

squash are ready to be harvested.

Our hope is that you will continue to be adventurous by trying new varieties of vegetables you may not be familiar with, and taking the time to create meals with loved ones and connect around the table.

Bon Appétit!

Coming Next Week...

Head Lettuce

Carrots

Turnips

Garlic Scapes

And much more!

Recipes

PEAS & TURNIPS WITH BACON & DILL BUTTER

1 stick butter, room temperature
4 tbs. chopped fresh dill
8 bacon slices, chopped
1 bunch turnips, cut into 1/2-inch cubes (about 4 cups)
1/2 to 1 pound fresh snap peas

Mix 6 tbs butter and 3 tbs dill in small bowl to blend. Season with salt and pepper. Sauté bacon in heavy large skillet over medium heat until brown and crisp. Melt remaining 2 tbs butter in large skillet and add turnips, sauté until tender and gold. Add peas and dill butter and stir until peas are heated through, about 3 minutes. Stir in bacon. Season with salt and pepper. Transfer to bowl. Sprinkle with remaining 1 tablespoon dill and serve.

Bon Appétit

ROASTED BABY BEETS & SAUTEED BEET GREENS

1 bunch beets sliced with tops
4 garlic scapes diced
3 Tbs. olive oil
2 sprigs rosemary

Cut off the tops, and place the beets in a roasting pan, toss with olive oil and add rosemary sprigs. Roast at 375 for about 30 minutes. Remove skin while warm, and cut in half. Meanwhile sauté the beet greens in olive oil and add a splash of balsamic vinegar. Season with salt and pepper and place on plate, adding beets on top. Makes a wonderfully colorful side dish to any meal.

What's a Garlic Scape?

They are an incredible, snakelike, green shoot that rises from a hard-neck garlic plant in late spring. They are trimmed away to allow the garlic bulbs to develop. They can be used like scallions, but they are crisper, sweeter and more intense than any onion, with a sensual garlicky quality. To use, simply chop up and add to your favorite dish. They're great sautéed along with our braising mix.

Additional recipes can be found on our website at:

cureorganicfarm.com/csarecipes.htm

The Last Hail Storm?

Well, we can hope! The evening of May 31st our corner of Valmont was hit by a fairly significant hail storm. A lot of our greens like the kale, chard and head lettuce were damaged by the hail. While we hoped to be harvesting those greens this week we now are anticipating they will be ready at the end of June. Some of the blemishes on your greens are from the hail, but I promise that it all tastes delicious.

Kids' Farm Camp

Our kids' camp is already sold out for this season. This year 70 children will join us to discover life on a working farm. We are looking for donations to help make the camp a success. If you have any items below and are ready to part with them, please think of us at the farm.

Kids' Camp Donation Wish List:

- *Old garden and seed magazines
- *Potato Mashers
- *One Food Processor
- *Bandanas/fabric

*Cheese graters

*Children's books (ages 6-9) on gardening, farming or nature. These can be either picture or chapter books.

Fruit Share Note

While the trees are heavy with fruit on the western slope, they are not quite ripe yet. Our first fruit shares will be available on June 21st. You'll receive extra fruit throughout the season to make up for this two week's omission.

Words to Live By

It was with awe
That I beheld
Fresh leaves, green leaves,
Bright in the sun.
-Basho

Volunteer Hours

Are you interested in coming out to the farm and seeing what really happens out in the field? If so, please join us on Volunteer day. Every Thursday from 8:30 am to noon volunteers join us in the field to work on that day's project. Anything from weeding, transplanting, harvesting, laying irrigation is possible. Give us a call to let us know that you are coming so that we can plan accordingly.