



# Cure Organic Farm Newsletter

Distribution Week #11  
August 15, 2007

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[www.cureorganicfarm.com/csane newsletters.htm](http://www.cureorganicfarm.com/csane newsletters.htm)

## Honey Bees On The Farm

This season we have added 4 new hives to the apiary which make a grand total of 8 hives that have been busy pollinating our crops and making honey for all of us to enjoy this fall.

A look inside of a honey bee hive shows a community that is working together and is incredibly organized and efficient. The Queen Bee is physically distinct from both the worker bees (female bees) and the drones (male bees). Her job within the hive is to lay eggs to increase the population. The worker bees have many tasks including feeding the larva, pulling out and making comb for honey and pollen, cleaning the hive and of course leaving the hive in search of nectar and pollen. The drone bees play one significant role, which is mating with the queen. This happens only once in the queen's life, where once

she is fertilized she is able to lay eggs for her lifetime. Drones spend their time eating honey and enjoy flying around to "see the sights".

Since the early 1980's both wild and cultivated honey bee hives have significantly decreased due to a parasitic mite that attacks the trachea of the bees and eventually causes death. There are various types of "medication" on the market to give honey bees in hopes of beating a mite invasion in the hive, although there is some controversy over whether these products are safe for humans when consuming honey. More recently in the news we have heard reports about Honey Bee colony collapse. This is where an entire hive will die without traceable cause. Researchers are investigating the causes for colony collapse and have had ideas that pesticides, global warming and cell phone



towers could possibly be responsible.

Honey bees are critical pollinators and necessary for the production of our food as well as being a keystone species in the ecosystem. Because we are losing wild and cultivated hives at an alarming rate, we need more new small scale bee keepers to increase our honeybee numbers. Ever thought about becoming a bee keeper? A bee hive does not require much space. **Are you interested?**

Boulder County Cooperative Extension offers a great intro and "how to" Bee Keeping Class, which is taught by the finest bee keepers in the area. The class runs from Oct. 2-Nov. 27 from 7-9pm and is held at the fairgrounds in Longmont. **For more details check out [www.coopext.colostate.edu/boulder/index.shtml](http://www.coopext.colostate.edu/boulder/index.shtml)**

## CSA Work-Day This Saturday

Our next CSA work day will be this **Saturday, August 18th from 8-11am**. We are planning on continuing to work with the amazing amount of garlic we have harvested this year. Thanks to the CSA members who joined us in July on the work day to harvest all of the garlic, we now have beautiful dried garlic awaiting to be cleaned and prepared for storage. Some of this garlic

we will use for seed for next season's crop, and the rest we will all enjoy in our kitchens.

So, what is the work that needs done? We will be clipping the stalks off of the bulbs, trimming the root ends, cleaning the soil off of the bulbs, sorting by size and quality and packing in boxes and burlap bags for storage. For those of you who prefer to work

in the shade, this a great opportunity for you as we will be under the shady trees instead of in the intensely hot sun.

We hope that you will join us on Saturday. Many hands makes light work, and it is more fun that way too!

## In your share this week:

- Carrots
- Cucumbers
- Basil
- Garlic
- Sweet Corn
- Summer Squash
- Peppers
- Tomatoes
- Fruit Share**
- Peaches

## Winter CSA Sign-up

is next Wednesday, August 22nd. We will be offering 50 shares equivalent to a medium share. Pick up is each Wednesday from 3-6pm, 10/24-12/12, total cost \$200. To sign up, \$100 deposit is required to hold your share (remainder due Oct. 1st) and please complete the Winter Share registration form at next weeks pick-up.

## Coming Next Week...

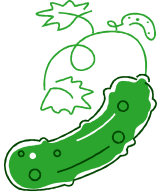
- Basil
- Cucumbers
- Tomatoes
- Peppers
- Summer Squash
- And so much more.....

# Recipes

## Farm House Cucumber Salad

1 cucumber sliced and quartered  
1 vine ripe tomato sliced and quartered  
1 small onion diced  
olive oil, balsamic vinegar, salt & pepper to taste

Combine cucumber, tomato, and onion in large bowl and mix. Dress lightly with balsamic vinegar and olive oil. Add salt and pepper to taste. Serve at room temp or refrigerate before serving.



## Basil-Lemon Cake

2 1/2 C cake flour  
2 1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 C butter, softened  
1 1/2 C granulated sugar  
2 lg. eggs, beaten  
1/2 C chopped fresh basil  
2 tbsp. finely grated lemon zest  
1 tsp. vanilla extract  
1 C + 2 tbsp. buttermilk  
1 1/2 C sliced peaches or mixed berries

Preheat oven to 375 degrees F. Lightly oil a spring form pan. In a medium bowl, combine flour, baking powder and salt. Place butter and sugar in a large bowl. With an electric mixer on medium speed, beat until creamy. Add eggs, basil, lemon zest and vanilla. Beat until blended. Add flour mixture,

a third at a time, alternating with buttermilk and beating on low speed until smooth. Pour into prepared pan. Bake 35 – 45 minutes, or until a wooden pick inserted in the center comes out clean. Cool on a rack for 10 minutes. Remove the sides of the pan and cool completely. Place on a serving plate and top with peaches or berries.



## Zucchini Stuffed with Corn and Cheese

from "The Victory Garden Cookbook" serves 4

2 narrow 6- to 7-inch-long zucchini or yellow squash  
1 C corn kernels  
1/2 to 2/3 C ricotta cheese  
1 to 2 tbsp. chopped chives (optional)  
Salt and freshly ground black pepper  
3/4 C grated Cheddar cheese

Blanch squash in boiling salted water for 5 minutes. Place under cold water and drain. Halve and scoop out the seeds, forming cavities.

Coarsely purée the corn and ricotta cheese in a food processor or food mill. Add the chives (if you wish) and season with salt and pepper. Fill squash halves with the mixture, mounding slightly. Cover with grated cheese. Place in a buttered casserole and bake, covered, in a preheated 350 degree oven for 15 minutes. Uncover and bake 20 to 25 minutes or longer, until the squash is tender and the topping is browned.

## Peach Chutney

4-5 lbs. peaches, blanched to remove skins and cut into pieces  
1 C golden raisins

1 large onion, chopped  
1 tbsp. mustard seed, toasted until seeds begin to pop  
1 1/2 tsp. salt  
1 1/2 C vinegar (cider vinegar is good)  
1 C brown sugar  
1/2 C white sugar  
1/4 C chopped crystallized ginger  
1/4 tsp. ground cloves

Bring all ingredients except peaches to a boil in a heavy, non-reactive pot. Boil for 10 minutes, then add peaches. Cook, stirring occasionally, about 1 hour or until thickened. It will thicken more as it cools. Be sure to stir more often near the end as mixture thickens. Pour into sterilized canning jars.

# Words to Live By

*How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because some day in life you will have been all of these.*

-George Washington Carver

## Wisdom Farm Chicken

Sign up now for the **August 29th** delivery.