



Cure Organic Farm Newsletter

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

Notes From The Field

As we have mentioned before, while we pack a lot of different crops into a little space (6 acres) we just don't have the means to grow everything. This week we are happy to offer you two summer highlights from other local organic farms.

The orange flesh honeydew, and the yellow flesh watermelon are courtesy of Monroe Organic Farm, located in Kersey Colorado. The Monroe's tell me that they have not had a melon year like this in at least 5 years. So, cut these awesome melons in half and bring out the spoon. We hope that you enjoy them.

What truly is summer with out sweet corn? The past

few years we have worked with Full Circle Farm (formally Rocky Mountain Pumpkin Ranch) to add sweet corn to your CSA share. Dave at Full Circle Farm is the largest organic vegetable producer in the county. He grows over 90 crops on 220 acres in Longmont, including the best organically produced sweet corn I've ever tasted. Enjoy it on the cob or cut it off and for a sweet corn and roasted chili soup. What ever way you choose to enjoy it, savor the flavor because summer is beginning to wind down.

The highlights from Cure Organic Farm....tomatoes and eggplant. With the unusually high temperatures this year in June we have had a wonderful fruit set for

some of our summer crops.

Red slicing tomatoes and cherry tomatoes are just beginning to come on strong, and there are still so many green tomatoes on the vine. It looks promising for a long tomato season this year.

My personal highlight is the eggplant. This is the first time since 2003 that we have had enough nice eggplant to offer members. The plants are waist high and full of new light purple flowers and ever increasing eggplant. We hope that you enjoy cooking with them as



Winter CSA Sign-up

We are now ready to begin registration for Winter CSA. We are offering 50 Winter Shares this season.

The Winter Share is available for 8 weeks, from October 25 through December 13th. The cost is \$200 for the season. For details please pick-up a brochure or visit our website at www.cureorganicfarm.com/wintercsasignup.htm

To sign-up on line please do so at the above address. In effort to give existing CSA members first priority

for winter membership, you can only access the online information through the above website address. Should you have any questions or need more information feel free to contact us at the farm. We are looking forward to extending the season with you.



Lasater Grasslands Beef

All Lasater beef orders must be placed by noon on Thursday, August 24. Sign-up tonight at your pick-up location or send us an email.

In your share this week:

Monroe's Melons

Full Circle Farm's

Basil

Eggplant

Peppers

Summer Squash

Tomatoes

Fruit Share

Peaches

CSA Work Day Sat. August 26th

Our next CSA work day will be this Saturday, August 26th from 8-11 am here at the farm. We hope that you will come out and join us for a morning in the fields!

Thinking about a Wisdom Farm Turkey for the holidays? Be sure that your name is on our sign-up sheet.

Coming Next Week...

Basil

Sweet Corn

Peppers

Eggplant

Tomatoes

And much more!

Recipes

Moroccan Veggie Couscous Wraps

3 C diced eggplant
2 C diced bell pepper (red preferably)
2 C diced zucchini
1 C diced onion
1/2 C chopped fresh basil
2 tbsp. chopped fresh thyme
1/3 C tomato paste
1/4 C red wine vinegar
2 tbsp. olive oil
1 tbsp. minced garlic
2 C cooked couscous, warm
1 C goat cheese
2 tsp. herbs de Provence
Four 10- or 11-inch fresh flour tortillas
salt and pepper to taste

Preheat oven to 400 degrees. Combine tomato paste, vinegar, olive oil, thyme, garlic & herbs de Provence in a large bowl. Add eggplant, bell pepper, zucchini, and onion, 1/2 tsp. ea. salt and pepper, toss to coat. Spread veggie mixture in a 13x9x2 pan and bake until tender, about 45 min., stirring occasionally. Remove from oven. Add couscous and basil. Season w/additional salt and pepper to taste. Divide goat cheese among tortillas, spreading evenly, leaving 1" border around the edge. Divide veggie mixture evenly among the tortillas and wrap tightly like a burrito.



Babaghanoush -Babaghanoush is a middle-eastern roasted, kind of smoky eggplant dip. Generally it is served cold, with bread (pita) or veggies for dipping.

1 large or 2 medium globe eggplants
Juice of 1/2 a fresh lemon (more or less)
1/2 tsp. salt
1 or 2 cloves of garlic
2 to 3 tbsp. tahini
1/8 tsp. or so ground cumin (optional)

Roast eggplant whole over grill, or under a broiler, turning once or twice, until skin has blackened and

eggplant has gone limp. Cut off stem, and peel and discard blackened skin. Coarsely chop and then mash eggplant pulp in a bowl with a fork (adding back in any juice that escaped while cooling), until just a little lumpy. Mash garlic with salt, pounding to a puree. Add to eggplant mixture. Alternately add tahini and lemon juice, blending each time. Blend in cumin. Taste for seasoning, and add more lemon juice or salt or tahini to suit your taste. Serve it garnished with parsley sprigs, black olives and tomato wedges if you like, or as a dip with pita, baguette or cut vegetables.

Pasta Salad w/Tomatoes, Corn & Basil

5 tbsp. olive oil, divided
5 tbsp. red wine vinegar
1/2 C chopped fresh basil
2 lg. cloves garlic, peeled, chopped
kernels cut from 3 ears of corn
5-6 med/small tomatoes, chopped
8 oz. penne pasta, freshly cooked
1/2 C grated fresh parmesan cheese

Whisk 4 tbsp. of the oil with garlic, vinegar and basil. Heat 1 tbsp. of the oil in skillet over medium heat and sauté the corn kernels 3 minutes or so. Combine corn with the dressing and remaining ingredients in a bowl, adding salt & pepper to taste. Toss well to blend. Serve room temperature or chilled, whichever you prefer.

Drying fresh basil

Is the Basil in your CSA share adding up? Here is a reminder on how to dry basil.

Simply pluck the fresh leaves from the stem (make sure they are dry, not wet) and place them very loosely in a colander or on a screen. Place in a warm dry place, not in direct sunlight, and toss the leaves every day until they're dry, then crumble and store in a jar. You will be so glad that you did this during the winter!

Words to Live By

Manifesto: The Mad Farmer Liberation Front
(part three) - Wendell Berry

Ask yourself: Will this satisfy
a woman satisfied to bear a child?
Will this disturb the sleep
of a woman near to giving birth?

Go with your love to the fields.
Lie down in the shade. Rest your head
in her lap. Swear allegiance
to what is highest your thoughts.

As soon as the generals and the politicians
can predict the motions of your mind,
lose it. Leave it as a sign
to mark the false trail, the way
you didn't go.

Be like the fox
who makes more tracks than necessary,
some in the wrong direction.
Practice resurrection.