



Cure Organic Farm Newsletter

Distribution Week #12
August 22, 2007

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

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

Notes From the Field

The only consistent thing in farming is change. Every year is different, although we often use similar crop plans, seeds varieties and overall work structure. I guess that one of the things I love most about farming, that it is dynamic, ever changing and keeps you on your toes.

No season is without challenges in the field. This season the biggest challenges for us has been the pest pressure on our brassica crops and on the snap beans. Since early season flea beetles have been out in force. We have lost kale, broccoli and braising mix plantings due to this hungry and persistent pest. While we did have one early planting of green beans that were beautiful, the next consecutive plantings were completely stripped by the Mexican bean beetle, leaving nothing for us to harvest, also drastically de-

creasing our dry bean crop for the winter. While there are pesticides available to the certified organic grower, that are in compliance with the USDA Certified Organic Standards we are not big advocates of using them. After all, a pesticide is still a pesticide.

August is truly the peak of the farm's season with the long awaited summer delights ripening on the vine under the summers intense heat. This is the month that we may need to add some creativity when it comes to cooking with summer squash, cucumbers and basil. The excitement of new crops like the ever more abundant tomatoes, the first bell peppers, and the soon coming eggplant help keep old favorites like zucchini exciting. The season promises exclusive melons and fresh edemama in another week or two along with more head

Cauliflower and brussels sprouts will help bring in fall with leeks, more potatoes, beets, and carrots to join them. Our winter squash crop continues to ripen on the vine and await the fall crops of turnips, chard, kale, and radishes.

What about Fruit? Peach season will continue for another two weeks or so. Following peaches are pears and apples to take us into the fall.



Wisdom Farm Chickens

Wisdom's chickens will be available for pick-up next week, August 29th, if you haven't ordered and want to, now is the time! September 26th will be the season's last date to receive Wisdom Farm chickens, so start stocking up for the winter now.



 * Thanks to the *
 * few members who *
 * joined us on Sat- *
 * urday to clean *
 * and prepare gar- *
 * lic for storage. We *
 * all will be appreci- *
 * ating their ef- *
 * forts as we enjoy *
 * the farm's garlic *
 * throughout the *
 * season! *

In your share this week:

Potatoes

Cucumbers

Basil

Garlic

Onions

Summer Squash

Peppers

Tomatoes

Fruit Share

Peaches

Want extra Peaches?

The peach season is about two weeks from coming to a close so now is a great time to order a case of peaches to can for the winter. An 18 pound case costs \$36. Contact us at the farm if you would like to order peaches by the case.

Coming Next Week...

Leeks

Cucumbers

Tomatoes

Peppers

Summer Squash

And so much more.....

Recipes

Peach Cobbler

6 large peaches, cut into thin wedges
1/4 cup sugar
1 tablespoon fresh lemon juice
1 teaspoon cornstarch

For biscuit topping

1 cup all-purpose flour
1/2 cup sugar
1 teaspoon baking powder
1/2 teaspoon salt
3/4 stick cold unsalted butter, cut into small pieces
1/4 cup boiling water

Cook peaches:

Preheat oven to 425°F. Toss peaches with sugar, lemon juice, and cornstarch in a 2-qt. nonreactive baking dish and bake in middle of oven 10 minutes.

Make topping while peaches bake:

Stir together flour, sugar, baking powder, and salt. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal. Stir in water until just combined.

Remove peaches from oven and drop spoonfuls of topping over them. Bake in middle of oven until topping is golden, about 25 minutes. (Topping will spread as it bakes.)

Basil-Garlic Vinaigrette

2 tbsp. champagne vinegar
6 tbsp. extra virgin olive oil
1/2 C fresh basil leaves
1/2 tsp. salt
1 clove garlic, coarsely chopped. Combine everything in a blender and blend until smooth.

Too-Much-Garlic Storage Idea

Peel cloves. Crush. On a large sheet of heavy-duty aluminum foil, spread crushed garlic in a square wafer of about 1/4-inch thickness. Using butter knife (so as not to puncture foil), gently make cross-hatching pattern, sized to suit your taste. Freeze on cookie sheet about 1/2 hour. Go over cross-hatching again if needed to make snapping frozen pieces off easier. Fold up foil to protect garlic, keeping flat as possible to keep air out. Put this in ziploc-type bag or other container to keep garlic smell and taste out of everything else in freezer. Voila, now you have ready-crushed garlic at your fingertips when in a hurry! Organic, to boot!

Italian Tomato Bread Salad

1 medium red onion, halved and thinly sliced
2/3 C minced green onion
1/2 medium-size English cucumber, diced
1 tbsp. capers
3 medium-size ripe tomatoes, cored and coarsely chopped
1 lg. garlic clove, minced
8 oz. day-old hearty Italian bread*
1/4 C lemon basil or regular basil leaves, coarsely chopped
1 C shredded mozzarella cheese
Olivada Dressing (recipe follows)

Place all the ingredients in a large bowl and gently toss to mix well. Serve immediately, or cover and re-

frigerate for up to 1 day, but allow to come to room temperature before serving.

Olivada Dressing (makes about 1/3 C)

2 tbsp. store-bought olive tapenade
1 tbsp. fresh lemon juice
1/4 C extra-virgin olive oil
1 garlic clove, minced
Pinch of cayenne pepper

Whisk all the ingredients together in a small bowl. Store in the refrigerator in a clean glass container for up to 3 days.

Cucumber Soup

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.

Words to Live By

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

~ Goethe

