

# Recipes

## Summer Squash Sloppy Joes

- 1 pound ground lean beef or turkey
- 1/2 onion, finely chopped (about 3/4 cup)
- 1 carrot, chopped
- 1 1/2 cups summer squash, diced
- 1 6-ounce can tomato paste
- 3 garlic cloves, minced
- 1 tablespoon mild chili powder
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- Kosher salt and freshly ground black pepper to taste
- 3 ounces cheddar cheese, thinly sliced
- 6 hamburger buns

Preheat the broiler. In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes. Add the onion and

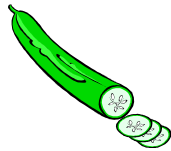
sauté 2 minutes. Add the carrot and sauté 2 minutes. Add the squash and sauté 1 minute more. Stir in the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes. Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted. Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture. Serve immediately.

Tip: The easiest way to shred zucchini is to run it through the shredding disc of your food processor. A box grater will also work, but be sure to use the largest holes.



## Sweet Corn Salsa

- 3 ears sweet corn
  - 1TBS olive oil
  - 3 medium tomatoes
  - 1/2 c. onion, diced
  - 1/2c. Cilantro or parsley chopped
  - 2 juiced limes (just squeeze em')
  - 1 hot pepper, diced
  - 1 small clove garlic, diced
  - pinch of salt
- Cut the corn kernels off of the cob. Heat the oil in a large skillet over medium heat; add the corn kernels and sauté for 3 min. Combine the corn and all remaining ingredients in a medium bowl and mix well. Serve warm or chilled



## Cherry Tomatoes and Cucumber Rounds With Herbed Tuna Filling

- 6-ounce cans tuna in water, well drained
- 1/2 cup plain nonfat yogurt
- 1/2 cup minced shallots
- 6 tablespoons chopped fresh mint
- 6 tablespoons chopped fresh parsley
- 4 garlic cloves, minced
- 3 tablespoons fresh lemon juice
- 1 teaspoon ground cumin
- 20 cherry tomatoes
- 1 cucumber

Place tuna in medium bowl. Flake with fork. Mix in yogurt and next 6 ingredients. Season with salt and pepper.

Cut off 1/4 inch from tops of tomatoes. Gently squeeze out seeds. Cut thin slice from bottoms of tomatoes so that they will stand upright. Turn tomatoes top side up. Using small knife or melon baller, scoop out insides of tomatoes. Using tines of fork, score sides of cucumber lengthwise. Cut into 1/2-inch-thick rounds. Using melon baller, scoop out some seeds in center of each round, being careful not too scoop through bottom. (Tuna mixture, tomatoes and cucumbers can be prepared 8 hours ahead. Cover separately; chill. Pour off any excess liquid from tuna before continuing.) Spoon tuna into tomatoes and onto cucumber rounds.

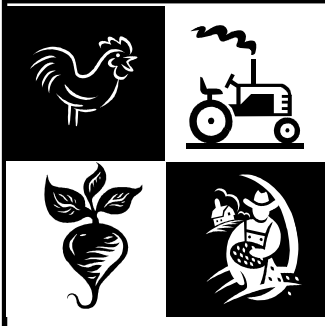
# Words to Live By

*"The land can embolden, exhaust, ennoble. It can nurture, destroy, sustain"*

*-Farmer John Peterson*

*Angelic Organics Farm*





# Cure Organic Farm Newsletter

Distribution Week #12  
August 20th, 2008

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

## Biodynamic Agriculture On The Farm

In the 1920's many farmers across Europe were experiencing yield reductions and witnessing the over all plant health of their crops begin to decline as well as their animal health. Many of these farms had long been in a family and agriculture practices had not varied all that much. Farmers were utilizing all of the good agriculture practices of crop rotations, cover cropping, and composting to keep returning nutrients to the soil year after year yet still this wasn't enough.

The farmers, at a loss of what to try next contacted Rudolf Steiner an Austrian philosopher, educator, social activist and innovator in the fields of architecture, child development, medicine, fine & performing arts, economics, and agriculture. Steiner's philosophy is also known as "Anthroposophy". The heart of this philosophy is that life is not just physical, but also spiritual. He began a series of experiments in 1922 which led to forming his lectures on agriculture in 1924, which has become the guidelines of Bio-dynamics as we know it.

Biodynamic method combines ecological and spiritual aspects. It encourages looking at the farm as a whole rather than parts. The "Bio" ideas or methods include:

1. Biodiversity-multi-cropping vs. mono-cropping, growing rare varieties, & incorporating wild areas into the farm for native species to grow and thrive.
2. Soil Fertility- focus on developing constant humus & organic matter. Creating a living, nutrient dense soil. Careful soil preparation, crop rotations, composting and utilizing herbal & mineral preparations (teas).
3. Integrating Cropping and Animal systems- Creating farm wide symbiosis by intergrading animals and crops. Also emphasizes the integration of pest management and prevention.

More "dynamic" ideas or methods include:

1. Perspective that farm is not just part of a local bioregion, but also a place between heaven and earth, & itself a living being
2. Learning to observe and work with the rhythms of the cosmos such as: daily, monthly and seasonal growing patterns, learning to eat with the seasons, researching & observing the influence of the moon, sun,

planets and constellations on the plants, soil and animals.

3. Creating "Farm Individuality" - according to Steiner this is the ability to diagnose health and ill health within the Recognizing that many qualities keep the whole system healthy.



4. Using natural remedies, and preparations for the farm such as manure and mineral

preparations applied to the fields in the form of compost or herbal teas.

This week on the farm we applied biodynamic preparations to the soil in preparing for the fall. We used aged manure that has been composted down with in a cows horn. We made a compost tea out of this and sprayed it on the crop fields as well as the pastures. Each season we try to take better care of the soil than the year previous. The soil is the spine of the farm. With good soil we can grow the most nutritious food possible, and that makes us feel great. Hopefully we are producing food that in turn makes you and yours feel great too.

### In your share this week:

*Tomatoes*

*Basil*

*Sweet Corn*

*Italian Parsley*

*Eggplant*

*Cucumbers*

*Summer Squash*

*Peppers*

*Onions*

### **Fruit Share**

*Peaches*

*Red Heart Plums*

### **Lasater Grasslands Beef**

Order Now!

Family Sampler -\$200

Ground Beef -\$4 pound

NY Strip Steak -\$13.50/lb

Ribeye Steak -\$15/lb

Fillet Mignon -\$22/lb

All beef will be available on  
Sept. 3rd

### **Coming Next Week :**

Carrots

Sweet Corn

Peppers

Potatoes

And so much more.....

