



Cure Organic Farm Newsletter

Distribution Week #12

August 19th, 2009

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Tomato Season On The Way

While man of us have been enjoying a cooler summer here on the front range, the tomatoes have been longing for the 100 degree days and hot nights that usually leave us tossing and turning. For those of you who drive by the farm, you have been watching the hedges of tomatoes make their presence in the western most section of our fields. Now with vines over five feet tall covered with little yellow flowers, we are finally beginning to see the fruit ripening.

While the tomato harvest is small to begin with we want to assure you, and excite you for what is to come. This season we have four types of cherry tomatoes; sungold which are orange and extremely sweet, yellow pear which are yellow and less acidic, several varieties of red cherry which are the old standard, and a new variety for us this season, the black cherry which seems to be similar to a Cherokee purple. The cherry tomato har-

vest is finally coming on but is about three weeks later than last year!

This season we are trialing several different red slicer tomatoes. We continue the search for a fantastic tasting, early ripening red slicer that will continue to produce over several weeks instead of just two. Two varieties are ripening as of now with the other four varieties still just thinking about it. Ah patience....

Our favorite tomatoes are the Heirlooms. The farmers favorites' include the giant yellow/pink Pineapple, the deep purple Cherokee Purple and a new variety for us this season, the small, bright pink Rose de Bern. Heirloom Tomatoes usually take between 75-85 days to mature from transplanting, making them hit their peak season in September. So, don't loose faith, the tomatoes are on their way!

Winter CSA Share

We are in the process of planting the hoop houses and the field for our Winter CSA Share. This season we will be offering 70 Winter Shares. The Winter Share offers eight weeks of extended season vegetables and fruits from October 21st through December 9th. The size of the Winter Share is similar to the main season's medium

share; we only offer one size share for the Winter CSA season. The Winter Share cost is \$200.

Winter Share pick up is on Wednesday from 3pm to 6pm. Please note that this is an hour earlier than the pick-up time for the main season. Winter Share offers braising mix, kale, chard, bok choy, lettuce, carrots, beets, turnips, radish,

Freezing Green Beans

- 1) Choose the freshest green beans you can find.
- 2) Rinse your green beans in cool water. Drain.
- 3) Cut the ends of the beans off. Cut the beans to whatever length you prefer.
- 4) Put the green beans into rapidly boiling water, cover the pot and time them for 3 minutes. (You can re-use this water three to five times)
- 5) Use a large slotted spoon to remove the green beans from the boiling water and immediately plunge them into a bowl of ice water to stop the cooking. Keep them in the ice water for 3 minutes. Drain them.
- 6) If you have a Food Saver a great time to use it is right now. If you don't, put the green beans into zip lock freezer bags. Make sure you get as much air out of the ziplock bag as possible to help prevent freezer burn.
- 7) Get ready to enjoy farm fresh green beans whenever you want!

Onions, leeks, parsnips, garlic, potatoes, winter squash, dry beans, apples and pears.

Registration for the Winter Share will be available on Wednesday, August 26th via our website. We will email all members the web link with your reminder email that morning.

In your share this week:

Green Beans

Head Lettuce

Carrots

Baby Arugula

Cucumbers

Bell Peppers

Zucchini & Summer Squash

Tomatoes

Fruit Share

Peaches



Coming Next Week...

Cucumbers

Potatoes

Carrots

Tomatoes

And so much more.....

Recipes

Zucchini Crostini

Gourmet, June 1996

1 small onion, sliced thin
1/4 cup olive oil
2 medium zucchini, halved lengthwise and cut crosswise into 1/4-inch-thick slices
2 garlic cloves, minced
6 plum tomatoes, peeled, seeded, and cut into 1/4-inch dice
1 teaspoon fresh thyme leaves, chopped
1/4 cup dry white wine
1 loaf Italian or French bread, cut diagonally into 1/2-inch-thick slices (about 20)
10 thin slices provolone cheese
Preheat oven to 450°F. In a large heavy skillet cook onion in oil over moderate heat, stirring occasionally, until soft. Add zucchini and garlic and cook, stirring, until zucchini is barely

tender. Add tomatoes and thyme and cook, stirring occasionally, about 2 minutes. Add wine and salt and pepper to taste and simmer until liquid is reduced by about half, about 4 minutes. Remove skillet from heat and cool mixture. On a baking sheet toast bread in middle of oven until pale golden, about 4 minutes. Mound about 2 tablespoons zucchini mixture on each toast and top with a half slice provolone. Bake crostini in middle of oven until cheese is melted and golden.



Watermelon, Feta, and Arugula Salad with Balsamic Glaze

Bon Appétit | July 2009

5 oz. baby arugula
8 cups 3/4-inch cubes seedless watermelon
1 7-ounce package feta cheese, crumbled
2 tablespoons balsamic vinegar glaze (Balsamic vinegar glaze can be found in the vinegar section at many supermarkets. If unavailable, boil 3/4 cup balsamic vinegar in a small saucepan until reduced to 3 tablespoons, 6 to 7 minutes.)

Arrange arugula over large platter. Scatter watermelon, then feta over. Drizzle with balsamic glaze and sprinkle with pepper.

Peach Crisp

Gourmet | August 2003

1 cup sugar
1/2 cup all-purpose flour
1/2 cup granola without dried fruit
1/2 teaspoon cinnamon
1/2 teaspoon freshly grated nutmeg
1/8 teaspoon salt
1/2 stick (1/4 cup) unsalted butter, softened
3 pounds peaches, peeled and sliced 3/4 inch thick
1/4 cup fresh orange juice

Preheat oven to 375°F. Stir together sugar, flour, granola, spices, and salt in a bowl, then work in butter with a

pastry blender or your fingertips until mixture forms small clumps. Spread peaches in a lightly buttered 13- by 9-inch (2 1/2- to 3-quart) baking dish. Toss peaches with juice and top with crumb mixture. Bake in middle of oven until topping is golden and peaches are tender, 35 to 40 minutes. Cool slightly and serve warm.

Green Bean and Cherry Tomato Salad

1 pound green beans, trimmed
1 pint cherry tomatoes, halved



1 medium-size red onion, thinly sliced
1/4 cup thinly sliced fresh basil
5 tablespoons extra-virgin olive oil
3 tablespoons red wine vinegar
1/4 teaspoon sugar

Cook all beans in large pot of boiling salted water until crisp-tender, about 5 minutes. Drain; rinse with cold water and drain well. (Can be prepared 1 day ahead. Pat dry, then wrap in paper towels. Enclose in plastic bag and refrigerate.) Combine beans, tomatoes, onion and basil in serving bowl. Whisk oil, vinegar and sugar in small bowl to blend. Season dressing with salt and pepper. Add dressing to vegetables; toss to coat. Cover; chill at least 1 hour and up to 4 hours, tossing occasionally. Serve salad cold or at room temperature.

Words to Live By

"If you want to make an apple pie from scratch, you must first create the universe."

- Carl Sagan

