



Cure Organic Farm Newsletter

Distribution Week #14
September 6, 2006

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

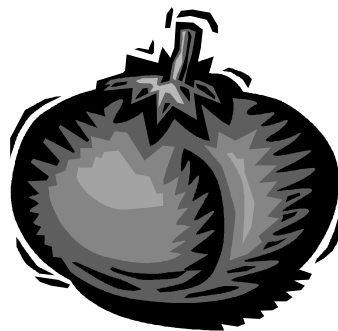
Farm Fresh Tomatoes

Tomatoes are without a doubt America's favorite garden vegetable. Each year I anticipate these beautiful scarlet fruits to appear ripe on the vine about a month before they actually do. There are hundreds of different tomato cultivars ranging from cherry tomatoes, to huge beef-steak tomatoes, to the unusual colors and shapes of my favorite, the heirloom tomatoes.

We start all of our tomatoes directly from seed here at the farm in the green house. By the middle of March the green house floor is full of new tomato plants. These seedlings remain in the green house, although often transplanted into large pots, until the last week of May.

When all chance of frost is gone we transplant the tomatoes into the field, and begin trellising them. Training them to grow up off of the ground prevents animals from eating them, from bruising easily, and it

is easier for us to harvest them. By August the cherry tomatoes are ripe and ready to be harvested, along with the red slicing tomatoes. The Heirlooms take their time ripening and usually are ready to be harvested in September.



Tomatoes are thought to be native to western South America and specifically in the dry coastal desert of Peru. There is also evidence that tomatoes originated in Mexico. These tomatoes show a great diversity in size and shape and include all color types which are pink, red, and yellow. The cherry tomato is widely used in Mexico. The first historical reference in Europe to the tomato was a

yellow fruited type in Italy in 1544, other cultivars in Germany we documented in 1553. Mexico would be a logical origin since Cortez conquered Mexico in 1519, tomatoes could have easily found their way to Italy by 1544. There are still arguments as to the origin of the tomato.

The tomato was not very popular until the 18th century mainly because of rumors that had labeled it as a poisonous fruit. It is suggested that certain famines during this century forced people to try this plant, because by the middle of the century the tomato was much more popular.

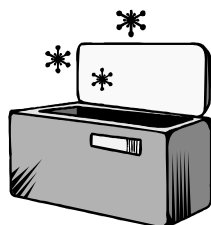
The tomato was introduced into the United States in 1710. The idea that the tomato originated in Latin America leads us to believe that it traveled to Europe before reaching the United States. By 1779 it was used in catsup in New Orleans. Thomas Jefferson grew tomatoes in Virginia. But as late as 1900 the tomato was still considered poisonous. So what happened to make the tomato America's favorite garden vegetable? People began eating them fresh from the vine and couldn't resist the flavor!

Filling the freezer

With only 6 more pick-ups for this season's CSA it is time to fill your freezer. Wisdom Farm is offering once again their whole frozen chickens for \$2.30 a pound. Order just one or a handful to get you through the cold months of the year.

Sign up at your CSA distribution. Chickens will be

available for pick-up
Wednesday, September
27th at your CSA pick-up.



In your share this week:

Slicing Tomatoes

Carrots

Basil

Eggplant

Peppers

Cucumbers

Summer Squash

Cherry Tomatoes

Fruit Share

Peaches

Save The Date!!!!

Our Annual harvest time pig roast and celebration is scheduled for Sunday, October 8th. We hope that you all will join us here at the farm for good food and good company!

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

Coming Next Week...

Braising Mix

Carrots

Peppers

Tomatoes

And much more!

Recipes

Salsa Fresca

Fresh ripe tomatoes, diced
sweet onion, chopped
fresh cilantro, chopped or minced
chilies of some kind
fresh squeezed lime juice
salt to taste

The tomatoes can be of any type (even yellow cherry!) as long as they are ripe and flavorful, sweet white onion is best. As for the chilies, use finely minced jalapeno, poblano or anaheim. Combine all ingredients, taste for any adjustments needed (more lime juice? more chilies? more salt?) and serve promptly. It's best when served fresh!

Eggplant-Cheese Pie with Zucchini Crust

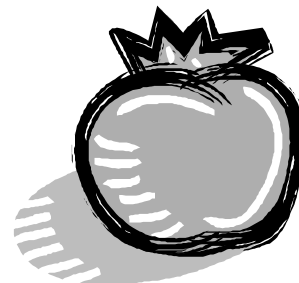
1 1/2 tbsp. butter
1 med. onion, chopped
2 cloves garlic, minced
1 lb. eggplant, unpeeled, cut into 1/2" cubes (about 4 1/2 C)
1/2 tsp. salt, or to taste
3/4 tsp. oregano
3/4 tsp. dried basil
Dash or 2 of cayenne
1 small zucchini [summer squash], sliced
2/3 C (1 sm. can) evaporated milk
1 egg
8 oz. mozzarella, grated (about 2 c)
In a large skillet, melt the butter or margarine and sauté the onion, garlic and eggplant for 2 minutes.

Brown Rice, Tomato and Basil Salad

2 1/4 C water
1 C long-grain brown rice
2 tsp. coarse salt
2 tbsp. Champagne or white wine vinegar
2 tsp. sugar
2 tbsp. olive oil
1 lb. tomatoes, cut into 1/2" pieces
1 C (packed) basil leaves, finely chopped

Bring water to boil in heavy medium saucepan. Mix in rice and salt. Cover, reduce heat to low and simmer until rice is absorbed, about 40 minutes. Transfer rice to large bowl; fluff with fork and cool. Whisk vinegar and sugar in small bowl. Gradually whisk in oil. Pour over rice. Add tomatoes

and basil and toss to combine. Season with salt and pepper. Serve room temperature.



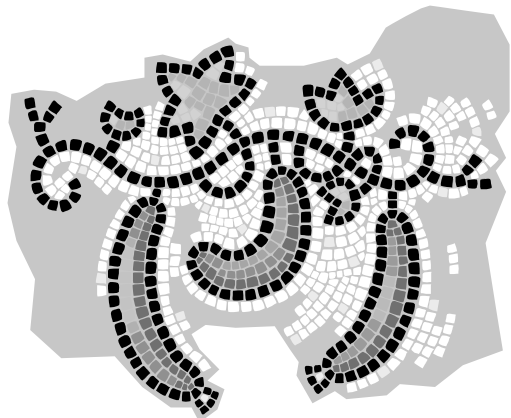
Cover the skillet, and continue cooking the vegetables for about 5 minutes or until the eggplant is soft, stirring the mixture a few times.

Add the salt, oregano, basil, and cayenne, and stir mixture well.

Line the bottom and sides of a greased 10-inch pie plate with the zucchini slices. Carefully spoon the eggplant mixture over them.

In a bowl, combine the evaporated milk, egg, and cheese. Pour this mixture over the vegetables.

Bake the pie in a preheated 375 degree F oven for 30 minutes.



Words to Live By

I Have Seen Autumn

I have never felt the chill of winter
Nor the birth of spring
Only the two faces of Nature
The golden sun shining
Or the heavens openly weeping.

But I have seen autumn
As I looked at her
No cold winter in her smile
A promise of summer in her eyes
Her hair of autumn leaves.

I have never felt autumn
But I have seen it
It's the canvass of Rembrandt
Dark, red, crimson, gold
But I have never felt it.

Is the autumn breeze damp and
soft like her lips?
Is the autumn sky naked and
warm like her skin?
But I have never kissed her lips
nor touched her skin

I have only seen autumn
But I have never felt it.

-Shogunoka Ledesma III