

Cure Organic Farm Newsletter

Distribution Week #15
September 13, 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

CSA- Share The Risk & Bounty

As many of you know, the idea of a CSA came to the U.S. in the mid 1980's from Europe. The basic idea of the CSA movement is to connect a community with their local farmers, with the understanding that the community is sharing in the risk of the season as well as the bounty. Not only does this encourage the growth and sustainability of a local economy by directly supporting small farmers regardless of the yield that season; it ensures that people receive the freshest, highest quality produce available.

The CSA model is about creating relationships around food. Each season we enter into a relationship together not knowing what the season has to offer. A year like this one, offers tremendous bounty, above and beyond what we were planning for in the fields, which in turn we harvest

and distribute to you. We have never seen the summer crops so happy. Tomatoes and eggplant continue to ripen at incredible rates. The summer squash and basil are finally slowing down, but we will still have some to offer in the shares. Peppers are turning orange and red for the first time for us in years. This truly has been a bountiful season.

Each year is different. For instance this year the hot summer days and nights in June (the hail didn't help either) prevented us from having a good broccoli crop. Those of you with us last year may remember 10 weeks of broccoli early on, but not nearly as many pounds of tomatoes. Part of being a CSA member is sharing the risk of each season as well. When we make our crop plans each winter we have a good idea of what the

average yield of any crop will be, if all goes well. So many things essential to a bountiful year are out of our control, like the weather, pest pressure and available irrigation water. Any one or a combination of these pressures can result in a season not quite as abundant as this season has been. By being a CSA member, you too share the risk with the farmers that each season offers, and the fluctuating crop yields.

Your commitment makes all of this possible. Thank you!



In your share this week:

Tomatoes

Carrots

Braising Mix

Eggplant

Peppers

Cucumbers

Summer Squash

Onions

Fruit Share

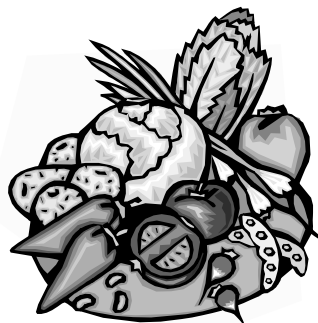
Pears

5 Weeks Left for CSA 2006

Somehow each year seems to pass faster than the last. Today is our 15th week of CSA distribution. We have 5 weeks left for this season.

We are pleased to offer you Wisdom Farm whole chickens at \$2.30 per pound. Please sign-up by September 20th at your CSA pick-up location. Wisdom chickens will be available at the September

27th pick-up.



Are you interested in canning or making pies with Apples or Pears? Place your special order with Anne or Chloe at your CSA pick-up location.

Winter squash, leeks, potatoes, turnips, radishes and more greens are almost ready to be harvested for this fall.



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!

2006 CSA Season continues until October 18th. That's 5 more weeks of awesome fall veggies!

Coming Next Week...

Kale or Chard

Carrots

Radishes

Tomatoes

And much more!

Recipes

Sauté Braising Mix

Slice up some onion and sauté it in olive oil until soft, then turn heat down and stir in greens and 'sweat/wilt' them in their own moisture (they should still be bright green). Sprinkle with a little salt and serve as a side dish. It is that easy!

Braising Mix Salad

Whisk together some balsamic vinegar with a little olive or salad oil, plus some sesame oil. Toss your greens with this and serve! Simple, but good. You can also add some cut up tomato, and other savory-salady things if you like. Give it a try!

Vegetable Moussaka

Olive oil
Freshly milled black pepper
2 medium globe eggplants, sliced diagonally 1/4" thick
4 green onions, thinly sliced
3 garlic cloves, thinly sliced
1 tbsp. butter
3/4 lb. (2 medium) baking potatoes, thinly sliced
1/2 tbsp. oregano
1/2 tsp. salt
1/2 tsp. garam masala
1/2 lb. (2 medium) tomatoes, sliced 1/4" thick
4 oz. goat cheese
1/2 C plain yogurt
2 tbsp. chopped fresh parsley

Garden Gazpacho

Approximately 4 C chopped tomatoes & their juice (feel free to supplement with cherry tomatoes!)
2 medium-sized mild peppers,
1 cucumber, peeled and chopped
1 small summer squash, coarsely chopped
1 small onion coarsely chopped
1 large garlic clove, crushed approximately
2 tbsp. red wine vinegar,
1 tbsp. flavorful olive oil
1 tsp. or so fresh-squeezed lemon or lime juice (optional)
2 tsp. honey (optional)
1 handful of fresh basil leaves (optional)
1 seeded/chopped jalapeno (optional)

1/4 tsp. fresh lemon juice

Heat 1/2 tbsp. olive oil and about 1/8 tsp. pepper in a heavy skillet over medium heat. Place eggplant slices in the skillet. Let eggplant cook on each side for about 3 minutes, periodically pressing on each slice with a spatula. Set aside cooked slices and repeat, adding oil and pepper as necessary each time, until all eggplant has been cooked. In same skillet, sauté green onions and garlic in 1 tbsp. oil for about 2 minutes. Preheat oven to 350 degrees F. Spread the butter around inside an 8- or 9-inch baking dish. Place a layer of potato, and sprinkle with half the oregano, half the salt,

and 1/8 tsp. pepper. Add a layer of half of the eggplant slices, and sprinkle with half of the garam masala. Top with half the goat cheese and half the tomato slices. Next add the onion and garlic mixture. Then repeat the potato, eggplant, cheese and tomato layers. Bake, uncovered, until the potatoes are tender, about 45 minutes or more (test occasionally with a sharp knife for doneness). Meanwhile, prepare the yogurt sauce. Combine yogurt, parsley and lemon juice in a small bowl and refrigerate. Serve moussaka topped with yogurt sauce.



Words to Live By

The Seed-Shop

Here in a quiet and dusty room they lie,
Faded as crumbled stone or shifting sand,
Forlorn as ashes, shriveled, scentless,
dry -
Meadows and gardens running through
my hand.

In this brown husk a dale of hawthorn
dreams;
A cedar in this narrow cell is thrust
That will drink deeply of a century's
streams;

These lilies shall make summer on my
dust.

Here in their safe and simple house of
death,
Sealed in their shells, a million roses
leap;
Here I can blow a garden with my
breath,
And in my hand a forest lies asleep.

-Muriel Stuart

