

# Cure Organic Farm Newsletter

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

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## Certified Organic

The organic movement began to take off in the late 1980's. There were many farms across the nation that had always grown their crops with out the use of chemical pesticide, herbicide and fertilizer, before the term "organic" was available. The move toward organic food was accelerated by general health concerns as well as planetary concern. The pioneers of the organic movement came together and created the idea of organic certification in attempts to set cultivation regulations that ensured chemical free foods and a more holistic approach to working with the farm eco-system. Each state either created it's own set of organic standards, or adopted standards set by a certifying non-profit organization like Seattle Tilth, Oregon Tilth or California Certified Organic Farmers (CCOF). An Certified Organic inspector would visit all farms applying for certi-

fication to ensure that their growing techniques were in accordance with the criteria outlined in the set of standards. These standards include things like crop rotations, use of non GMO seeds & products, soil health and fertility, and integrated pest & weed management.

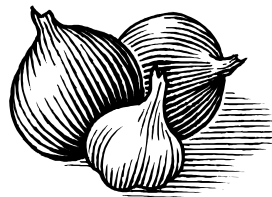
By the late 1990's organic farming showed the only growth in the agriculture economy. While only 2% of Americans are farmers, the new farmers entering the field are choosing organic agriculture over conventional agriculture. The USDA reacted when they saw this trend by creating a set of National Organic Standards (NOS). With the NOS consumers would know that whether they were buying certified organic produce from Colorado or New Mexico, that the produce was grown under the same regulations rather than each state hav-

ing slightly different requirements.

In 2002 the USDA began the federal certification process. Now throughout the nation there is one set of organic standards that each certified organic farm must adhere to. Many of the regulations continue to be the same as the original certifying agencies created in the early 1990's.

This season is our first season to go through the organic certification process. Last week we were inspected and now are one of the growing number of certified organic farms in the area.

Here is to good food, a healthy eco-system and healthy people!



More than half the nation's annual 500 million-pound spinach crop is grown in California's Monterey County. Now is a good time to take a break from spinach (unless locally grown) and try out some other greens like kale and chard!



## Spinach Anyone?

As many of you many know, a California natural foods company was linked Friday to a nationwide E. coli outbreak. The outbreak was traced to Natural Selection Foods, based in San Juan Bautista, California, and the company has voluntarily recalled products containing spinach. Natural Selection Foods sells fresh bagged spinach under the brand names Rave Spinach,

Natural Selection Foods, Dole, Earthbound Farm, Trader Joe's, Ready Pac and Green Harvest.

Each year, consumers buy hundreds of millions of pounds of bagged spinach -- triple-washed and packaged in cellophane bags and clamshell boxes. The FDA warned people nationwide not to eat spinach. Washing won't get rid of the bacteria, though thorough cooking can.

## In your share this week:

Tomatoes

Carrots

Kale

Eggplant

Peppers

Garlic

Leeks

Radish

## Fruit Share

Pears

## 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 4 more weeks of awesome fall veggies!

## Coming Next Week...

Braising Mix

Brussels Sprouts

Potatoes

Tomatoes

Winter Squash

And much more!

## Recipes

### **Kale with Chicken-Apple Sausage**

1 bunch kale, washed, greens stripped from stems and chopped  
1 smoked chicken-apple sausage (1 apple, quartered, cored, and then cut into bite-sized pieces  
half a small onion, chopped  
small spoonful of honey  
salt  
paprika

Slice or chop up the sausage. Sauté the onion in a little oil 'til it starts to get soft. Add a splash of water, and the cut up sausage and apple. Bring to a simmer. Simmer a bit, until the sausage starts to give off flavors to the juice and the apples start to soften. Stir in honey, sprinkle with salt and paprika. Dump in kale and

### **Lemony Rice Salad with Carrots and Radishes**

2 tbsp. water  
1 tsp. grated lemon rind  
2 tbsp. fresh lemon juice  
1 tbsp. olive oil  
2 tsp. chopped fresh or ½ tsp dried thyme  
½ tsp. salt  
¼ tsp. black pepper  
2 C hot cooked rice  
¾ C shredded carrot  
¾ C shredded radish  
¼ C golden raisins  
3 tbsp. chopped walnuts, toasted

Combine first 7 ingredients in a

cover to steam/wilt with the now-formed pan juices (add a splash more water if the pan is getting dry). Stir to incorporate, then turn off heat and keep warm until ready to serve. This goes really well with a side of winter squash and mashed potatoes, but would also go well over rice. Be sure to pour on the flavorful juices!

### **Leek and Kale Bisque**

1 leek (about 1 1/2in. thick)  
1 bunch Kale  
3 cups chicken broth or veggie broth  
1 cup milk  
About 1/4 teaspoon white or black pepper  
1/4 cup minced fresh chives  
salt

small bowl. Combine rice and remaining ingredients and toss with dressing. Serve warm or room temperature.

### **Pear and Maple Crumble**

for topping:

1 C flour  
1 C walnuts  
2/3 C packed brown sugar  
1/2 C cold butter, cut in small pieces

for pears:

5 or 6 pears, peeled, cored & chunked  
2/3 C pure maple syrup  
1/2 C raisins 2 tbsp. flour  
2 tbsp. fresh lemon juice  
1 tbsp. minced crystallized ginger

Cut leek in half lengthwise and rinse well. Coarsely chop leeks and kale, including kale stems. In a 3 to 4 quart pan, mix broth with leek and kale. Bring to a boil over high heat; cover, reduce heat, and simmer until vegetables are very tender when pierced, about 12 minutes. With a slotted spoon, transfer vegetables to a blender or food processor. Add about 1/2 cup cooking liquid and whirl until smooth. Pour puree back into pan. Add milk and 1/4 teaspoon pepper; stir just until steaming, 3 to 4 minutes. Ladle bisque into wide bowls. Sprinkle equally with chives. Add salt and more pepper to taste.

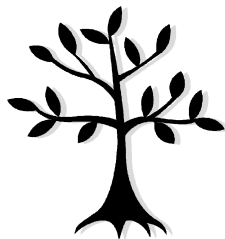
Process topping ingredients in food processor 'til nuts are coarsely chopped & small moist clumps form. Refrigerate. Toss rest of ingred. to blend. Spread in 13x9x2 pan. Sprinkle topping over pear mixture & bake in 350 degree oven about 30 min. 'til pears are tender, juices bubble thickly & topping is golden & crisp. Cool some, but serve warm, topped w/sour cream or fresh whipped cream.



## Words to Live By

A reflection on Paradox:

Water wears away rock, Spirit overcomes force, The weak will undo the mighty. May we learn to see things backward, inside out, and upside down."



- adapted from the Tao Te Ching