



Cure Organic Farm Newsletter

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Snow on the fields

What indicates the changing of the seasons as drastically as a few inches of snow covering the fields? The first snow, although earlier than usual this year marks the end of summer crops and the beginning of real comfort foods in the form of roasts, stews and soups.

Snow doesn't mean the end of the season for everything we grow. In fact, it can actually enhance the flavor of select crops. For example, kale, spinach and bok choy are wonderful fall vegetables that survive early frosts and snow. Specific varieties of root crops like carrots, beets, and parsnips actually become sweeter with the cold temperatures, preferring to have several frosts before their harvest.

All of our winter squashes are frost hardy as well. While the plants will die back a bit from the frost, the actual squash keeps going strong. The cold weather helps pumpkins turn their radiant orange color each season.

Baby greens like braising mix can also keep going through the frost and snow with a little help. We cover our greens with a light fabric called remay. This keeps the frost from settling onto the leaves and allows the greens to continue to grow through the cold temperatures by raising the soil temperature a couple of degrees.

While we are all ready for a break, we are also preparing for next season. In order to have early crops to

harvest we over winter some vegetables. After the snow melts and the ground dries out a bit (and we return from Italy!) we will be planting garlic, cipollini onions, radicchio, and baby leeks. These cold hardy crops grow slowly throughout the winter months, ready to take off with the spring rain, snow and warmer temperature making their way into the first CSA shares next season.



CSA 2007 Registration

In effort to finish one season before jumping into the next, we will begin registration for the 2007 CSA in January 2007. In late December we will send you the 2007 CSA information via post mail. Current CSA members, including fruit share only members will receive the opportunity to sign up first, before we will accept registration from the general public. To our delight CSA memberships are becoming more popular and the memberships are fill-

they use to. So I encourage you to sign up early as we will be offering 125 CSA shares next season. Please help us make sure our current mailing list has all of your correct information by reviewing it when you pick up your share. Thanks to those of you who have made crop requests for next season, any additions are welcome!

Thank you for joining us in our second season at Cure Organic Farm. It has been a delight to get to know your families and share the bounty from the fields with you. We are looking forward to another great season in 2007 with you.



In your share this week:

- Baby Bok Choy*
- Beets*
- Carrots*
- Winter Squash*
- Garlic*
- Heirloom Tomatoes*
- Carving Pumpkins*
- Fruit Share**
- Pears*

The Boulder Farmers Market will continue each Saturday from 8-2 pm through November 4th. Come down to the market to enjoy the last of the seasons finest & freshest produce available. It is located on 13th street between Arapahoe and Canyon.

Coming Next Week...

Winter Share begins next Wednesday, October 18th. Pick up time is from 3-6pm. Winter Share will include:

- Carrots*
- Turnips*
- Braising Mix*
- Onions*
- Winter Squash*
- And much more.....

Recipes

Spicy Roasted Squash

1 medium/large butternut squash (2-3 lbs.)
2 tsp. coriander seeds
2 tsp. dried oregano
1/2 tsp. fennel seeds
2 small dried red chilies (or to taste)
1 tsp. salt
1 tsp. freshly ground pepper
1 clove garlic
1 tbsp. olive oil

Preheat oven to 400 degrees. Wash squash, then cut in half lengthwise. Scoop out seeds. Cut squash lengthwise into quarters, then cut quarters in half – you should have approximately 1-inch, boat-shaped wedges of squash. Put them in a bowl. Put all dried herbs and spices

Beet 'fries'

You can do this with beets alone, or beets and potatoes. Preheat your oven to 375 degrees.

Remove leafy green tops from beets (and save!! Wash and use like chard or spinach). Cut into French-fry like sticks or wedges. If you're using potatoes cut into sticks too. Thinly slice and chop up one large clove of garlic. Put beets, potatoes and garlic in a bowl and toss with olive oil to coat. Spread out on a baking sheet and sprinkle liberally with salt (I like salt), and bake for 45 minutes, scooping and turning once during

in a mortar and pestle and pound them up with the salt and pepper to make a fine powder. Once you've done this, add garlic clove and pound it into the spices. Scrape out contents into the bowl and add oil. Toss squash thoroughly in herb and spice mixture, making sure all pieces are well coated. Place squash pieces in a row, skin side down, on baking tray. Roast 30 minutes, or until tender. The spicy flavor will cook into the squash, and it will crisp slightly. Serve hot, as a side dish.

Pear Sauce

Pears, peeled, cored and chunked
a little water
cinnamon
fresh lemon juice

cooking time with a spatula, until browned on the outside and soft in the middle. Dump onto a platter and pass around while still hot. You'll be surprised how fast they disappear.

Bok Choy Miscellaneous

This is a more delicate green that at first glance. You only need just barely cook it, as any residual heat will continue to cook it further. Add it at the last minute to soups and sautés for this very reason, and if you're chopping it up first, add the stems first and the leaves for just barely the last minute, just until wilted. It is good sliced up and added to soup. Add to any stir-fry. Try grilling them!

Put cut up pears in a pot with just a little water (NOT to cover! Just enough to get fruit simmering, as it has plenty of its own moisture). Cover and bring to a boil, reduce heat to low and simmer, covered, until fruit is cooked and soft, 20 to 30 min. Cool somewhat, add a sprinkling of cinnamon and a squeeze of fresh lemon juice, to taste, puree in a blender or food processor, then refrigerate. It'll be good for at least a week. Eat it straight up, or in a bowl with some plain yogurt, or over ice cream, or if you're a carnivore, it would be a great accompaniment to pork roast or chops (with a side of steamed stir-fry greens and some mashed or pan roasted potatoes!).

Make sure you've done your best to wash any grit out from in between the leaves, then trim the base, add salt and pepper. Grill a minute or so on each side, just enough to wilt-crisp the leaves and make grill marks on the stems! Serve as a side to most any dish.

Maple-Curry Sweet Dumpling squash

Cut (carefully, they're hard to cut) the squash in half and remove seeds. Cut each half into 4-6 pieces. Drizzle a little maple syrup over the squash and shake on a little curry powder. Bake at 350 until soft.

Words to Live By

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

- Galileo

