



# Cure Organic Farm Newsletter

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This newsletter is also  
available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## A Season's End

Each season in June I walk the fields anxious to see what will be available for the first few weeks of the CSA shares. I'm always a little nervous... wondering if the quantity will be adequate, if there will be enough variety, if the quality will meet members expectations. I always wonder if and how the season will work out. And some how with each new crop that comes in, the season passes and the fields provide all of our families with a variety of fresh produce. With the first pick-up of the season the farm comes alive with all of you visiting the animals and walking out in the fields.

By mid-season the variety increases and we actually become concerned that you are receiving more basil and summer squash than any family should have to eat each week....

That's the spirit of sharing the bounty!

This last pick-up marks the end of our 3rd season as Cure Organic Farm. People often ask us why we farm...is it being outside daily, is it working with the earth, is it the spiritual satisfaction? While all of these suggestions are part of it, it is truly just the experience of planting the carrot seeds, watching them grow and then seeing all of you pick them up to take home and enjoy. Agriculture is truly about connecting the community to its food source, and we look forward to seeing the farm come alive when all of you return in the spring.

Here's to sharing the bounty!



### Raw Honey Available

We have completed our honey harvest for this season and have raw honey for sale at \$8 per jar. Our honey has not been heated/pasteurized so will eventually crystallize and solidify. You can easily take honey from its solidified state and return it to liquid by heating the jar in a hot water on your stove.

### Wisdom Farm Turkey's

Wisdom Farm's Natural Turkey's will be available for the Holidays on a pre-order basis. Interested in a Turkey? Sign up now by sending us an email. Turkey's will be frozen and available the week of Thanksgiving for pick-up at the farm. They will weigh between 15-25 pounds and cost \$2.50 per pound.

## In your share this week:

- Broccoli Rabb*
- Winter Squash*
- Garlic*
- Turnips*
- Sweet Peppers*
- Hot Peppers*
- Carrots*
- Onions*
- Green Tomatoes*
- Eggplant*
- Fruit Share**
- Apples*

## 2008 CSA Registration

With farming, it is never to soon to begin planning for the next season. In 2008 we will be offering 150 CSA shares, comprised of small, medium and large shares. In addition we will continue to provide the opportunity to buy other local products like Lasater Beef, and Wisdom Farm Chickens as well as great Colorado seasonal fruit through the fruit share.

Details for next season's share and registration will be mailed to current members in early December, giving renewing members a month and a half to sign up before we open registration up to the public. Please check to be sure that we have your current contact info tonight or send any changes on via email.

Registration for new members will be available beginning January 15th via our

website at  
www.cureorganicfarm.com

We look forward to sharing another season together!



**Want to make your CSA pickup easier?** Move in around the corner from Cure Farm! Chloe and her boyfriend Alex will be leaving us in December and need to find someone to rent out their 2 bedroom house at 3082 75th, just south of Valmont. It's an old restored farmhouse on a large plot, with farm-lands behind. The rent is \$1400/month and it will be available January 1st. Feel free to pass this on. Call Chloe with any questions or to come take a look, 720.938.8477.

Thanks!

# Recipes

## Winter Squash Ideas

(from my various Bon Appétit clippings)

1. Pureé roasted butternut squash with orange juice and a touch of ginger.
2. Season chunks of roasted pumpkin with walnut oil, brown sugar & ground ginger. Toss with dried cranberries.
3. Mash winter squash with apple butter and a little chicken broth. Top with crispy bits of bacon and fresh thyme.
4. Pureé roasted pumpkin with chicken broth and a little garlic; use it as a sauce for purchased cheese ravioli.

## Butternut Squash and Carrot Pureé with Maple Syrup

- 4 tbsp. butter
- 1 onion, chopped
- 3 carrots, peeled and thinly sliced
- one 3 1/2 lb. butternut squash, peeled, seeded, and cut into 1/2" pieces
- 1 C fresh orange juice
- 3 tbsp. pure maple syrup

Melt 2 tbsps. of the butter in a large pot over medium heat. Add onion and sauté until just tender, about 8 minutes. Stir in 1 tbsp. butter, add carrots and sauté until coated, about 1 minute. Add last tbsp. butter and squash and sauté until it begins to soften, about 8 minutes. Pour orange juice over vegetables. Cover and simmer until they are soft, about 25 minutes. Uncover and simmer until

all liquid evaporates, about 5 minutes. Stir in maple syrup. Cool slightly. Working in batches, pureé mixture in processor until smooth. Season to taste with salt and pepper. (Can refrigerate, covered, up to 2 days; stir over medium heat to rewarm.)



## Winter Squash Storage Info:

Ideally, keep them in a cool (not refrigerated) place with low humidity and they'll last for a couple months. They will also keep in the warmth of your kitchen, but not for as long a time.

## Roasted Winter Veggies

Veggie options: Carrot, potatoes, winter squash, onions, turnips, beets, fennel bulbs, leeks. Additional ingredients: olive oil, garlic, rosemary, salt & pepper.

Preheat oven to 350 degrees. Put cleaned and cut vegetables in a shallow roasting pan, but set leeks and fennel aside on a plate to add later, as they cook in less time\* than the harder veggies. Also, if you don't want the beets to stain the other veggies, you need to put them in their own pan. Using your hands, coat all pieces w/olive oil. Sprinkle liberally w/salt, pepper, & garlic powder (or

crush garlic into olive oil before coating). Tuck sprigs of fresh rosemary between veggies (or scatter dried rosemary over all). Cook for an hour or more, until veggies feel soft when pierced w/a sharp knife and are lightly browned. \*Add after 15 minutes.



## Simple Skillet Turnips and Apples

- 1 tbsp. canola oil
  - 1/2 C chopped onion
  - 1 medium apple, copped
  - 3 C chopped turnips (1/2" cubes)
  - 1/2 C fresh apple cider or juice
  - 1 small cinnamon stick
  - 1/4 tsp. salt
- Heat oil in a large skillet over med. heat. Add onion and sauté for 3 to 5 minutes. Add apple and sauté 2 more minutes. Add turnips and rest of ingredients. Cover and reduce heat to medium-low. Stir occasionally, and add more liquid if necessary to prevent sticking. Simmer until turnips are tender, approx. 20 minutes. Remove cinnamon stick before serving.

## Words to Live By

*"The task that remains is to cope with our interdependence— to see ourselves reflected in every other human being, and to respect and honor our differences."*

- Melba Patillo Beals