



# Cure Organic Farm Newsletter

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
[www.cureorganicfarm.com](http://www.cureorganicfarm.com)—[cureorganicfarm@yahoo.com](mailto:cureorganicfarm@yahoo.com)

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This newsletter is also available online at:  
[www.cureorganicfarm.com/csaneletters.htm](http://www.cureorganicfarm.com/csaneletters.htm)

## In your basket this week:

*Beets*

*Braising Mix*

*Carrots*

*Garlic Scapes*

*Head Lettuce*

*Turnips*

*Snow Peas*

## Box Note

For those of you picking up in Boulder, please remember to bring your boxes back with you each week during pick-up, as we reuse them.

## Fruit Share

The first fruits of summer are finally ripe on Colorado's western slope. The fruit share will begin with cherries and then move into apricots, peaches, plums, pears and apples. If you don't have a fruit share and would like one, share are still available. Contact us at the farm for the details.

## Coming Next Week...

*Head Lettuce*

*Chard*

*Carrots*

*Parsley*

And much more!

## Water Use in Colorado

Nothing says spring to many of us in Colorado like the sight of the ditches running. Colorado's irrigation ditches carve a maze through our state's landscape.

Originating on the Continental Divide, rivers begin to flow as a result of winter's accumulated snow that begins to melt. The water makes the long journey from the mountains out to the plains, separating to form many different water sheds. Each water shed continues to redirect water through a irrigation ditch system to out lying farms and ranches. With out this ditch system we would not be able to grow vegetable & fruit crops in Colorado. The annual average precipitation is 16 inches a year. To ensure good growth vegetable crops need a minimum of 2 inches each week.

When the early settlers came to Colorado for the gold they realized immediately that in order to cre-

ate a viable town they needed access to water. Thus they began to dig the ditches that we still have today by hand and with animals. Ditch companies were formed with families that lived along the ditch system and contributed in their creation. These companies were registered in Denver at the state capital as *senior* and *junior* ditches under the major share holders family names.

Colorado was settled in the late 1850's and all of the ditch water was appropriated by 1865. Senior ditches refer to the companies that were formed first, and hold the most water capacity over the longest period of time. Junior companies come into priority for water later in the season, and do not last as long into the season as senior ditches. Most of these original companies are still being used today in order of priority.

How does this affect us?

## Earlier Crops

We are continually experimenting with new ways to bring you more crop variety earlier. The beets and carrots in your share these early weeks were planted in one of our hoop houses the first week of

February. The hoop houses provide the necessary frost protection and soil temperature at an earlier time so that these crops will germinate and be ready for harvest in early June. We hope you are enjoying them.



# Recipes

## **BRAISED BEET RISOTTO**

Courtesy of The Kitchen Cafe

Braised Beets:

- 2 medium-size red beets
- 3 tablespoons unsalted butter
- 1 tablespoon sea salt
- 2 c. vegetable broth
- 1 c. dry white wine
- 1/4 c. apple cider vinegar

For braised beets: Peel beets and chop into small, 1/3-inch cubes. Place in a wide sauté pan with butter, salt, stock or broth, wine, and cider vinegar. Bring to a boil, reduce heat, and simmer until beets are al dente (firm but cooked through). It should take about 1/2 hour. Remove from heat, keeping any remaining liquid and the beets together. You should have a dark red liquid and some very tasty beets.

## **GARLIC SACPE PESTO**

6-10 scapes (chopped into 1" sections)

- 1 c. organic olive oil
- 2 c. grated parmesan cheese

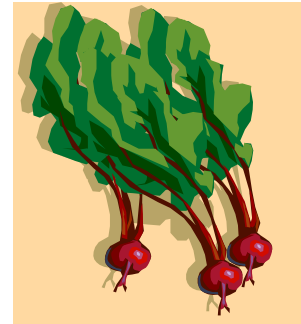
In a blender, combine the scapes and drizzle in olive oil until you reach the consistency that you like. Pour mixture into bowl and blend the cheese in by hand. Great on pasta, pizza, sandwiches or as a dip with crackers and cheese.

Risotto:

- 3 Tbs. extra-virgin olive oil
- 1 large onion, finely chopped
- 4 garlic scapes, finely sliced
- 1 quart (4 cups) vegetable broth
- 1 1/2 cups Arborio rice
- 1/3 cup dry white wine
- 1/2 cup mascarpone cheese
- Salt and pepper, to taste
- 2 tablespoons unsalted butter
- 1 Fresno chili pepper, finely chopped, for garnish
- Extra-virgin olive oil, for drizzling

For the risotto, in a large pot add olive oil, onion, and garlic. Heat the pot over low heat and stir until onion is translucent, about 15 minutes. Meanwhile, in a separate pot, bring stock to a simmer. When onions are ready, add rice and stir to coat. Add wine

Once the risotto is al dente (soft with a slight firmness), add mascarpone cheese and braised beets, reserving beet liquid. Once cheese and beets are incorporated, slowly add beet liquid until risotto is bright red. Add salt and pepper to taste. Just before serving, stir in 2 tablespoons butter for a decadent finish.

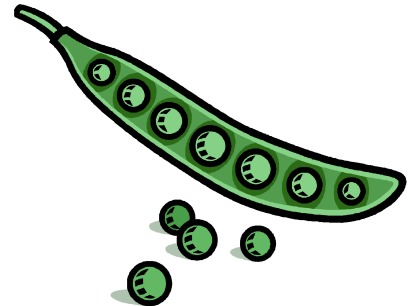


## **SESAME SNOW PEAS**

- 1/2 pound snow peas, trimmed and strings discarded
- 1 teaspoon Asian sesame oil
- 1 scallion, sliced thinly on diagonal
- 2 teaspoons sesame seeds, toasted lightly

Cut snow peas on diagonal into long thin slices. Have ready a large bowl of ice and cold water. In a saucepan of boiling salted water blanch snow peas 15 seconds and drain in a colander. Immediately transfer snow peas to ice water to stop cooking and drain well. In a bowl toss snow peas with oil, scallion, sesame

seeds, and salt to taste. A nice addition to cold roasted vegetable salads or a stir-fry.



## Words to Live By

When I rise up,  
Let me rise up joyful  
Like a bird.  
When I fall,  
Let me fall without regret  
Like a leaf.

-Wendell Berry

## Kids' Farm Camp

Our kids' camp is already sold out for this season. This year 70 children will join us to discover life on a working farm. We are looking for donations to help make the camp a success. If you have any items below and are ready to part with them, please think of us at the farm.

### **Kids' Camp Donation Wish List:**

- \*Old garden and seed magazines
- \*Potato Mashers
- \*One Food Processor
- \*Bandanas/fabric
- \*Cheese graters
- \*Children's books (ages 6-9) on gardening, farming or nature. These can be either picture or chapter books.