

# Cure Organic Farm Newsletter

Distribution Week #2

June 13th, 2007

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

## Wisdom Family Farm Poultry

Each season we work with other farms here in Colorado to offer our CSA members the opportunity to access products that we do not produce. Over the course of the season we will be offering chicken and turkey's from Wisdom Family Farm and free-range, grass fed beef from Lasater Ranch.

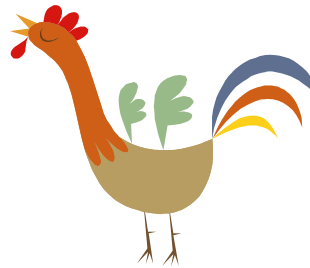
Wisdom Family Farm is located in Haxturn, CO. They are currently the only licensed poultry producer that has a USDA certified processing center at their farm. Cindy and Jay Wisdom own and operate the poultry farm with their two young daughters and with some help processing from Jay's father. Their birds are raised cage free, in large barns with access to an outdoor yard.

Whole chickens will be available to our CSA members by pre-ordering them at your CSA pick-up. We will be taking orders for whole chickens through the June 27th pick-up. Your order will be available for you at your CSA pick-up location on Wednesday, July 4th.

The details: The chickens will weigh between 4-5 pounds and cost \$2.40 per pound. We will calculate the cost when you pick up your order, and you may pay with a check or cash at that time. They will be frozen when you pick them up.

This season Wisdom Farm's whole chickens will be available through this pre-order system each month, deliveries beginning in July and continuing

through October. Interested? Be sure to place your order at the CSA pick-up, as we only order the amount as indicated by the sign up sheets and rarely have extra.

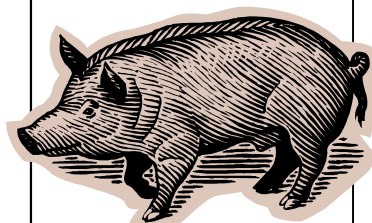


### Welcome the Pigs

We'd like to introduce Alfalfa & Sugar...the two hampshire cross pigs who joined us this past weekend.

These piglets (boy & girl) weigh about 45 pounds and were born in Niwot in early April. Along with being great company and continuous entertainment these pigs are being raised for meat which we hope to have available in the fall.

Although a bit shy still, they love to have visitors so be sure to take a stroll out to the field, around the hoop-houses and pay the pigs a visit!



## Ugly Arugula- Bounty & Risk

Being part of a CSA connects members to the growing seasons more closely. Part of being a CSA member is sharing in the risk as well as the bounty of each season. While we go to great length to plan out the season ahead of time, the nature of farming is unpredictable.

In today's share you have first hand insight to sharing that risk with us. The ugly Arugula. Believe it or not, this is the first cutting on these beds of Arugula. They have been

battling with the flea beetles who enjoy eating small holes in each leaf and then had to contend with the wind storm last Wednesday evening which left the leaves badly burned and now browning. But...they still have good flavor, just ugly.

How to use your Arugula this week? In a salad is always nice, but if you're like me and can't bare to look at the tattered leaves try sautéing them or making a pesto. Check out the recipes on the back!

## In your share this week:

Salad Mix

Baby Arugula

Turnips

Carrots

Sugar Snap Peas

Garlic Scapes

**Fruit Share**

Strawberries

## Wednesday, July 4th pick-up

Mark Your Calendars!

**The July 4th pick-up time at the farm will be from 1-4:30pm only.**

The Farmers Market pick-up will be at it's regularly scheduled time-4-7pm. If you would like to change your pick-up location for the July 4th pick-up, please contact us here at the farm. We hope that by hosting a pick-up earlier in the day you will be able to fully celebrate the 4th of July!

## Coming Next Week...

Salad mix

Carrots

Garlic Scapes

Sugar snap peas

And so much more.....

## Recipes

### Sugar-Snap Pea & Strawberry Salad

2Tb Ex-virgin olive oil  
2tsp Raspberry vinegar  
1/4tsp Dijon mustard  
1/4lb Sugar-snap peas  
1lb Ripe strawberries sliced thick

Combine the oil, vinegar and mustard in a small bowl; whisk thoroughly and set aside. Steam the sugar-snap peapods for 30 seconds or until bright green but still crunchy. Remove from the heat, drain, then quickly run cold water over them to stop the cooking and drain again. Combine the peas with the berries. Whisk the dressing again and drizzle over the salad. Serve immediately or chill for no more than 1 hour.

### Steamed Vegetables With Arugula Pecan Pesto

6 medium carrots sliced thickly  
2 fennel bulbs sliced thickly  
1 1/2 pounds small red potatoes sliced  
1 pound sugar snap peas  
3Tbs. hot water  
1 1/4c. Arugula pecan pesto

**\*\*FOR THE PESTO\*\***

2c. Arugula (COF's "ugly Arugula")  
2/3c. olive oil  
1/2c. pecans toasted golden brown and cooled  
1/3c. freshly grated parmesan  
3 garlic scapes diced

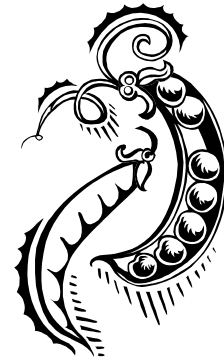
### Turnips Au Gratin

1 bunch Turnips  
2 Leeks- chopped onion works too  
2 oz Canadian Bacon- optional  
8 oz heavy cream  
2 Eggs  
4 oz Extra sharp cheddar cheese, grated  
Salt, Pepper to taste  
1/2tsp Caraway seeds  
Parsley to garnish

Peel, wash and quarter the turnips. Cut the quarters in very thin slices. Wash and clean leeks and slice, diagonal. Cut the bacon in slices. Butter a baking dish. Layer the turnips, leeks and the bacon into it. Mix together the cream, eggs, cheese, salt and pepper. Pour over the vegetables,

1/2tsp. Salt  
Steam carrots, fennel, & potatoes covered, until potatoes are tender, about 10 minutes. Transfer steamed vegetables to a platter. Steam peas, covered, until just tender and transfer to a platter. In a food processor blend pesto with 3 tablespoons hot water, adding additional hot water if necessary to reach desired consistency. Serve vegetables warm at room temperature with pesto.  
To make the pesto:  
In a food processor blend together all ingredients with salt and pepper to taste until smooth. Pesto keeps. Cover & refrigerate, use on sandwiches or with pasta.

sprinkle the caraway seeds overall. 8. Bake at 375 for about 45 min or until turnips are tender and cheese is melted. Garnish with the parsley & serve.



### Fruit Share News

At this point in the season we are unable to make additional fruit shares available. Due to late freezes on the western slope growers are unsure of the amount of early cherries they will have on their trees, as it is less than anticipated. We are hoping to have additional fruit shares available this season beginning in July when plums and peaches come into season. We will let you know at that point when additional fruit shares become available. Here is one more way we all share the risk and the bounty!

## Words to Live By

Suppose time is a circle bending back on itself. The world repeats itself, precisely, endlessly.....

In this world, time is like a flow of water, occasionally displaced by a bit of debris, a passing breeze causing it to turn away from the mainstream, to make connections back stream, a tributary of the past.....

- Alan Lightman an excerpt from Einstein's Dreams



