



Cure Organic Farm Newsletter

Distribution Week #3

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Terra Madre 2006

The Slow Food organization was founded by Carlo Petrini in Italy in 1986 as an alternative to the fast food culture that has taken root in many of the worlds communities. Slow Food is an international association that promotes food and wine culture, while defending and encouraging agricultural biodiversity worldwide. It provides a network for communities to connect with local producers and supports consumer education.

In 2004 Slow Food sponsored the first Terra Madre event. Terra Madre is a



gathering of food communities from around the world with the purpose of sharing ideas. It consists of 1500 food communities from 5 continents, 5000 farmers, breeders, fishermen and traditional food producers, 1000 cooks and 200 universities. The meeting takes place in Turin, Italy in late October. We just received notice that our farm's nomination was accepted and Anne, Paul and Chloe have all been invited to the Terre Madre 2006 event. In 2004, Jim Schott of Haystack Mountain attended the conference and we feel honored to continuing a great Boulder tradition. We are honored to be included in this gathering of food communities.

This year's Terre Madre events focus is on Networks, Agro-ecology, and Market Access. *Networks* refers to strengthening the network of food producers,

consumers, restaurants and universities and establishing communication channels. *Agro-ecology* looks at the techniques practiced around the world that work with the environment instead of against it. *Market Access* focuses on finding new outlets for small-scale producers, through associations and cooperatives among producers and collaboration with the community at large.

We are grateful for this opportunity to be part of the development of a new concept of agriculture, one consisting of good, clean and fair food, accessible to everyone. We are looking forward to connecting, learning and sharing experiences with food producers from around the world, and bringing the stories back to you. Of course, none of this could be possible without the support of Boulder's Slow Food director Elizabeth Perreault and you! Thank you!

All of which turned out beautifully and early. We are thinking of trying to over winter some peas, radicchio and different varieties of onions this fall. Each season is an experiment!



This season we over wintered onions, scallions, baby leeks, and spinach.

Tricks of the Trade

Each of the past 9 season we have tried to grow spring onions with little to no success. Usually they don't germinate or they get lost in the weeds. This season we are so excited about these beautiful Walla Walla Spring Onions. How did we do it? We over wintered them. Colorado seems to be a great location to seed cold

hearty crops directly into the ground in the fall (October). The fall and winter precipitation allows the seeds to germinate and grow extremely slowly all winter long. With the warmth and water of spring they explode, ahead of the weeds.

In your basket this week:

Carrots

Chard

Baby Fennel

Head Lettuce

Italian Parsley

Snow Peas

Walla Walla Onions

Fruit Share

Cherries

Collaboration with other Farms

While we pack a lot into a little bit of land, it is impossible to produce everything. This year we will be working with other farms and ranches to bring you additional items such as local, free range chicken, beef and lamb. Watch the newsletter for this information. If there are any items that you think would be a nice addition to offer CSA members, please let us know.

Coming Next Week...

Head Lettuce

Carrots

Onions

And much more!

Recipes

ROASTED FENNEL & BABY CARROTS

1 bunch baby carrots,
1 bunch baby fennel bulbs cut into
1/2-inch-thick wedges
3 tablespoons olive oil
3 tablespoons water
3/4 teaspoon salt
1/4 teaspoon black pepper

Heat oven to 450.

Toss carrots and fennel with olive oil, water, salt, and pepper and arrange in 1 layer in a shallow baking pan. Cover pan with foil and roast vegetables in lower third of oven 10 minutes, then uncover and roast, turning occasionally, 10 minutes more. Switch pan to upper third of oven and roast until vegetables are tender and browned, about 10 minutes more.

BAKED POLENTA WITH SWISS CHARD AND CHEESE

2 Tbs. extra-virgin olive oil
1 onion, thinly sliced (try Walla Walla's!)

2 garlic cloves, minced
1/4 tsp. dried crushed red pepper
1 pound Swiss chard, thick stems and ribs removed, leaves cut crosswise into 1/2-inch-wide strips. (you can just the stems, they just take a bit longer to cook)

3 1/2 cups water
1 teaspoon salt
1 cup polenta (yellow cornmeal)

HAM AND SWEET ONION SANDWICHES WITH PARSLEY BUTTER

3/4 cup coarsely chopped fresh flat-leaf parsley
2 tablespoons unsalted butter, softened
1/2 teaspoon salt
2 or 3 sweet Walla Walla Onions
4 slices good-quality whole-wheat sandwich bread
1/4 lb thinly sliced cooked ham

Finely chop parsley in a food processor, then add butter and salt and blend to a paste. Cut 4 (1/8-inch-thick) slices crosswise from center of onion, reserving remainder for another use. Spread 1 1/2 teaspoons parsley butter on 1 side of each slice of bread. Arrange 1 onion slice on

butter, then top each with one fourth of ham. Repeat layering with remaining onion, parsley butter, and ham, then cover with remaining bread slices, buttered sides down.

Makes 2 sandwiches.



1 cup ricotta cheese
2 large eggs
2 cups coarsely grated mozzarella cheese (about 8 ounces)

Preheat oven to 350°F. Lightly oil 2-quart glass baking dish. Heat oil in heavy large deep skillet over medium heat. Add onion; sauté until tender. Stir in garlic and crushed red pepper, then chard; cover and cook until chard is tender, stirring occasionally, about 8 minutes. Uncover; stir until any excess liquid in skillet evaporates. Season with salt and pepper. Meanwhile, bring 3 1/2 cups water and salt to boil in heavy

large saucepan. Gradually stir polenta into boiling water. Reduce heat to medium-low; simmer until polenta is very thick, stirring frequently, about 10 minutes. Remove from heat. Whisk ricotta and eggs in bowl; whisk in 1 c. hot polenta. Stir ricotta mixture into polenta in saucepan. Spread half of polenta mixture in baking dish. Spread half of chard mixture over. Sprinkle with half of mozzarella. Repeat layering with remaining polenta, chard, and cheese. Bake until puffed and brown on top, about 45 minutes. Cool 30 minutes.

Words to Live By

How agreeable it is not to be touring Italy this summer, wandering her cities and ascending her torrid hilltowns. How much better to cruise these local, familiar streets, fully grasping the meaning of every roadsign and billboard and all the sudden hand gestures of my compatriots. And after breakfast, I will not have to find someone willing to photograph me with my arm around the owner. I will not puzzle over the bill or record in a journal what I had to eat and how the sun came in the window. It is enough to climb back into the car as if it were the great car of English itself and speed off down a road that will never lead to Rome. -Billy Collins

CSA Work Day

Are you interested in getting out in the field this season? We will host our first CSA work day on Saturday, July 15th from 8am to 11am. Come on out to the farm and join us for a work project. Bring your family and friends. Sign up beginning next week for the CSA work day to let us know that you are coming. We look forward to seeing you all out in the fields!