

# Recipes

## Sugar Snap Peas with Ginger and Garlic

1 tablespoon olive oil  
2 walla walla onions, thinly sliced  
1 tablespoon finely chopped peeled fresh ginger  
3 garlic scapes, finely chopped  
3/4 lb sugar snap peas, trimmed  
1/2 cup water

Heat oil in a large skillet or wok over moderately high heat until hot but not smoking, then sauté onions, ginger, and garlic scapes, stirring, 1 minute. Add peas and sauté, stirring, 2 minutes. Add water and simmer, stirring occasionally, until peas are crisp-tender, about 2 minutes. Season with salt and pepper. This is fabulous served over pasta!

## Sweet Potatoes, Apples, and Braising Greens

4 medium sweet potatoes, peeled and cut lengthwise into quarters  
5 tablespoons unsalted butter, plus 3 tablespoons melted  
1 tablespoon fine sea salt  
2 teaspoons freshly ground black pepper  
3 medium baking apples, such as Sierra Beauty or Granny Smith, peeled, cored, and cut into quarters  
1/2 pound braising greens  
1/4 cup loosely packed fresh parsley leaves, coarsely chopped

On foil-lined baking sheet, toss potato slices with 3 tablespoons melted butter, 1 teaspoon salt, and 1/2 teaspoon pepper. Bake until cooked

## Carrots Glazed with Balsamic Vinegar and Butter

1/2 cup (1 stick) butter  
3 1/2 pounds baby carrots or regular carrots, cut into 2-inch pieces, halved lengthwise  
6 tablespoons sugar  
1/3 cup balsamic vinegar  
1/4 cup chopped fresh chives

Melt butter in heavy large pot over medium heat. Add carrots and sauté 5 minutes. Cover and cook until carrots are crisp-tender, stirring occasionally, about 7 minutes. Stir in sugar and vinegar. Cook uncovered until carrots are tender and glazed, stirring frequently, about 12 minutes longer. Season to taste with salt and pepper. Add chives and toss to blend. Transfer to bowl

and serve.



through and slightly caramelized, about 20 minutes. Keep warm.

In heavy medium skillet over moderate heat, melt 3 tablespoons butter. Add apples and sauté until tender and golden brown, about 15 minutes. Keep warm.

In heavy large pot over moderate heat, combine remaining 2 table-

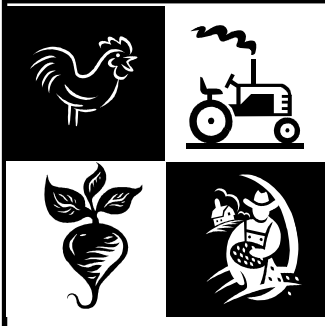
spoons butter and 3 tablespoons water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining 2 teaspoons salt, and 1 1/2 teaspoons pepper. Serve hot.

## Words to Live By

“I know nothing so pleasant to the mind, as the discovery of anything that is at once new and valuable- nothing so lightens and sweetens toil as the hopeful pursuit of such discovery.”

-Abraham Lincoln





# Cure Organic Farm Newsletter

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

Distribution Week #3  
June 18th, 2008

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

## Notes From the Field—Summer Solanacea

By mid-June on the farm we are preparing beds for their second rotation of crops. Our first spring rotations of bok choy, salad greens, turnips and spinach are finished. The beds we mowed this week and are prepping for their next planting. With the exception of the melons (which I hope to be planting tomorrow) all of the summer crops are planted, weeded and growing nicely.

The seemingly endless rows of tomatoes are trellised for the first time this season. We are growing 38 different varieties of tomatoes this season, many varieties CSA members have asked us to try. We anticipate that tomatoes will ripen on the vine beginning about the middle of July. Cherry tomatoes are always the first fruits of summer.

For years we have tried to grow colored bell and

other sweet peppers outside, with out much luck. Often the frost comes to early or the sun is to direct and hot that the sun actually scalds the pepper flesh. This season we are trying to grow the colored sweet peppers in one of our hoop houses. The hoop houses are a season extension method that allows us to plant tender crops in the ground much sooner than the outside temperatures would permit. They offer a more controlled environment, providing the plants with the added humidity, water and heat that they need to encourage budding and fruiting. The pepper plants in the hoop house are about four weeks ahead of those in the field at this point. If all continues on schedule we are hoping that these sweet peppers will offer a rainbow of colors by late August.

Eggplant poses a similar challenge. Some seasons the

temperature is just perfect like in 2006, others there are very few, small fruit like in 2007. We would love to have some consistency. So, this year we are growing 4 varieties of eggplant in a hoop house to see which varieties do better in the controlled climate. While still below your knee in height, these plants are beginning to put on flowers. Similar to the peppers, the eggplant in the field seem to be about four weeks behind those in the hoop house. We are anticipating having eggplant by early to mid August. We hope that these experiments will help us continue to plan for variety and the best flavors in the produce we grow. We never know how things will go out there in the field. After all, the only constant in life is change.



The scape is great fun; try dicing it into scrambled eggs, adding to a veggie sauté or pulverize a bunch into pesto. The garlic flavor is fresh and light rather than redolent and pervasive, which means you can spread the pesto on toast and still kiss your kitchen mate.

## What are these Garlic Scapes

Garlic and its relatives in the allium family, (leeks, chives, onions) grows underground, where the bulb begins its journey, soft and onion-like. As the bulb gets harder (and more like the garlic we know), a shoot pokes its way through the ground. Chlorophyll- green like a scallion (maybe even greener), the shoot is long, thin and pliable enough to curl into gorgeous tendrils.

This stage of growth is the garlic scape, folks. If left unattended, the scape will harden and transform from green to the familiar opaque white/beige color of garlic peel. Keeping the shoot attached will also curtail further growth of the bulb. So, in an effort to allow the garlic to keep growing, the farmer is getting a two-fer with this edible delectable that cooks are just beginning to discover.

### In your share this week:

*Head Lettuce*

*Braising Mix*

*Sugar Snap Peas*

*Garlic Scapes*

*Carrots*

*Walla Walla Onions*

### Fruit Share

*Strawberries*

### Missing A Pick-up?

As the summer season continues a time may arise when you are unable to pick-up your share. Please send a lucky friend or family member to pick-up and enjoy your share when you are unable to. Just couldn't get to your pick-up? Give me a call Wednesday evening and we'll pack a share for you to pick-up Thursday. All food not picked up is donated by 10am on Thursday morning.

We truly want you to have your share but can not hold produce past Thursday.

### Coming Next Week

Head Lettuce

Onions

Beets

Snap Peas

And so much more.....