

Recipes

Shredded Beets and Greens with Sliced Oranges

from "Greens, Greens, Greens" by Johnna Albi and Catherine Walthers

1 lb. greens (beet greens, braising mix, etc.)
1 tbsp. olive oil
1 medium onion, sliced into half moons
1 C coarsely grated beets
1 orange, peel and pith removed
Dressing
Juice from one large orange
1 tsp. Dijon mustard
1 tbsp. olive oil
pinch of salt
Tear greens off from center stem and cut into strips about 1/2 inch wide. Wash and set aside. Sauté onion in oil 5 - 8 minutes until soft and translu-

cent. Peel and grate beets (I use my food processor). Add beets to onions and sauté for about 2 minutes. Add greens and stir well. Cover and cook on medium low heat for 8 - 10 minutes, until the greens are tender. Whisk the dressing ingredients together and drizzle over beets and greens just before serving. Top with sections of orange and serve warm. Serves four as a first course and makes a beautiful presentation full of holiday colors. Enjoy!



Roasted Broccoli with Asiago

Roasting broccoli brings out its earthy sweetness, and sprinkling it with cheese will guarantee that the kids clean their plates

1 ½ lbs. broccoli and stalks
3 tbsp. olive oil
1 C grated Asiago cheese [a different hard-grating cheese will substitute just fine I'm sure]

Preheat oven to 450 degrees. Cut each crown of broccoli lengthwise into 4 spears. Place broccoli in a large bowl; toss with olive oil and sprinkle with salt and pepper. Transfer broccoli to a large rimmed baking sheet. Add grated Asiago to same bowl. Roast broccoli until crisp-

tender and stalks begin to brown, about 25 minutes. Return broccoli to bowl with cheese. Using tongs, toss to coat.



Simple Broccoli and Lemon

I can eat broccoli this way all the time (and often do!): just cut broccoli into whatever size pieces you like, steam them for 3 to 4 minutes, plate them, squeeze a goodly amount of fresh lemon juice over them, drizzle with your best olive oil, and sprinkle with sea salt. Mmmmmmmmm.....

Broccoli Note

Fresh broccoli cooks quickly. Add it to stir fries when you are just 3 or 4 minutes from finishing the cooking process. Mushy broccoli gets pushed around the plate while bright green, firm broccoli will be gobbled up!

Beet and Sugar Snap Pea Salad

1 or 2 small onion, halved lengthwise, then thinly sliced lengthwise
3 tablespoons rice vinegar
1 teaspoon ground coriander
2 teaspoons sugar
1 teaspoon salt
2 tablespoons extra-virgin olive oil
1 bunch fresh beets
1/4 lb sugar snap peas

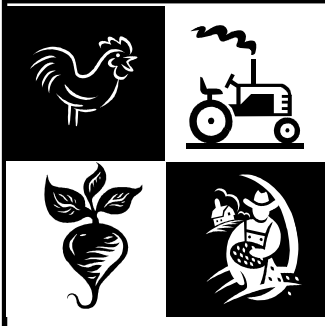
Whisk together vinegar, coriander, sugar, and salt in a salad bowl, then add oil in a slow stream, whisking. Toss onion and beets with dressing. Steam sugar snaps over boiling water, covered, 2 minutes, then transfer to a bowl of ice water to stop cooking. Drain well in sieve and toss with beet mixture.

Words to Live By

The Earth is so kind— just tickle her with a hoe and she laughs with a harvest.

-Douglas Jerold





Cure Organic Farm Newsletter

Distribution Week #4
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7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

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www.cureorganicfarm.com/
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Raising Sheep

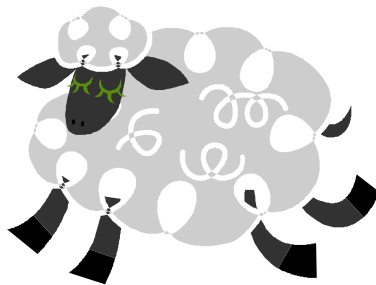
In addition to the chickens, ducks, pigs and honey bees that all of you see each CSA pick-up, we also have a flock of Rambouillet sheep. The sheep have 5 acres of pasture located behind our field just south east of 75th. We are raising the sheep for both wool and lamb. We have seven sheep that we have been breeding for over a year now, and currently have 6 healthy lambs.

In preparation for the summer's heat we had our sheep sheared this past weekend with another farm that has about 50 sheep. Catching, loading up, shearing and checking out each sheep was an all day process that left our hands incomparably soft with lanolin.

There are so many aspects of agriculture that have become a lost art. Sheering sheep and proc-

essing wool are just a couple of them. Bob, the New Zealander who came to shear our sheep has been doing this (on the side mind you) for 45 years...since he was 10 years old. It takes about 4 minutes for him to shear one sheep. I find this unbelievably quick....he say's that he's very slow compared to what he could do when he was younger. Still, I think it would have taken me about an hour to do one sheep! Fortunately it is all part of the learning process.

We hope to have both wool and a variety of cuts of lamb available for CSA members this fall.



Share the Bounty

Our *Share the Bounty* fund raised \$1350 this year through your donations. Wow!!! Through your donations, we have been able to offer lower cost shares and welcome 4 families into our CSA this season.

Thank You!

One of our goals with the CSA is making the program accessible to everyone. *Share the Bounty* is our grant program that offers lower cost shares to folks who would love to be part of the CSA but can not afford the cost of the share in full. CSA members have the option to donate to the fund when they sign up for their share, helping to pay for these shares. As you can

see, every little bit adds up to make a big difference. For more info about the *Share the Bounty* fund please contact Anne at the farm.



Fruit Share News

This has been a difficult spring for Colorado fruit. The June bearing strawberry plants were in full flower and were set back with two hard frosts in May. The western slope cherries, while making it through the flowering stage and setting fruit with little trouble from the frosts are slow to ripen with the cool spring. We are truly sharing the risk and the bounty this season with the fruit growers.

Needless to say, we are all anxious for the Colorado fruit season to begin! Next week we are expecting Colorado strawberries and the first picking of Colorado Bing cherries coming from Rancho Durazno in Palisade.

Over the course of the season we will be offering additional fruit to make sure you receive an average of 3 pounds per week over the course of the CSA. You just can't rush Mother Nature!

In your share this week:

Head Lettuce

Braising Mix

Sugar Snap Peas

Broccoli

Beets

Walla Walla Onions

Fruit Share

Strawberries

CSA Work Day

Our First CSA work day of the season will be Sat. July 19th from 8-11am. This is an opportunity to come on out to the farm, help out in the fields for the morning and truly experience how and where your food is coming from. And...it is a ton of fun! Sign up at your CSA pick-up to let us know that you are coming. As the date gets closer we will let you know what project we will be working on that morning. We hope you'll join us out in the fields!

Coming Next Week

Head Lettuce

Kale

Beets

Snap or Snow Peas

Fruit Share- Cherries