

Recipes

Kale and Mushrooms with Creamy Polenta

1 bunch kale, chopped
4 cups whole milk
3 1/2 cups water
2 cups polenta
1/2 teaspoon salt
3/4 teaspoon ground black pepper
4 ounces pancetta (Italian bacon) or bacon, coarsely chopped
4 ounces mushrooms (such as crimini, oyster, and stemmed shiitake), sliced
4 tablespoons extra-virgin olive oil, divided
1 garlic clove, minced
1/2 cup low-salt chicken broth
2 tablespoons chopped fresh thyme
1 tablespoon grated lemon peel
4 tablespoons unsalted butter

Fennel and Carrot Slaw with Olive Dressing

2 medium fennel bulbs with fronds
5 carrots, coarsely grated
1 tablespoon fresh lemon juice
1 tablespoon balsamic vinegar
3 tablespoons extra-virgin olive oil
1/4 cup Spanish green olives, pitted and finely chopped
3/4 teaspoon dried Aleppo chili or Epaulette pepper flakes (optional), or to taste
6 sun-dried tomatoes packed in oil, drained and very thinly sliced
2 tablespoons chopped flat-leaf parsley

Chop enough fennel fronds to measure 3 tablespoons and reserve. Dis-

. 2/3 cup grated Parmesan cheese

Cook kale in large pot of boiling salted water until tender, about 6 minutes. Drain.

Bring milk, water, polenta, salt, and pepper to boil in heavy large saucepan over medium heat, whisking constantly. Reduce heat to low and simmer until thick, stirring occasionally, about 20 minutes. Remove from heat.

Meanwhile, cook pancetta in heavy large skillet over medium-high heat until golden brown, about 3 minutes. Using slotted spoon, transfer pancetta to paper towels. Add mushrooms and 2 tablespoons oil to drippings in skillet. Sauté until

mushrooms are tender, about 6 minutes. Stir in kale and pancetta. Add garlic and broth; simmer until broth is slightly reduced, about 6 minutes. Stir in thyme, lemon peel, and 2 tablespoons oil. Season to taste with salt and pepper.

Whisk butter and Parmesan into polenta and divide among plates. Top with kale mixture.



card remaining fronds and stalks. Cut bulbs into thin matchsticks and toss with carrots in a bowl. Whisk together lemon juice, vinegar, oil, olives, Aleppo chile (if using), and salt to taste and toss with vegetables. Chill, covered, at least 30 minutes (for flavors to develop). Just before serving, stir in reserved fronds and sprinkle sun-dried tomatoes and parsley over slaw.

Romaine and Fennel Salad with Red Wine Vinaigrette

5 tablespoons red wine vinegar
1 tablespoon fresh lemon juice
1 1/2 teaspoons dried oregano
6 tablespoons olive oil

1 head romaine lettuce, torn into bite-size pieces (any lettuce will do!)
1 or 2 fresh fennel bulb, trimmed, cored, thinly sliced
1 cup Parmesan cheese

Whisk vinegar, lemon juice and oregano in small bowl to blend. Whisk in oil. Season dressing with salt and pepper.

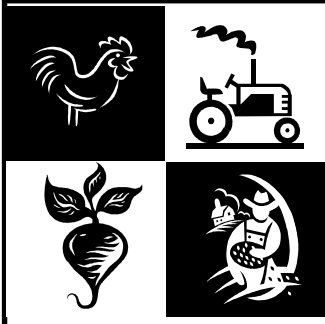
Combine lettuce, fennel and half of Parmesan cheese in large bowl. Toss with dressing. Garnish with remaining Parmesan cheese and serve.

Words to Live By

A lively cherry
In full bloom
Between the two lives
Now made one

-Basho





Cure Organic Farm Newsletter

Distribution Week #5

July 2nd, 2008

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

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

Kale- Give it a Chance

Kale is the most ancient and among the earliest cultivated member of the cabbage family. It was a favorite vegetable in ancient Rome and very popular as well in Scotland and Ireland. Although grown widely here in North America, it 's popularity has not caught on as of yet. Surprisingly, Pizza Hut is the largest consumer of Kale in this country. Unfortunately they do not use it as a topping for their pizza's but rather as a garnish for their salad bar. How frustrating for those of us who have come to love kale and depend on the nutrients that this tasty little green is packed with.

Nutritionally, kale is vastly superior to most vegetables. It is very rich in vitamin A, C and the mineral calcium. It is also rich in B vitamins and an excellent supply of other minerals. Kale has the

highest protein content of all cultivated vegetables. If this information hasn't sold you on trying kale, the taste surely will win you over.

Georgia, our nine month old loves kale just steamed or sautéed lightly until bright green with a little olive oil. Kale has a distinct, but not over powering flavor and is easily interchangeable with broccoli or other greens in your favorite recipes. Kale is a cool season crop, growing well in early spring and late fall. The flavor becomes sweeter after a few fall frosts. We grow two rotations of kale in order to extend the harvest season.



Wisdom Farm Natural Poultry

Jay and Cindy Wisdom own and operate a free range, naturally fed poultry farm in Haxtun Colorado. They raise chickens and turkeys. We work with Jay and Cindy to make their whole, frozen chickens available to CSA members once a month. CSA members pre-order as many chickens as they want and pay for them here at the farm when you pick them

up at a regular CSA distribution. The chickens usually weigh about 4-5 pounds and cost \$2.90 per pound. Pre-order your whole, frozen chickens now for delivery July 30th.

Wisdom Farm's chickens are not certified organic...they are fed corn, soy and a mix of other cereal grains like oats and wheat. They are free range birds, having access to both

Kale Cooking Tips

1. Steam kale leaves approx. 4-5 minutes. Kale is ready when bright green, and limp.
2. Toss steamed kale with olive oil, lemon juice, salt pepper and garlic.
3. Sauté with butter, garlic and onions.
4. The classic kale dish is prepared with bacon...everything tastes better with bacon!
5. Add sautéed kale to omelets, scrambled eggs, mashed potatoes, burritos, or casseroles.
6. Kale is a great addition to hearty soups.

Storage Tips

Kale will wilt if left to dry out in your fridge. Store in a plastic bag. For long term storage kale can be frozen. Wash, chop and blanch leaves in boiling water for 2 min. Rinse with cold water to stop the cooking process. Drain and pack into an air tight container (Zip lock bag).

the barn and the barn yard daily. Jay and Cindy process all of their own birds on their farm in a USDA certified and inspected facility.

They are at the Saturday Farmers Market in Boulder, so be sure to stop by and say hi and ask them directly and questions you might have about their farm.

In your share this week:

Head Lettuce

Kale

Snap or Snow Peas

Broccoli

Carrots

Baby Fennel

Fruit Share

Strawberries

Cherries

Attention Farmers Market Members Pick-up

Please, please, please return your CSA share boxes each week. Re-using your boxes keeps the price of your share the same as members who pick-up out here at the farm. If we have to buy additional boxes (we allow for 2 boxes per member) the cost of the share will have to increase. Please return your boxes to be re-used. Thanks!

Coming Next Week

Head Lettuce

Peas

Garlic

Beets

And so much more.....