

# Cure Organic Farm Newsletter

Distribution Week #6

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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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## The Slow Food Movement

The founding father of the Slow Food Movement, Carlo Petrini, recognized in 1986 that the industrialization of food was standardizing taste and leading to the annihilation of thousands of food varieties and flavors, let alone devastating to the diversity of our farm ecosystems. Concerned that the world was quickly reaching a point of no return, he wanted to reach out to consumers and demonstrate to them that they have choices over fast food and supermarket homogenization. He rallied his friends and began to speak out at every available opportunity and soon the movement was born and Slow Food was created. Today the organization is active in 50 countries and has a worldwide membership of over 80,000.

People have responded to the growing movement, because they have become tired of buying the same things, eating the same foods and living the same

lives. With these interests in mind, Slow Food programs are dedicated to the mingling of taste, culture and the environment with the focus being on seasonal and local availability.

Slow Food U.S.A. is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America. From the spice of Cajun cooking to the purity of the organic movement; from animal breeds and heirloom varieties of fruits and vegetables to hand-crafted wine and beer, farmhouse cheeses and other artisan products; these foods are a part of our cultural identity. They reflect generations of commitment to the land and devotion to the processes that yield the greatest achievements in taste. These foods, and the communities that produce and depend on them, are constantly at risk of succumbing to the effects of the fast life, which manifests itself through the in-

dustrialization and standardization of our food supply and degradation of our farmland. By reviving the pleasures of the table, and using our taste buds as our guides, Slow Food U.S.A. believes that our food heritage can thrive.

We are fortunate to have a very active Slow Food chapter here in Boulder. This group believes that pleasure and quality in everyday life can be achieved by slowing down, respecting the convivial traditions of the table and celebrating the diversity of the earth's bounty. All in all taking the time to connect with one another and our local food systems. For more details on our local Slow Food Boulder organization and information on how to become a member check out [www.slowfoodboulder.org](http://www.slowfoodboulder.org).

After all, we all love to eat, why not enjoy it together.

## In your share this week:

*Head Lettuce*

*Kale*

*Fennel*

*Garlic*

*Beets*

*Fava Beans*

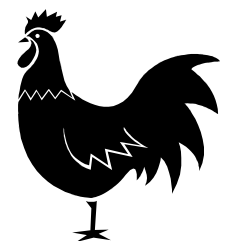
*Summer Squash*

### Fruit Share

*Cherries*

### Next Chicken Order

Wisdom farm chickens are available the first Wednesday of each month by pre-ordering them at your CSA pick-up. Sign up now to receive your order on August 1st. Chickens are \$2.40 per pound and weigh between 4-5 pounds.



### Coming Next Week...

Head Lettuce

Carrots

Fava Beans

Summer Squash

And so much more.....

### CSA Work Day

We hope that you will join us for the first CSA work day of the season on Sat. July 21st from 8-11 am. Everyone is welcome. We are planning on harvesting garlic! Let us know at your pick-up if you are planning on joining us!



## Recipes

### Sautéed Fennel & Zucchini

1 tbsp. olive oil  
2 fennel bulbs, thinly sliced  
3 to 4 zucchini, sliced  
1 tbsp. chopped fresh oregano  
1 tbsp. balsamic vinegar  
1/4 cup pine nuts  
Salt & freshly ground black pepper

First, toast your pine nuts in a dry skillet (stir, or shake pan often) until lightly browned and fragrant. Transfer to a small dish and set aside. In a large skillet, heat the oil over medium-high heat. Add the fennel and zucchini and cook, stirring constantly, until they are cooked through but still crisp-tender, about 7 - 8 min. Stir in the vinegar and oregano, and season to taste w/salt and pepper. Add pine nuts and serve hot.

### Fava Bean Crostini

1 C shelled, cooked and peeled fava beans  
1 garlic clove, smashed  
2 tsp. finely chopped thyme  
Juice of 1 lemon  
2 tbsp. parmesan  
1/2 C feta cheese  
1/2 C extra-virgin olive oil  
Salt and freshly ground pepper  
12 half-inch-thick slices of baguette

Preheat the broiler. In a food processor, puree the beans with the garlic, lemon juice, thyme, cheeses. With the machine on, add the olive oil in a thin stream and process until smooth. Scrape the fava bean puree into a medium bowl and season with salt and pepper. Brush the bread slices on both sides with olive oil. Arrange the

slices on a baking sheet and broil about 4 inches from the heat for 1 minute per side, or until golden and crisp. You can also do this in a Panini or sandwich grill. Spread the crostini with the fava bean puree and arrange on a platter. Top with crumbled feta.



### Flea Beetle Damage

Have you noticed the little holes all around the kale this week? Especially the Red Kale? These little holes are courtesy of flea beetles. Small beetles who absolutely love all plants in the brassica family. In fact they love them so much that instead of just eating one entire leaf here or there they prefer to eat small holes in each leaf, leaving the leaves cosmetically challenged. To prevent crop damage we rotate our crops each season and cover tender greens with floating row cover. The pressure from the flea beetles are stronger this season than we have

seen in the past. An optimist might say that it is just because the red kale is so tender and delicious that the flea beetles like it better. What do you think? Give it a try!



### Rosy Home Fries

4 medium potatoes, cooked until tender but still firm, then cubed  
4 medium beets, cooked until tender, peeled and cubed

1 tbsp. canola oil  
1 med. onion, finely chopped  
1 large red pepper, chopped  
1/2 C minced fresh parsley  
1/4 tsp. salt  
black pepper to taste

Heat the oil in a large skillet over medium heat. Add the onions and sauté for 5 minutes, stirring often. Add the potatoes and beets and sauté approximately 10 more minutes, stirring occasionally, until the potatoes begin to brown slightly. Remove from heat. Toss in the red pepper, parsley, salt and pepper. Serve immediately.

## Words to Live By