

## Recipes

### Beets With Garlic-Walnut Sauce

8 medium beets, trimmed, greens reserved  
7 to 8 tablespoons water  
1 large russet potato, peeled, cut into 1 1/2-inch pieces  
1/2 cup walnuts, toasted, cooled  
1/2 cup fresh breadcrumbs made from crustless French bread  
3 tablespoons fresh lemon juice  
5 garlic cloves  
1/4 cup plus 2 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar  
2 tablespoons drained capers

Cook beets in large pot of boiling salted water until tender when pierced with skewer, about 30 minutes. Drain. Cool slightly. Peel and cut beets into 1/4- to 1/2-inch-thick

slices; set aside. Combine beet greens and 3 tablespoons water in large skillet. Cover and cook over medium-high heat until greens are wilted, about 1 minute; set aside. Cook potato in small saucepan of boiling salted water until tender, about 15 minutes. Drain. Return to saucepan and mash.

Blend walnuts, breadcrumbs, 2 tablespoons lemon juice, garlic, and 2 tablespoons water in processor until smooth. Transfer to bowl. Mix in 1/2 cup mashed potato, 1/4 cup olive oil, and 1 tablespoon lemon juice. Season with salt and pepper. If thick, thin sauce with 2 to 3 tablespoons water.

Spoon sauce onto center of platter;

drizzle with 2 tablespoons oil. Surround with beet greens and beet slices; drizzle with vinegar. Sprinkle with capers.



### Scalloped Potatoes with Fennel, Mushrooms and Goat Cheese

2 tablespoons (1/4 stick) butter  
3 cups thinly sliced onions (about 2)  
1 pound mushrooms, sliced  
1 teaspoon fennel seeds, chopped  
1 tablespoon minced garlic  
2 tablespoons all purpose flour  
3 cups whole milk  
1 cup whipping cream  
10 ounces soft fresh goat cheese (such as Montrachet), crumbled  
1/3 cup plus 2 tablespoons freshly grated Parmesan cheese  
1 3/4 teaspoons salt  
1/2 teaspoon ground black pepper  
2 pounds potatoes, unpeeled, very thinly sliced  
4 cups very thinly sliced cored fennel bulbs (about 2 pounds), fronds

chopped and reserved  
Paprika

Preheat oven to 375°F. Lightly oil 13 x 9 x 2-inch glass baking dish. Melt 2 tablespoons butter in heavy large skillet over medium-high heat. Add onions and sauté until golden, about 15 minutes. Add mushrooms and fennel seeds and sauté until mushrooms are brown, about 10 minutes. Stir in garlic, then flour.

Gradually stir milk and cream into mushroom mixture. Simmer over medium heat until sauce thickens slightly, stirring often, about 5 min-



utes. Add half of goat cheese, 1/3 cup Parmesan, salt and pepper. Stir until goat cheese melts, about 1 minute. Remove from heat.

Mix potatoes, sliced fennel and mushroom mixture in large bowl. Transfer to prepared baking dish. Cover dish with foil. Bake until potatoes are almost tender, about 1 hour. Sprinkle with remaining goat cheese and 2 tablespoons Parmesan, then paprika. Bake uncovered until vegetables are very tender, about 30 minutes longer. Remove from oven; let stand 15 minutes. Top with reserved chopped fennel fronds.

## Words to Live By

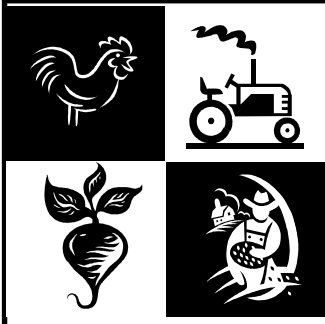
*"This moment*

*Now*

*Long ago"*

-Gary Snyder





# Cure Organic Farm Newsletter

Distribution Week #6

July 9th, 2008

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
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This newsletter is also available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## Colorado's Finest Fruit

Finally...it is here. Fruit season! Cherry trees across the south western part of the state are loaded with ruby colored jewels that explode with sweetness in your mouth. The Bing cherries are on, with the Rainer cherries not far behind. Apricots are making their debut today with plenty more to harvest in the coming weeks. The time line for the rest of the season continues to look fantastic with fruit growing and ripening on the trees. Nectarines and peaches we are anticipating for August with plums ripening around the end of August. Pears and apples will grace our tables in September and October.

We work with 3 primary fruit growers in Colorado. Thomas Cameron of Rancho Durazno, located in Palisade, offers cherries, peaches and apricots. Also some of my favorite heir-

loom elephant heart plums. Kris and Kevin Kropp of First Fruits, located in Paionia offers peaches, nectarines, pears and the most incredible storage apples to be found.

Steve Ela of Ela Family Farms located near Palisade, offering plums, pears and apples. Ela family farms also makes apple sauce and jams that taste just like a fresh peach in a jar.

When shopping at the Boulder Farmers Market be sure to stop by and meet you fruit farmers.



## Garlic Harvest A Short One

I am hoping that those of you who joined us last season for the CSA work day when we harvested Garlic remember it as fondly as we do. What a ton of garlic! How the drying racks filled up so quickly, and what an impressive site the greenhouse was, full of drying garlic. This season, unfortunately, our garlic harvest will not be quite as impressive.

This season we lost about half of our garlic crop during the cold winter. The ground literally heaved frozen cloves out of the soil during the frost, thaw periods. Also, some of our garlic crop was roasted by the sun during the drying process. We have been saving garlic seed for the past four seasons and this was the first year that we planted entirely our own seed. We are disappointed by the loss

## Wisdom Farm Poultry

This is our version of the "incase you missed it" column.

Wisdom Farm's whole chickens will be available on a monthly basis here at the farm. Their chickens are hormone and antibiotic free, and live the good life of scratching and foraging for worms!

Pre-order whole, frozen chickens now, for pick-up at the July 30th CSA pick-up. Chickens usually weigh about 4-5 pounds and cost \$2.90 per pound. Order as many as you like. It is never to early to start filling up the freezer. With the price of livestock feed continuing to rise this is the best price you will find for fresh, natural poultry.

Wisdom farm also raises Turkeys for the fall holiday season. We will begin taking orders for turkeys in the weeks ahead. Stay tuned!

## In your share this week:

Head Lettuce

Braising Mix

Snow Peas

Potatoes

Beets

Baby Fennel

Garlic

**Fruit Share**

Strawberries

Apricots

Cherries

The first **CSA Work Day** is scheduled for Sat. July 19th from 8-11 am. We hope that you will discover your "inner farmer" and come on out and join us in the fields for the morning.



## Coming Next Week

Head Lettuce

Carrots

Basil

And so much more.....

and will start collecting and saving seed again this season.

What this means for you? Not a ton of storage garlic this year. We will be harvesting and distributing the seasons garlic to you fairly fresh So please, truly enjoy treasure each bulb!