



Cure Organic Farm Newsletter

Distribution Week #8
July 25th, 2007

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

Lasater Grasslands Beef

As you all know, we try to provide our CSA members with the opportunity to buy food directly from other farms in Colorado. For the past four years we have worked with Lasater Ranch in Matheson Colorado to bring you awesome grass-fed beef. The idea behind Tom Lasater's ranch is that "Nature does all of the thinking and most of the work".

The Lasater Ranch occupies about 30,000 acres of short-grass prairie near the town of Matheson, Colorado. It is a profitable, working ranch that for half a century has not used pesticides, herbicides, poisons, or commercial fertilizers on the land, has not killed local predators such as coyotes, has not administered growth hormones, anabolic steroids, or antibiotics to the cattle. Lasater's cattle are raised with a 100-percent environmentally sustainable process. They harvest the energy of the sun in the form of na-

tive forages. Their carefully managed grazing provides the hoof impact and fertilization vital to the Great Plains, mimicking what once was provided by the herds of migrating bison. Land is damaged by continuous grazing and overgrazing- things their grazing plan seeks to avoid.

Because their cattle are finished on grass; they spend their entire lives grazing in open pastures and are never confined in feedlots and fed grain. That means the goodness of nature comes through in the taste of their beef. Their beef is leaner, higher in omega-3 fatty acids and completely free of man-made additives.



Interested in buying Lasater Beef? Here is how it works. Lasater offers a Family Sampler totaling 36 pounds. Included in the Family Sampler is 16 lbs. of ground beef. Approximately 8 lbs. of steak which may include two or more of the following cuts: Ribeye, New York, Top Sirloin, Sirloin Tip, and Round steak. Finally, 12 lbs. of roasts and assorted other cuts such as Short ribs, Brisket, and flank steak. The Family Sampler costs \$200.

To order Lasater Grasslands Beef simply sign up at your pick-up location by August 8th. Your beef will be frozen and available for you to pick-up the following CSA pick-up on Wednesday August 15th. The family sampler easily fits into a refrigerator freezer, as all cuts are individually wrapped and packaged. For more details on Lasater Grasslands beef check out their website at www.lasatergrasslandsbeef.com, or contact us at the farm.

CSA Work Day Garlic Harvest

Many thanks to all of you who joined us this past Saturday at our first CSA work day. Members turned up at 8am to harvest the garlic crop and set them out to continue drying and curing. All in all about 4000 bulbs of garlic were harvested both for a seed crop to be planted

this fall, and for all of us to enjoy cooking with this season.

Our next CSA work day is scheduled for Saturday, August 18th from 8-11am. We hope that you will join us in the field for our next project!



In your share this week:

Head Lettuce

Beets

Basil

Garlic

Green Beans

Summer Squash

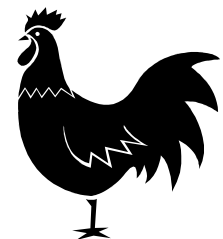
Potatoes

Fruit Share

Peaches

August Chicken Order

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



Coming Next Week...

Head Lettuce

Cucumbers

Sweet Corn

Summer Squash

And so much more.....

Recipes

Potato and Green Bean Salad

1 lb. green beans, cut and steamed until tender-crisp; keep warm
8 med. potatoes, peeled (optional) and cooked until just soft, then cubed (appx. 4 C); keep warm
2 scallions, sliced dressing:
2 tbsp. olive or salad oil
2 tbsp. white wine vinegar
1 lg. clover garlic, crushed
1 sm. red onion, thinly sliced into rings
1/2 tsp. oregano
1/2 tsp. salt
1/8 tsp pepper, or more, to taste

Place beans, potatoes & scallions in a medium bowl. Combine all dressing ingredients in a jar. Shake well & pour over the vegetables. Toss gently, mixing well.

Cover and refrigerate for several hours or overnight.

Chocolate Beet Cake

1 1/4 C beet puree (see below)
3 eggs
1/2 C vegetable oil
1/2 tsp. salt
3/4 C cocoa powder
1 1/2 C sugar
1 tsp. vanilla
1 1/2 C flour
1 1/2 tsp. baking soda

The beet puree can be made ahead of time. Basically, cook them any way you like... boil, bake, whatever, then puree them. A 'done' beet can be easily pierced with a fork or knife. After they're cooked and cool enough to handle, cut off stems and root and

slip off skins. Cut cooked beets into chunks and puree in a blender or food processor.

Preheat oven to 350°F
Grease and dust with flour a bunt pan (or 8-9" square pan). In a large bowl, beat eggs. Whisk in sugar, oil, vanilla, salt & beet puree. In a separate bowl, mix flour, cocoa and soda. Add to wet ingredients a little at a time until incorporated. Pour batter into prepared pan and bake 45 - 50 min., or until a toothpick inserted comes out clean. Cool and serve (with sliced strawberries & ice cream -- mmmmm!!).

Two-Bean and Beet Salad with Feta

2 pounds small golden or red beets, scrubbed
2 pounds mixed yellow wax and green beans
1/2 cup extra-virgin olive oil
1/4 cup black currant vinegar or red wine vinegar
2 tablespoons minced chives
salt
1/4 pound feta cheese, crumbled (1 cup)

Preheat oven to 375 degrees. Arrange the beets in a baking dish and fill with 1/4 inch of water. Cover with foil and bake for 45 min-

utes or until tender. Let cool, then peel beets and cut them into 1/2-inch-thick wedges. In a very large pot of boiling salted water, cook the beans over high heat until crisp-tender, about 5 minutes. Drain and refresh under cold water. Drain well and pat dry. In a small bowl, whisk the olive oil with the vinegar until blended. In a large bowl, toss the beans with 1/2 cup of the vinaigrette and transfer to a platter. In the same large bowl, toss the beets and chives with the remaining 1/4 cup of vinaigrette and spoon over the beans. Season with salt, sprinkle the feta on top and serve.

Roasted Garlic

The idea is to bake or roast the whole head of garlic until the cloves are soft and buttery. However you choose to extract the roasted cloves (you can 'squirt' them out, scoop 'me out or figure it out), the garlic is just heavenly smooshed onto baguette (or a bread of your choice). The roasted garlic is mild, fragrant and sweet. Not at all sharp like in its raw form. Slice off the top of the head of garlic (so the tips of the cloves are exposed), & placing it in a small baking dish or wrap it in foil, drizzling the head with a little olive oil, and bake until soft at 350 degrees . About 45 minutes. Enjoy!

Words to Live By

"Love asks us that we be a little braver than is comfortable, a little more generous, a little more flexible. It means living on the edge more than we care to."

-Norman Mailer

