



# Cure Organic Farm Newsletter

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## New Self-Serve Farm Stand

We are so fortunate to farm in this location. Since the 1960's the Ellis family has owned and grown crops on this land. John Ellis's late father Martin Ellis grew everything from evergreen trees to sweet corn. He would set up picnic tables full of fresh sweet corn, tomatoes and winter squash underneath the big willow tree out front. People could stop by the farm as they choose and help themselves to what ever was in season, leaving their money in a coffee can.

In the spirit of that tradition, we have set up a self-serve farm stand out here at the farm. It is open daily from 10am to 7pm and offers what ever is in season

and that we have extra of. It is located out front under the same big willow tree that Mr. Ellis would set his stand up under. Should you need extra produce, we hope that you will stop by and enjoy the self-serve stand.

It is the middle of summer and the peak of the Farm Stand season. What follows is a list of other farm stand's that may be able to provide you with your grocery needs. As always please share this resource with your neighbors and friends.

**Red Wagon Farm:** corner of 95th and Arapahoe. Variety of organic fruit & vegetables

**Munson's Farm Stand:** corner of 75th and Valmont. Known for their outrageous sweet corn and bountiful pumpkins.

**Full Circle Farm:** located on HWY 66 just west of Hover Road about one mile. They specialize in roasted chilies, sweet corn and other summer delights.



## Notes From the Field

As we have known for some time....summer is here. Each week there is a new crop to begin harvesting and more successive plantings to get into the ground. It truly is the time of now or never, as here we are in August.

As I am writing this Chloe is out in the west field preparing beds, that later this afternoon Owen will plant all of our fall root crops into. Liz, Bobby and Jeff continue to battle against the weeds in the baby greens beds. We all appreciate the weed free harvests for a week or two until the weeds mysteri-

ously reappear.

As we are busy doing field work the tomatoes continue to ripen. Soon we will have enough sweet cherry tomatoes to offer, with the plump fire-engine red slicing tomatoes to follow. The tomato plants are far more beautiful this year than I have ever seen in the past.

Clear some space in your freezers and start making and freezing pesto. You will appreciate your efforts to store this summer treat throughout the cold months. Remember that basil also dries very well.. Both sweet and hot peppers are hanging heavy on the plants. Another week or so of

warm weather and we will begin harvesting peppers, with eggplant not to far behind.

Summer standards like zucchini and green beans are in each meal here at the farm, only getting a break from the table after the first heavy frost in October.

We hope that you are enjoying this season as much as we are.



## In your basket this week:

Carrots

Cucumbers

Basil

Summer Squash

Potatoes

Garlic

Kale or Chard

Fruit Share

Peaches

## Cucumbers from Red Wagon Farm

In order to find the best tasting varieties of each crop we go through years of testing varieties. This season, neighbor farm Red Wagon is testing several varieties of cucumbers to find out which ones are best for this region. Fun may it be, they have a ton of cucumbers to deal with. As our own cucumbers are not fully ripe as of yet, we thought that we would sample some of their varieties. We hope that you enjoy!

## Coming Next Week...

Basil

Carrot

Summer Squash

And much more!

# Recipes

## Raita (cucumber yogurt salad)

A wonderful accompaniment to hot and spicy Indian food. There are many variations with this dish. The main ingredients are cucumber (peeled, and either diced or grated) and yogurt, in proportions of roughly 1 cuke per cup of yogurt. Season with salt, pepper and a bit of cayenne. Some add cumin, others swear a key ingredient is chopped fresh mint. Some like to remove the seeds from the cucumber. Some strain off excess liquid from grated cukes before mixing with the yogurt, while others put the *yogurt* in a strainer or cheesecloth to remove *its* excess 'wateriness'! I say do what suits you. If you like it thicker, do some straining. If you're in a hurry, don't bother. It'll taste good either way!

## Peach Streusel Kuchen

1 1/3 C flour  
1/2 C white sugar  
3/4 tsp. baking powder  
1/2 tsp. ground ginger  
1/4 tsp. baking soda  
1/4 tsp. salt  
1/2 C plain yogurt  
1/4 C water  
2 tbsp. vegetable oil  
2 tsp. vanilla extract  
1/4 tsp. almond extract  
1 large egg, lightly beaten

Streusel mixture:

3/4 C flour  
2/3 C packed brown sugar  
1 tsp. ground cinnamon

## Sautéed kale with lemon and parmesan

1 bunch kale, washed and trimmed, cut into 2-inch pieces  
1 tsp. salt  
2 tbsp. olive oil  
1 tbsp. fresh lemon juice  
1/4 tsp. red pepper flakes  
1/4 C grated Parmesan cheese

Heat 1 inch of water in a large pot to a boil. Add kale and salt. Cover. Cook, stirring once, until crisp-tender, about 5 minutes. Drain. Return kale to pot. Drizzle with olive oil. Reheat. Add lemon juice, red pepper and Parmesan and toss.

1/4 tsp salt  
1/4 C chilled butter, cut in sm. pieces  
1 tbsp. light-colored corn syrup  
3 C sliced peeled peaches (~2 lbs.)  
Preheat oven to 375 degrees. Combine *dry* batter ingredients in a bowl. Combine *wet* ingredients in a separate bowl, then add to dry mixture, stirring until just moist. Spoon this into 13x9 lightly-greased baking pan, spreading evenly. Combine streusel mixture *dry* ingredients; cut butter & syrup into this with a pastry knife until mixture resembles cornmeal. Combine half of the streusel mixture with peaches and arrange evenly over batter. Sprinkle with remaining streusel mixture. Bake kuchen in preheated oven for 50 min. or until a wooden pick inserted in center comes out clean.

## Hot basil tip

If you want fresh basil for cooking with, but it doesn't seem to last until you're ready to use it, try this: Pluck basil leaves from stalks, discard stalks and chop leaves (easiest way to do this is to 'stack' them first). Put the chopped basil into an ice cube tray (about 1 tbsp. per cube) and add just enough water to each 'cubicle' to cover the basil. Freeze. Pop cubes out and store in a zip lock bag in your freezer. Whenever you need basil for a sauce, simply toss a cube or 2 or 3 into whatever you're making. The water is inconsequential and will cook away as your sauce cooks.

## Basil-Garlic Vinaigrette

2 tbsp. champagne vinegar  
6 tbsp. extra virgin olive oil  
1/2 C fresh basil leaves  
1/2 tsp. salt  
1 clove garlic, coarsely chopped.

Combine everything in a blender and blend until smooth.

# Words to Live By

## The Sweetest Kind of Night

I admit, I love to lie by someone as they fall asleep, to hear their cautious breath turn to an unrestrained rhythm, like a perfect prayer, to feel their chest exhale and swell like a silent promise of life, to listen so intently to their heart-beat, pulsing, like an ancient lullaby, and then slowly, to realize your heart is beating as well, cautiously at first, but later breaking, into a coaxing surge, much like the hushed flapping of a giant bird's wings, yet as calm as the sun in August.

