

## Recipes

### Slow-Cooked Thin-Sliced Summer Squash Showered with Herbs

2 lbs. mixed summer squash  
3 tbsp. olive oil  
1/2 C simmering water  
sea salt and freshly ground pepper  
1/3 C chopped flat-leaf parsley  
2 tbsp. chopped marjoram or oregano or torn basil leaves

Slice the squash 1/4" thick. Heat oil in a wide skillet. Add squash and cook over medium-low heat, flipping squash in the pan every 3 or 4 minutes until it's tender and golden, about 20 minutes. Add the water and continue cooking until none remains. Season with salt and pepper and shower the herbs over all. Slide onto a platter and serve

### Homemade Garlic-Basil "Fries"

Farm potatoes, washed and cut into quarters.  
Farm garlic - 2-3 cloves, minced and then mashed with salt into a paste  
Basil - slivered

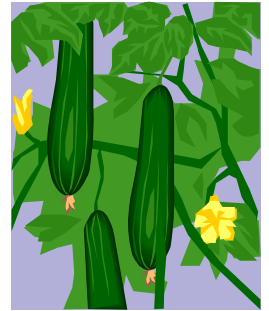
Toss potatoes with a small amount of olive oil, salt & pepper in a bowl. Place on a baking sheet, cut side down, and cover with foil. Bake at 450 degrees for 20 minutes. Uncover and continue to roast until done, about 20-30 minutes. Place mashed garlic and basil in bowl. Add hot potatoes and toss well. Season with more salt & pepper if needed.

### Cucumber Salsa

Try this over grilled fish or chicken (or maybe over the zucchini fritters?!)

2 C finely chopped cucumber  
3/4 C finely chopped red bell pepper  
2/3 C finely chopped red onion  
1/2 C chopped fresh cilantro  
2 tbsp. red wine vinegar  
2 tbsp. olive oil

Mix all ingredients in a large bowl. Season to taste with S&P. Can be prepared up to 4 hours ahead. Cover with plastic and refrigerate.



### Cucumber Almond Couscous Salad

1 1/2 tsp. salt, divided  
3/4 C plus 2 tbsp. couscous  
1 C slivered almonds  
1 tbsp. canola oil  
3 C cucumbers, peeled  
1/2 C thinly sliced green onions  
3 tbsp. olive oil  
3 tbsp. lemon juice  
2 tsp. basil  
1/2 tsp. pepper

Bring 2 C water to simmer in a small sauce-pan. Add 1/2 tsp. of salt and couscous. Cover and simmer 4-5 min. Sauté almonds in canola oil until lightly browned, stirring constantly to prevent burning. Immediately transfer almonds to a small dish to cool. In a large bowl, combine

all remaining ingredients. Add couscous and almonds. Chill and serve.



### Storing Green Beans

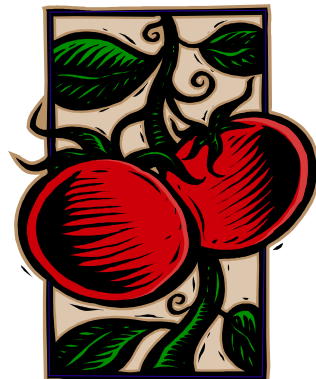
Beans are easily frozen for long term storage. Blanch in boiling water for two minutes, rinse in cold water to stop the cooking process, drain and pack into an air tight container (i.e. zip-lock freezer bag)

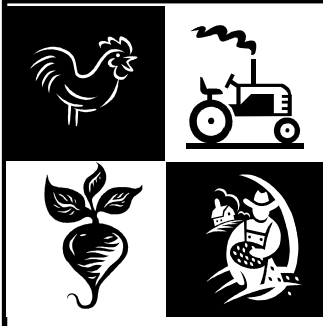


## Words to Live By

*"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*





# Cure Organic Farm Newsletter

Distribution Week #9

July 30th 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

## Lasater Ranch Grasslands Beef

We are pleased to offer you again, for the sixth season Lasater Grasslands Beef. Lasater Ranch is located on several hundred acres, south-east of Colorado Springs. This season we will be offering a 36lb family sampler consisting of assorted cuts, as well as steaks and ground beef. See next weeks newsletter for the price details and on how to order for delivery the last week of August.

For more than half a century the Lasater Ranch has been a wildlife sanctuary. There is no poisoning, hunting, or trapping on the ranch. Like the bison, their cattle coexist with coyotes, deer, prairie dogs, prong-horn antelope, rattlesnakes, and other wildlife. Believing that working with nature is the best policy, many years ago Lasater Ranch implemented practices that helped restore the natural balance between animal species, domestic livestock, land and

man. Grazing animals are vital to the environmental health of the Great Plains, and rightly-raised cattle can help sustain that health. Lasater cattle—like the roaming herds of bison once did—harvest grasses, till the soil with their hooves, fertilize the ground (via that most natural of processes) and then are moved to fresh pastures, leaving the grazed plants to fully recover. When the pastures are rested (typically 70 to 80 days), the grasses develop to their full potential—growing extensive root systems that help them survive the dry land conditions and season of drought.

What about the beef? The vast majority of beef raised in America is finished off in feedlots. Lasater Grasslands Beef is different. Grass-fed beef is lower in fat and calories, and higher in important vitamins such as beta-carotene and vitamin E, than beef finished on grain. Research has shown that grass-fed beef can lower cholesterol levels. In addition,

Lasater Grasslands Beef is a tender product, though tenderness will vary depending on how it is cooked. You will not be able to cut it with a fork. Because their beef is leaner than corn fed beef, care must be taken not to overcook it. Their briskets and roasts, because they have little marbling, need to be cooked at high temperatures to break down the weave of the meat. Lasater Grasslands Beef cooks up to 50% faster than corn fed beef. If cooked to medium-well or well our beef will occasionally be tougher than generic beef. As these animals are raised in their natural environment and are healthy, it is safe to eat LGB rare to medium rare.



## Cucumber harvest

This season we are growing 4 varieties of cucumbers, so prepare to become a coinsurer.

You will recognize the typical slicing cucumber, but you may marvel at the striped armanian. This is an green striped heirloom cucumber, that is often 16 to 18inches long and a little fuzzy. It tastes sweet and mild, and is fabulous

for a fresh cucumber salad with onion and tomato.

Our Asian cucumber, Tasty Jade says it all in the name. These cucumbers are a deep green, about a foot and a half long and skinny. They are our most crisp cucumber, making it great for pickling as well as enjoying fresh.

Returning members will recall the Lemon Cucumbers of last season. It was a very

abundant crop. Lemon cukes are light yellow and about the size of a baseball. Here at the farm we eat them like an apple. They are incredibly refreshing on a hot summer day. The lemon cukes ripen a bit later than the others, we are anticipating harvesting them beginning next week.

### In your share this week:

*Cauliflower*

*Green Beans*

*Potatoes*

*Carrots*

*Basil*

*Cucumbers*

*Summer Squash*

### Fruit Share

*Apricots*

### Wisdom Chickens Delayed

We all know from the media coverage that local food is in high demand...that is exactly what is happening with Jay & Cindy Wisdom's chickens. They can't keep their freezer full. They will be processing their next round of birds next weekend and will be able to fill our orders on the August 13th pick up. So sorry for the delay and change in date. Please let us know at the farm if you need to adjust your order in any way.

### Coming Next Week

Head Lettuce

Carrots

Sweet Corn

Basil

And so much more.....