



# Cure Organic Farm Newsletter

Distribution Week #1  
October 25, 2006

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

## Welcome to Winter CSA

Last season was the first year that we offered a Winter CSA program. We are still learning and experimenting with different crops and planting dates, with the goal of being able to offer greater diversity of roots, legumes and greens in your share.

Although the foothills have been dusted with snow and the mornings certainly are frosty, the fields on the farm continue to grow and produce new vegetables ready for harvest. So, what is coming in your Winter Share? There are new beds of carrots, turnips, beets and parsnips coming on.

Each week we hope to offer greens. This will include bok-choy, kale, braising mix and head lettuce.

The tender greens like braising mix and head lettuce are grown in our hoop house which allows these crops the protection they need to be planted and harvested later in the season.

Most of our true storage crops we grow during the peak of the season. We then harvest, wash and store for the extended season distribution. Crops like onions, garlic, potatoes, winter squash and various dry beans store throughout the fall, ready for distribution in the cold months.

We believe that no week is complete without seasonal fruit. While we do not offer a separate fruit share with Winter Share, we include two pounds of apples in your share each week, for

as long as Fruit Fruits Farm still has apples!

You may have noticed that we have changed the distribution time for Winter Share. **Pick-up is from 3-6pm on Wednesdays.** Hopefully the earlier time will allow more of you to come while there is still daylight and before the evening temperatures drop. If you are running late, or just can't get out here within the time frame, please give us a call at the farm to make other arrangements. Here's to the harvest ahead!



## Halloween on the Farm

There are a handful of farms in the area that celebrate fall and Halloween by opening their farms up to the public. Many of them offer a pick your own pumpkin patch, hay rides, corn or straw mazes and a chance to visit their animals. Some have a small farm stand where you can buy additional produce or a cup of warm apple cider. We encourage you to pack everyone up on a sunny fall day and go try your luck in the corn maze!

Munson Farm is across the road from us. They offer a

pick your own pumpkin patch, hay rides and a farm stand. They are open from 9-6pm every day.

Cottonwood Farm is on 75th street, just south of the Arapahoe intersection. They offer a corn maze, straw bale maze (great for the really little ones!), pumpkin patch, farm animals and small farm stand. They are open daily from 9-6pm.

Anderson Farm is probably the most popular event farm to visit this time of year. There is a corn maze,

farm animals, pumpkin patch, hay rides, farm stand and so much more. They are located on a county road off of hwy. 52 in Erie and are open daily from 9-6 pm (with some additional evening hours).

Rocky Mountain Pumpkin Ranch offers it all. Pumpkins, arts & crafts, rides, farm animals and a farm store. They are located on hwy.66 just west of the Hover intersection in Longmont.

## In your share this week:

*Baby Bok Choy*

*Beets*

*Carrots*

*Winter Squash*

*Potatoes*

*Onions*

*Turnips*

*Braising Mix*

*Apples*

**The Boulder Farmers Market** will continue each Saturday from 8-2 pm through November 4th. Come down to the market to enjoy the last of the season's finest & freshest produce available. It is located on 13th street between Arapahoe and Canyon.

## Coming Next Week...

*Carrots*

*Turnips*

*Braising Mix*

*Celeriac*

*Kale*

*Winter Squash*

And much more.....

# Recipes

## Braised Baby Bok Choy

2 cups chicken broth  
6 tablespoons unsalted butter  
1 1/2 pounds baby bok choy, trimmed  
1 teaspoon Asian sesame oil  
Pepper, to taste

Bring broth and butter to a simmer in a deep large heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and keep warm, covered. Boil broth mixture until reduced to about 1/2 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy.

## Turnip Mashed Potatoes

6 large potatoes, skin on  
2 large turnips, peeled  
1/2 cup cream, heated  
8 tablespoons butter, melted  
1/2 cup sour cream  
Salt and pepper

Slice potatoes and turnips 1/4-inch thick. Cook in boiling water for 15 minutes or until fork-tender. Drain. Whip unpeeled cooked potatoes and turnips with electric mixer, mixing until moderately smooth (don't overbeat them; a few lumps are nice). Add hot cream, butter, and sour cream. Season with salt and pepper,

## Roasted Winter Squash with Gorgonzola Cheese

1 medium butternut squash, or other winter squash (about 1-1/2 pounds), rinsed  
2 tablespoons unsalted butter, melted  
1/2 teaspoon kosher salt  
Freshly ground black pepper  
1 to 2 ounces Gorgonzola cheese, crumbled

Preheat oven to 400 degrees F. Peel the squash if desired. Halve the squash and scoop out and discard the seeds and strings. Cut into 1-inch wedges. Brush a roasting pan lightly with some of the butter. In a medium bowl, toss the squash with the remaining butter and season with the salt. Spread out

on the pan and roast for about 30 minutes. Turn the wedges over with a pancake-style spatula and continue to roast until tender and browned, about 30 minutes more. Transfer the squash to an ovenproof serving dish, season with pepper to taste and sprinkle with the cheese, while still hot, to melt slightly (if needed, return the squash to the oven to melt the cheese). Serve.



to taste. Whip again until blended. Adjust thickness by adding more cream, if desired.

## Baked Apples with Brown Sugar

2 apples  
2 to 3 tablespoons butter  
4 tablespoons light brown sugar  
Ground cinnamon, for sprinkling  
Creamy Custard Sauce

Preheat oven to 350 degrees F. Cut the apples in half and remove the core but leave any stems intact. Place apples in baking dish. Divide butter among each core cavity. Top each apple half with a tablespoon of

sugar and dash with cinnamon. Bake apples until the flesh is tender, about 30 minutes. Serve with Creamy Custard Sauce.

### *Creamy Custard Sauce:*

1/2 pint light vanilla ice cream, melted  
2 egg yolks

Heat the melted ice cream in a saucepan over low heat until hot. Put the yolks in a mixing bowl and whisk until smooth. While whisking, slowly drizzle about 1 or 2 tablespoons hot melted ice cream into the yolks until blended. While whisking constantly, slowly add the rest of the hot liquid to the yolk mixture. Pour the mixture back into the saucepan and return to low heat.

# Words to Live By

Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air

are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting--  
over and over announcing your place  
in the family of things.

MARY OLIVER  
Dream Work

