



# Cure Organic Farm Newsletter

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This newsletter is also  
available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## Raw Milk Availability

Last week our household received our first share of raw milk from Ebert Family Farm. After the first sip we all agreed that is the best milk that we have ever tasted, and it is good for us!

Ebert Family Farm is located in Byers, CO and was established in 1908. Generations of the family have been producing grass fed beef, pork, dry land wheat and now a grass fed dairy herd for nearly a century. On the farm the

Ebert's have a grade A dairy facility. Their cows are milked twice a day and milk is stored in a 400 gallon cooling tank. Milk is bottled unpasteurized and unhomogenized (raw) 7-8 times per week. The cows at Ebert Farm are not vaccinated and they do not believe in the use of hormones. They believe that grass fed is best and allow their herd to rotationally graze on 800 acres.

Is raw milk safe and good for you? Yes, defiantly! Raw milk is full of enzymes, proteins (100% availability of all 22 amino acids), all 500 saturated & unsaturated fatty acids, carbohydrates, vitamins and minerals. Beneficial bacteria are also still alive, unlike the pasteurized version.

In the state of Colorado it is illegal to purchase raw milk from a store. You can only purchase it directly from the farm by becoming a share holder in the herd.

Sound interesting? More questions? Check out [www.rawmilk.org](http://www.rawmilk.org) or [www.realmilk.com](http://www.realmilk.com) for general information. For information on Ebert Family Farm or to sign up for a raw milk share check out [www.EbertFarms.com](http://www.EbertFarms.com) or contact Julie Ebert at 303-822-5544.



## What About Parsnips?

Although similar in shape to carrots, parsnips have distinctly different sweet & nutty flavor than what you may be expecting. Parsnips are one of the longest growing crops that we produce here on the farm, taking 135 days to mature. While planted in April we do not begin to harvest the parsnips until we have had a few frosts as the cold temperatures are said to accentuate the sweetness of this underrated root vegetable.

Parsnips once grew wild throughout Europe, and were heavily cultivated

during medieval times. They were more common than carrots and used as a starch before potatoes became popular. The sweetest varieties were even fermented into wine. Parsnips were introduced to North America in the 17th century, although have never been a major crop here.

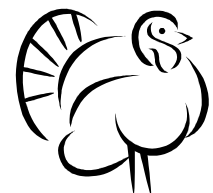
Most recognized for their mineral content, parsnips are particularly high in potassium. They contain more vitamin C than carrots, and rival the potato for vegetable protein and carbohydrates. Try using parsnips in some of your favorite

recepies instead of potatoes.  
Storage: Store unwashed and unpeeled in a plastic bag in your refrigerator. Should last for 2-3 weeks!



## In your share this week:

- Carrots*
- Parsnips*
- Turnips*
- Winter Squash*
- Bok Choy*
- Onions*
- Broccoli*
- Salad Greens*
- Pears & Apples*



## Thanksgiving Week Pick-up

Next week, we will have our regular CSA pick up on Wednesday, Nov. 23 from 3-6 pm. We hope that you can use the seasonal delights in your share to make a feast with friends and family!

## Preparing your Thanksgiving Menu?

### Coming Next Week...

- Turnips*
- Carrots*
- Parsnips*
- Potatoes*
- Beets*
- Onions*
- Bok Choy*
- Salad Greens*
- Winter Squash*
- Apples*

## Recipes

### Marinated Broccoli & Carrots

1 lg. clove garlic, minced or pressed  
1 tsp. grated fresh ginger root  
2 tbsp. canola or other vegetable oil  
2 tbsp. rice vinegar  
2 tsp. soy sauce  
1 lg. broccoli stalk, peeled & cut into spears (save florettes for another use!)  
2 med. carrots, peeled & cut into 2 1/2" x 1/4" sticks (i.e., cut broccoli & carrot sticks into similar sizes)

Whisk together marinade ingredients & set aside. Blanch broccoli & carrots in boiling water until both veggies are just tender & still brightly colored (5 - 7 min). Drain well & toss w/marinade. Refrigerate or set aside at room temp. about 20 min. so flavors mingle.

### Butternut Squash and Carrot Purée with Maple Syrup

4 tbsp. butter  
1 onion, chopped  
3 carrots, peeled and thinly sliced  
one 3 1/2 lb. butternut squash, peeled, seeded, and cut into 1/2" pieces  
1 C fresh orange juice  
3 tbsp. pure maple syrup

Melt 2tbsps. of the butter in a large pot over medium heat. Add onion and sauté until just tender, about 8 minutes. Stir in 1 tbsp. butter, add carrots and sauté until coated, about 1 minute. Add last

### Apple-Pear Cobbler with Cheddar Crust

Filling: 3 tbsp. butter  
2 lbs. pears (about 5), peeled, cored, quartered and cut into 1/2" wedges  
2 lbs. apples (about 5), prepared same as pears, above  
1/4 C + 2 tbsp. sugar  
1 tbsp. all purpose flour  
1/2 tsp. ground cinnamon  
1/4 C whipping cream  
1/4 C apple juice

Topping: 1 C all purpose flour  
1 tbsp. sugar  
1/2 tsp. baking powder  
1/8 tsp. salt  
5 tbsp. chilled butter, cut into cubes  
1/2 C shredded extra-sharp cheddar  
1/3 C milk  
1 small egg

1/2 C + 2 tbsp. butter squash and sauté until it begins to soften, about 8 minutes. Pour orange juice over vegetables. Cover and simmer until they are soft, about 25 minutes. Uncover and simmer until all liquid evaporates, about 5 minutes. Stir in maple syrup. Cool slightly. Working in batches, purée mixture in processor until smooth. Season to taste with salt and pepper. (Can refrigerate, covered, up to 2 days; stir over medium heat to re-warm.)



For filling: preheat oven to 375 degrees. Melt butter in skillet, sauté pears and apples until soft, stirring occasionally, about 9 minutes. Remove from heat, stir in remaining filling ingredients and transfer to 13x9x2 glass baking dish.

For topping: Whisk flour, sugar, baking powder and salt in medium bowl. Add chilled butter and rub in with fingertips until mixture resembles coarse meal. Stir in cheese. Beat milk and eggs in small bowl to blend, then add to flour mixture (dough will be stiff). Drop by heaping spoonfuls onto filling, spacing evenly. Bake until bubbling, and toothpick inserted into topping comes out clean, about 35 - 40 minutes. Serve warm.

### Oven-Fried Parsnips

1 pound parsnips  
2 tbs. olive oil  
sea salt to taste

Heat oven to 400. Line baking sheet with parchment paper. Cut parsnips crosswise into 2 1/2 inch chunks, slice the chunks into 1/4 inch sticks. Toss with olive oil and a little sea salt. Spread in a single layer on the baking sheet. Bake 15 min; toss well and add more salt. Continue baking, stirring occasionally until golden brown and crisp, about 30 min. total.

## Words to Live By

"To live is not enough, we must take part and celebrate."

- Pablo Casals

