



# Cure Organic Farm Newsletter

Distribution Week #6

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

## A Snowy Harvest

With a winter CSA you never really know what the weather will be like. We have quickly learned to watch the weather and plan accordingly so that we are not out in the field shoveling snow off of the crops before we try to harvest them. We try to work smarter each season and that means with nature not against her.

On Tuesday we scrambled to harvest all of the root crops, as we knew that snow was coming and that the first few inches of the ground would be frozen making it nearly impossible to harvest the carrots and parsnips.

As many of you know we have two hoop-houses out in the field. The hoop

houses provide a simple form of season extension by absorbing and trapping the sun's energy during the day. This heat warms the soil and air in the hoop house, creating ideal growing conditions for more fragile cool season crops like head lettuce and bok choy. The soil in the hoop house maintains a temperature above freezing, allowing the plants to grow and also giving off some of its heat during the night time when temperatures drop. The addition of a propane heater set at 33 degrees also helps to ensure that the temperatures will not drop below freezing in the hoop house.

Harvesting greens inside of the hoop house as snow is falling outside is an awesome experience. Season



extension techniques allow us to provide you with several crops otherwise not possible due to the cold season.

## 2007 CSA Sign up

2007 CSA brochures will be available at next week's CSA pick-up. The 2007 season will be similar to this season. We will offer 125 shares, members can choose a small, medium or large share depending on their household size, as well as the fruit share.

Our main season CSA will run for 20 weeks, June 6-October 17. Members will pick their share up each Wednesday from 4-7pm here at the farm or at the Boulder Farmers Market. We will continue to work with Wisdom Farm and

Lasater Ranch in order to offer you free range and grass fed chicken and beef.

Each year we try a handful of new crops. In addition to new crops like purple sprouting broccoli, and melons we will be raising our own pigs and sheep for meat that will be available for purchase through the CSA as it becomes available. In February we will receive 100 new day old chicks who will be producing eggs by early July. Hopefully these additional hens will help meet the demand for farm fresh eggs.

We will open the 2007 CSA registration up to existing CSA members one month before offering membership to the general public. We look forward to sharing another season with you!



## In your share this week:

*Baby Carrots*

*Parsnips*

*Turnips*

*Celeriac*

*Bok Choy*

*Onions*

*Garlic*

*Potatoes*

*Head Lettuce*

## Winter CSA

continues for 2 more weeks. Your last pick-up for the 2006 season is December 13th.

Information for the 2007 season CSA will be available at the December 6th CSA pick-up.

## Coming Next Week...

*Carrots*

*Parsnips*

*Potatoes*

*Bok Choy*

*Head Lettuce*

*Dry Beans*

**And much more!**

# Recipes

## Dutch Potatoes

1/4 cup chopped onion  
2 teaspoons butter  
2 cups peeled, cubed potatoes  
1 cup sliced fresh carrots  
1/4 cup sour cream  
1/4 teaspoon salt  
snipped chives

In a small skillet, saute onion in butter for 8-10 minutes or until golden brown. Meanwhile, place potatoes and carrots in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain. In a small mixing bowl, mash potatoes and carrots. Beat in onion, sour cream and salt. Sprinkle with chives.

## Turnips and Onions

2 tablespoons butter  
1 tablespoon olive oil  
2 medium turnips, peeled and grated  
1 large onion, sliced into rings  
1 pinch salt and pepper to taste

Melt butter with olive oil in a skillet over medium heat. Add the onions, and cook until caramelized, 10 to 15 minutes. Transfer the onion to a bowl, and mix with the grated turnip. Season with salt and pepper. Refrigerate for 30 minutes to allow the flavors to mingle. Serve on small toast or crackers.

## Ginger Carrot Soup

1 tablespoon olive oil  
2 large yellow onions, chopped  
1 pound carrots, cut in chunks  
2 cups low-fat chicken broth  
2 tablespoons crystallized ginger, minced  
1 teaspoon cinnamon  
1 1/2 cups orange juice  
1/2 cup fat-free half-and-half  
Chives for garnish

In a large pot, saute onions in olive oil until soft. Add carrots, broth, ginger and cinnamon. Simmer until carrots are thoroughly cooked, 30-40 minutes. Transfer to a blender or food processor and process until smooth. Stir in juice and half-and-half. Serve warm or chilled, garnished with .

## Root Vegetable Gratin

1 lb parsnips  
1 medium celery  
1 lb sweet potatoes  
1 1/2 lb potatoes  
2 teaspoons salt  
1 teaspoon finely chopped garlic  
1/2 teaspoon black pepper  
1/4 teaspoon freshly grated nutmeg  
1/2 cup chicken broth  
1 3/4 cups plus 2 tablespoons heavy cream

Put oven rack in upper third of oven and preheat oven to 400°F. Cut parsnips. Peel celery root and all potatoes and halve lengthwise, then cut

snippets of chives.

## Parsnip Patties

3 cups shredded peeled parsnips  
1 egg, lightly beaten  
1/2 cup all-purpose flour  
1/2 teaspoon salt  
1/2 cup honey, warmed

In a bowl, combine parsnips, egg, flour and salt. Drop batter by 1/2 cupfuls onto a lightly greased hot griddle. Fry over medium heat for 4-5 minutes per side or until vegetables are tender. Serve with honey.

crosswise into 1/8-inch-thick slices. Add to parsnips along with salt, garlic, pepper, nutmeg, broth, and 1 3/4 cups cream, tossing to combine. Transfer to gratin dish, spreading evenly. Cut out a piece of parchment or wax paper to fit just inside gratin dish, then butter 1 side of parchment. Cover vegetables directly with parchment, buttered side down, then put dish in a shallow baking pan (to catch any drips). Bake until gratin is bubbling all over and vegetables are tender when pierced with a knife, about 50 minutes. Discard parchment and enjoy.

## Words to Live By

It has passed midnight,

I no longer wait for you,

Pining for sorrow.

Oh, dear, I overslept,

Wanting to see you in the dream.

-Basho

