



Cure Organic Farm Newsletter

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Tuttle Farm

We wanted to share with you an editorial that we came across in the New York Times on this past Sunday. It was written by Verilyn Klinkenborg and is a timely reminder of the fragility of our heritage and the importance of preserving it.

“ Farms go out of business for many reasons, but few farms do merely because the soil has failed. That is the miracle of farming. If you care for the soil, it will last-and yield- nearly forever. America is such a young country that we have barely tested that. For most of our history, there has been new land to farm, and we still farm as though there always will be.

Still, there are some very old farms out there. The oldest is the Tuttle farm, near Dover, N.H., which is also one of the oldest business enterprises in America. It made the news last week because its owner- a lineal descendant of John Tuttle, the original settler- has

decided to go out of business. It was founded in 1632. I hear its sweet corn is legendary.

The year 1632 is unimaginably distant. In 1632, Galileo was still publishing, and John Locke was born. There were perhaps 10,000 colonists in all of America, only a few hundred of them in New Hampshire. The Tuttle acres, then, would have seemed almost as surrounded as they do in 2010, but by forest instead of highways and houses.

It was a precarious operation at the start- as all farming was in the new colonies- and it became precarious enough again in these past few years to peter out at last. The land is protected by a conservation easement so it can't be developed, but no one knows whether the next owner will farm it.

In a letter on their Web site, the Tuttles cite “exhaustion of resources” as the reason to sell the farm. The exhausted resources they list include bodies, minds, hearts, imagination,

equipment, machinery and finances. They do not mention soil, which has been renewed and redeemed repeatedly. It's as though the parishioners of the First Parish Church in nearby Dover- erected nearly 200 years later, in 1829- had rebuilt the structure on the same spot every few years.

It is too simple to say, as the Tuttles have, that the recession killed a farm that had survived for nearly 400 years. What killed it was the economic structure of food production. Each year it has become harder for family farms to compete with industrial scale agriculture- heavily subsidized by the government- underselling them at every turn. In a system committed to the health of farms and their integration with local communities, the result would have been different. In 1632, and for many years after, the Tuttle farm was a necessity. In 2010, it is suddenly superfluous, or so we like to pretend.”

Lasater Beef Orders

This is the last week to order you Family Sampler from Lasater Grasslands beef. The Family Sampler offers 36 pounds of assorted cuts, including 16lbs of ground beef, 8 lbs of steaks, and 12 lbs of assorted roasts, ribs, stew meat, etc. The cost is \$200. We will place our order on Monday 8/9. Your

Family sampler will be available for pick up on Wed. 8/19 at CSA pick up. Min-gon Macias will be at the farm store the evening of Family Sampler distribution to give cooking tips and to offer samples and recopies as cooking 100% grass fed beef is a bit different .

Sawhill 100% grass fed beef is available this evening at the Farm pick-up. We have various cuts. Be sure to ask about it!

In your share this week:

Cucumbers

Munson's Sweet Corn

Onions

Head Lettuce

Basil

Tomatoes

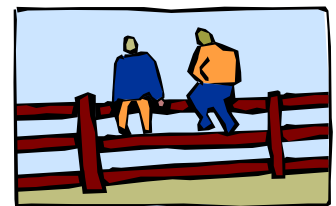
Summer Squash

Fruit Share

Peaches

CSA Farm BBQ tonight!

Our second CSA dinner of the season is this evening at the Farm Store. We will be enjoying three different pastas with the season's best ingredients. Dinner is \$8 per person, including lemonade and water. Hope that you will join us. Our next CSA dinner will be the first Wednesday in September.



Coming Next Week...

Cucumbers

Summer Squash

Basil

Sweet Corn

Green Beans

And more.....

Recipes

Cucumber Salad

2 cups thinly-sliced chilled cucumbers
1/2 teaspoon salt
1 cup thinly-sliced fresh onions
1/4 cup vinegar
1/4 cup water
1 tablespoon sugar
1/2 teaspoon dill weed
1/4 teaspoon black pepper
1 dash cayenne

Place cucumber slices in medium-size glass bowl and sprinkle with salt. Stir in onions.

Place remaining ingredients in 2-cup glass measure and beat with fork to combine. Pour over cucumbers and onions and toss lightly. Refrigerate at

least 30 minutes. Stir before serving.

Grilled Sweet Corn

8 ears corn, husk and silk removed
1 1/2 tablespoons macadamia nut oil
1/2 cup melted butter
2 tablespoons minced garlic
1 teaspoon crushed rosemary
1 teaspoon rubbed sage
1 teaspoon dried basil
1 teaspoon dried thyme leaves
1 1/2 teaspoons salt
1 1/2 teaspoons pepper
1/2 cup grated Parmesan cheese
Soak corn in cold water for 1 to 3 hours. Stir together macadamia nut oil and melted butter in a bowl. Season with garlic, rosemary, sage, basil, thyme, salt, and pepper; stir in Parmesan cheese.

Drain corn and pat dry. Spread butter mixture evenly over each ear of corn, and place each piece on a square of aluminum foil. Tightly wrap each ear and puncture to allow excess steam to escape while grilling. Preheat an outdoor grill for medium heat. Grill the corn cobs until tender, about 20 to 30 minutes, turning frequently. Remove from the grill and check for doneness; if the corn is not done, continue cooking additional 5 minutes.



Summer Squash Gratin Recipe

Be sure to slice your potatoes as thin as possible. They get all melty and creamy. Slice them too thick and you'll have trouble cooking them through because the zucchini cooks up more quickly. I use a box grater to shred the cheese here (as opposed to a micro-plane) - you get heartier, less wispy pieces of cheese which is what you want here. I'd also strongly recommend homemade bread crumbs here

zest of one lemon
1 1/2 pounds summer squash or zucchini, cut into 1/6th-inch slices
1/2 teaspoon fine grain sea salt
1/4 cup fresh oregano leaves
1/4 cup fresh Italian parsley
1 large garlic clove, chopped
1/4 teaspoon fine grain sea salt
pinch of red pepper flakes
1/2 cup extra-virgin olive oil

1/4 cup unsalted butter
2 cups fresh whole wheat bread crumbs*
1/2 pound waxy potatoes, sliced transparently thin
3/4 cup grated Gruyere cheese, grated on a box grater (or feta might be good!)
Preheat oven to 400F degrees and place a rack in the middle. Rub a 9x9 gratin pan (or equivalent baking dish) with a bit of olive oil, sprinkle with lemon zest, and set aside. Place the zucchini slices into a colander placed over a sink, toss with the sea salt and set aside for 10-15 minutes (to drain a bit) and go on to prepare the oregano sauce and bread crumbs. Make the sauce by pureeing the oregano, parsley, garlic, 1/4 teaspoon salt, red pepper flakes, and olive oil in a food proc-

essor or using a hand blender. Set aside. Make the breadcrumbs by melting the butter in a small saucepan over medium heat. Cook for a few minutes until the butter is wonderfully fragrant, and has turned brown. Wait two minutes, then stir the breadcrumbs into the browned butter. Transfer the squash to a large mixing bowl. Add the potatoes and two-thirds of the oregano sauce. Toss until everything is well coated. Add the cheese and half of the bread crumbs and toss again. Taste one of the zucchini pieces and add more seasoning (salt or red pepper) if needed. Transfer the squash to the lemon-zested pan, top with the remaining crumbs, and bake for somewhere between 40 and 50 minutes - it will really depend on how thinly you sliced the squash and potatoes - and how much moisture was still in them. You don't want the zucchini to go to mush, but you need to be sure the potatoes are fully baked. If the breadcrumbs start to get a little dark, take a fork and rake them just a bit, that will uncover some of the blonder bits. Remove from oven, and drizzle with the remaining oregano sauce.

Serves about 8 as a side.

Words to Live By

“Nature magically suits a man to his fortunes, by making them the fruit of his character.”

-Ralph Waldo Emerson (1803 - 1882)

