



# Cure Organic Farm Newsletter

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Distribution Week #11

August 11th, 2010

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## Howdy Partner

Throughout the growing season we enjoy bringing you the bounty of our fields and also to introduce you to other fields which have incredible delights to enjoy as well.

We would like to give you a bit of history on a few of them so that you can know exactly who it is that is growing the food that you are enjoying.

**Munson Farm:** Bob & Marcy Munson along with their two sons Mike and Chris.

If a family had a word that was attached to them more prevalently than the Munson's we haven't heard of them, the word is corn.

We are extremely fortunate to have been neighbors with one of Boulder's great farm families for our past six seasons. Bob and his family have been growing corn for generations, beginning in Illinois and moving over to Boulder in the 1960's to work in Aerospace Technology at

Ball where he has over 200 copyrights, Bob Munson has introduced generations of Boulderites to the wonders of sweet corn. Their farm stand is the anchor of 75th and Valmont and the pumpkin patch and corn maze a yearly ritual for many.

We hope that you enjoy their sweet corn (peaches and cream variety) as much as the rest of us. And please stop in to their farm stand and meet some truly wonderful people.

**Conscious Coffees:** Mark & Melanie (Mel) with their son Eli.

Perhaps we should say that there are two families with a word attached to them. In this case it is coffee. Mark and Mel teach us and so many others about the production and distribution of a bean which most of the world consumes every morning of every day.

Conscious Coffees was started in 1996 to purchase coffee beans directly from certified organic small family farms through self

organized cooperatives (coopcoffees.com).

To put it simply these guys are the real deal. If you want to know the name of the grower who grew that Chiapas brew they have it for you, the name of the co-op in Ethiopia, check.

You most likely have seen them carrying your beans to the farm or various restaurants on their bike taxi complete with top secret containers carrying the goods.

You can find them at the Saturday Boulder Farmer's Market in front of the Museum next to Udi's Bread brewing Boulder's finest cup, please ask them questions and hear some fantastic stories about where your coffee comes from.

We hope that you enjoy these additional products and that you take the time to meet the people behind them. We will introduce more of our partners as the season continues.

Apples & pears from First Fruits Farm.

Winter Share is 8 weeks, Oct. 20 -Dec. 8. Pick up will be Wednesday evenings from 3pm-6pm at the farm. Winter Share cost is \$200. Registration for Winter share will be on Wednesday Sept. 1st., on line.

## Winter Share Membership

As the middle of August is quickly approaching, we begin to think about our Winter Share season. As I have shared with you in a previous newsletter, we have had a challenging growing season with many of our fall crops that offer quantity and variety to our Winter Share. With this in mind we are

Offering 55 Winter shares this season. While we will not have a parsnip or brussel sprout crop this year, the Winter Share will include beets, carrots, onions, leeks, radish, turnip, potato, brocolini, head lettuce, spinach, braising greens, fennel, kale, chard, garlic, winter squash, dry beans, pumpkins, and

### In your share this week:

*Cucumbers*

*Munson's Sweet Corn*

*Garlic*

*Beets*

*Green Beans*

*Tomatoes*

*Summer Squash*

### Fruit Share

*Peaches*

### CSA Farm BBQ Sept. 1st

Our next CSA dinner of the season will be Sept. 1st at the Farm Store. We really enjoy holding these monthly CSA BBQ's that allow members to share some time with one another and connect. We hope that you will mark your calendar to join us in Sept. to enjoy dinner highlighting our tomato crop!



### Coming Next Week...

Cucumbers

Summer Squash

Head Lettuce

Sweet Corn

Carrots

And more.....

# Recipes

## Green Beans, Feta & Pecans

1/2 pounds fresh green beans, trimmed and cut into 1-inch pieces  
2/3 cup olive oil  
1 teaspoon dill  
1/3 cup white wine vinegar  
1/2 teaspoon minced garlic  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 cup coarsely chopped pecans, toasted  
1/4 cup diced red onion  
1 cup crumbled feta cheese

Cook green beans in large saucepan of boiling water, about 4 minutes. Drain, immerse in cold water, drain, and pat dry. Combine olive oil, dill, vinegar, garlic, salt and pepper in a small bowl. Whisk to blend.

Place beans in a shallow serving dish. Toss with dressing. Sprinkle with pecans, red onion and feta, toss and serve. Serves 4 - 6

## Summer Squash Soup based on a recipe from *Eating Well* magazine

4 medium summer squash  
4 cups vegetable stock  
1 1/2 tablespoons chopped fresh tarragon  
1/4 cup mild cheddar cheese  
salt and pepper to taste  
sprinkling of dried tarragon to garnish  
1/4 cup lemon juice

Wash the squash well, scrubbing off any dirt and trim the tops. Put

Quarter the squash lengthwise and cut the long pieces into 1"-2" lengths. It doesn't have to be perfect, we just want them to all be about the same size. The cut up squash in a pot along with the vegetable stock. The squash should mostly cover the squash. Add the fresh tarragon and bring to a boil over high heat. Reduce to a simmer then cook uncovered for 7-10 minutes until the squash is tender. Puree the soup until it is uniform and smooth. Stir in the cheddar until it dissolves. If necessary, you may need to return the soup to low heat to get the cheese to melt into the soup. Add the lemon juice, stir, and serve. Garnish with a sprinkle of dried tarragon leaves. Serves 4-6 as a starter or 2-3 as a main course with bread.

## Zucchini Muffins Recipe

3 cups grated fresh zucchini  
2/3 cup melted unsalted butter  
1 1/3 cup sugar  
2 eggs, beaten  
2 teaspoons vanilla  
2 teaspoons baking soda  
Pinch salt  
3 cups all-purpose flour  
2 teaspoons cinnamon  
1/2 teaspoon nutmeg  
1 cup walnuts (optional)  
1 cup raisins or dried cranberries (optional)

You don't need a mixer for this recipe. Preheat the oven to 350°F (175°C). In a large bowl combine sugar, eggs, and vanilla. Stir in the grated zucchini and then the melted butter. Sprinkle the baking soda and salt over the zucchini mixture and mix in. In a separate bowl, mix together the flour, nutmeg, and cinnamon. Stir these dry

ingredients into the zucchini mixture. Stir in walnuts, raisins or cranberries if using. Coat each muffin cup in your muffin pan with a little butter or vegetable oil spray. Use a spoon to distribute the muffin dough equally among the cups, filling the cups up completely. Bake on the middle rack until muffins are golden brown, and the top of the muffins bounce back when you press on them, about 25 to 30 minutes. Test with a long toothpick or a thin bamboo skewer to make sure the center of the muffins are done. Set on wire rack to cool for 5 minutes. Remove muffins from the tin let cool another 20 minutes. Note, if you are including walnuts and dried fruit, you will likely have more batter than is needed for 12 muffins. I got about 14 muffins from this batch, and that included filling the muffin cups up as far as they could possibly go.

## Cucumber Yogurt Salad Recipe

2 cucumbers, peeled, quartered lengthwise, then sliced  
Plain yogurt, about 1 cup  
1 teaspoon dried dill, or a couple of teaspoons of fresh dill  
Sprinkling of salt and pepper

First taste the cucumbers to make sure that they are not bitter. Depending on the variety of cucumber you are using, and many other factors, you may find a cucumber that is distinctly bitter in taste. If this happens, soak the cucumber slices in salted water for half an hour, or longer, until the bitterness is reduced, then rinse and drain before using.

To make the salad, simply gently mix together the ingredients. Salt and pepper to taste.

Serves 4.



## Words to Live By

" Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders. "

- Henry Thoreau, from *The Dispersion of Seed*