

Recipes

Radish Salad

2 teaspoons sugar
1 lemon, juiced
1/2 cup sour cream
8 red radishes, thinly sliced
2 Delicious apples, quartered cored and thinly sliced
1/2 European seedless cucumber, thinly sliced
2 tablespoons chopped fresh dill
Salt and black pepper

Combine sugar, lemon juice, and sour cream in a medium bowl with a fork. Add radishes, apple, and cucumber.

Turn vegetables and fruit in dressing to coat. Season with dill, salt, and pepper, toss again; serve.

Peach Pie Smoothie

1/2 cup nonfat or 1 percent lowfat milk
1/2 cup nonfat plain yogurt
1 cup unsweetened frozen peaches
1 tablespoon honey, plus more to taste
1/4 teaspoon vanilla extract
1/8 teaspoon ground cinnamon
Pinch ground nutmeg
Pinch ground ginger

Put all ingredients into a blender and blend until smooth.



Orzo Stuffed Peppers

1 (28-ounce) can Italian tomatoes
2 zucchini, grated
1/2 cup chopped fresh mint leaves
1/2 cup grated Pecorino Romano, plus more for sprinkling
1/4 cup extra-virgin olive oil
3 cloves garlic, minced
1 teaspoon salt
1 teaspoon ground black pepper
4 cups chicken broth
1 1/2 cups orzo (rice-shaped pasta)
6 sweet bell peppers (red or yellow)

Preheat the oven to 400 degrees F. Pour the tomatoes into a large bowl and break apart using a pair of kitchen shears or your finger tips.

Add the zucchini, mint, cheese, olive oil, garlic, salt, and pepper. Stir to combine.

Meanwhile, bring the chicken broth to a boil in a medium saucepan over high heat. Add the orzo and cook for 4 minutes. The orzo should be only partially cooked. Use a fine mesh sieve to transfer the orzo to the large bowl with the other vegetables. Stir the orzo into the vegetable mix to combine. Transfer the warm chicken broth to a 3-quart baking dish.

Slice the tops off the peppers and remove all ribs and seeds. Cut a very thin slice from the base to help the peppers stand up.

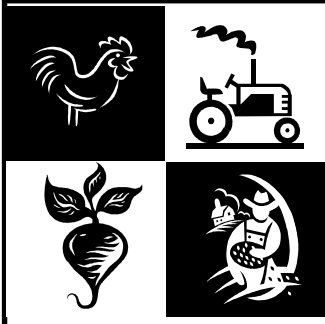
Place the peppers in the baking dish with the warm chicken broth. Spoon the orzo mixture into the peppers. Cover the dish with foil and bake for 45 minutes. Remove the foil, sprinkle the top of each pepper with cheese and continue baking until the cheese is golden, about 15 minutes. Remove from the oven, carefully transfer the orzo stuffed pepper to a serving plate.

Words to Live By

"The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn."

- John Muir





Cure Organic Farm Newsletter

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

Farmers Market Season Still Going Strong

If you haven't paid a visit to the Boulder Farmers Market yet this season, there is no time like the present. The market is at its peak with fresh picked produce, fruits and flowers. It feels like the harvest season with the smell of roasted chilies and the spectacular colors of the fall mums. The Boulder Farmers market is open every Saturday from 8-2 through November 1st. There is a mid-week market each Wednesday evening from 4-8pm through October 1st.

Members who pick-up at the farmers market will notice that the market ends (Oct. 1) before the CSA finishes for the season (Oct. 15). The last two CSA distributions will be out here at the farm only. CSA pick

up is on Wednesday from 4-7 pm. Please make plans to come out to the farm to pick your share up on Oct. 8th and Oct. 15th.

The Boulder Farmers Market is a unique market in that it is a farmer owned and operated market. It is also a growers only market, meaning that everything at the market is grown by the farmers at the booth, we do not resell items from large distribution centers. This season the farmers market will offer two additional markets during the fall. One just before Thanksgiving and the other just before Christmas. Check out the Boulder Farmers Market website for more info at www.boulderfarmers.org

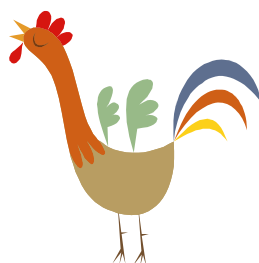
Happy eating

Wisdom Farm Poultry

Once again we are taking orders for Wisdom Farm's poultry. Jay and Cindy are offering whole frozen chickens and whole frozen turkeys.

You may remember the details around the chickens. Wisdom Chicken comes as whole frozen birds. They weigh between 4-5 pounds and cost \$2.90 per pound. Please place your order by the amount of chickens you want. Now is the time to stock up for the winter! Chickens will be available Oct. 15th.

Wisdom Turkeys usually weigh between 18-25 pounds and cost \$3.00 per pound. Turkeys will be available for pick up here at the farm the week before Thanksgiving.



Lemon Cucumbers

Lemon Cucumbers (*cucumis sativus*) are an heirloom cucumber variety dating back to 1894. They are pale to bright yellow, shaped like lemons. When they are pale yellow they can be eaten skin on. As they mature and become a brighter shade of yellow, the skin becomes a tad harder and one must peel it off. Lemon Cucumbers don't have much of the chemical that makes other cucumbers bitter and hard to digest. Which makes them even more tempting and friendly, don't they? They can be used as you would any other cucumber. Cool, out of the fridge with a little sprinkle of salt, in sandwiches, salads and even salsas.



In your share this week:

Tomatoes

Kale

Head Lettuce

Parsley

Cucumbers

Summer Squash

Peppers

Radish

Fruit Share

Nectarines

Peaches

Save The Date

Cure Farm's annual Pig Roast and fall celebration will be on Sunday, Oct. 5th. From 3-8pm. We hope that you will come on out and celebrate with us.



Coming Next Week :

Head Lettuce

Braising Greens

Peppers

Tomatoes

And so much more.....