



Cure Organic Farm Newsletter

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Distribution Week # 18

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You had me at bacon

Well, it has finally arrived. We marked the calendar a year ago and the months' pages have fallen to the floor bringing us to the first weekend in October, known in this circle as Pig Roast.

The needed authorities have been contacted most importantly the inimitable Hugo, the wood has been gathered by Mark who we believe has hand picked each branch for the fire with the care and attention of a scholar of flames.

The pumpkins have sprouted from their thumbnail seeds and are now ready for children to decorate them with their whimsy.

The beer and wine has been ordered, enough to satisfy a Brueghel painting.

The squash, tomatoes, onions and potatoes are ready to be goulashed

The home phone has been hidden from Georgia so that she can not dial 911 as she did when she was a one year old (thank you for being so understanding Boulder Police Department).

And most importantly the beloved hogs are ready to be served.

The theme and purpose of the pig roast each and every year is to celebrate the season and not just the vegetable season but the cycle of life which is represented by the hogs. We don't mean to get to esoteric here, but it is a time honored tradition to mark the beginning and end of each segment of the year by celebrating what has been and what will be upcoming. And why not do it in style?

There will be four hogs served this year feeding most likely over 400 people, that is probably 600 pounds of pork in three hours, bring your appetite please.

The guests will be

yourselves obviously, but also members of the restaurant community who make the farm run by serving our food in such wonderful settings and servings. Additionally, there will be Kid's Camp families who have enlightened us always as to the enchantment of childhood. There will be elders whom we feed through our ElderShare program, and builders who have worked tirelessly on the new solar greenhouse.

All of us make this growing season possible and so it is always a pleasure and an honor to bring everyone together to recognize the diversity and camaraderie that is formed by the growing and distribution of good food. Please stop and introduce yourself to the people around you because it is important to know the names and stories of your community so that we all can continue to enjoy the wisdom and laughter which comes from gathering together.

Storing Winter Squash

More and more pumpkin patches are popping up each fall season in the Boulder area, which in our opinion is great as it is one more way for the larger community to set foot on a farm and think about how and where food is grown. With the pumpkins come endless varieties of winter squashes.

Winter squash is a cold hard vegetable, native to the

Americas that will store through out the winter if selected and stored properly.

Selecting Squash: if you would like to keep your squash into the dark months of the year, be sure to select pieces with their stem completely dry and still in tack. This seals the squash off from any interior moisture which could introduce mold to your vegetables. Be sure

that the squash you are storing is blemish free, as this will be a vulnerable place for bacteria to attach to, decreasing your storage time. Store the squash in a cool, dry place away from direct sun light.

Remember, any squash with out stems or slight blemishes are still fantastic, just enjoy them first!!!

In your share this week:

Baby Arugula

Turnips

Rainbow Chard

Radish

Sweet Red Peppers

Pie Pumpkins

Bell Peppers

Fruit Share

Plums

Apples

CSA weekly pick-ups continue through Oct. 13th, that's 2 more weeks! Members who pick-up at the Farmers Market, please plan on picking up the last CSA distribution of the season here at the farm, as the last Wednesday Farmers Market is Oct. 6.

Winter Share pick-up begins Oct. 18th



Coming Next Week...

Salad Mix

Peppers

Carrots

Winter Squash

Turnips

And more.....

Recipes

Cooking Pie Pumpkins

Roasting: First wash the pumpkin. Using a sharp chef's knife, make a shallow cut from stem to blossom end on opposite sides. (Don't try to cut through the stem.) Continue to cut into the pumpkin slowly until the two sides begin to divide, then cut all the way through the blossom end. Pull off the stem and scoop out the seeds with a large spoon. Cut the pumpkin halves crosswise in half again. Place pumpkin pieces in a large rimmed baking sheet or roasting pan. Add 1 ½ cups water and roast in a preheated 375-degree oven, uncovered, about 1 to 1 ½ hours. The squash should be very tender. Remove pan from oven and transfer pieces to a cutting surface to cool for about 20 minutes.

Whole sugar pumpkins can also be roasted in the oven. With a sharp paring knife, pierce shell in a couple of places. Place the pumpkin on a baking pan set on the bottom rack of a preheated 350-degree oven. (The remaining racks should be removed.) The cooking time will vary, but plan on at least 2 hours for a 4-pound pumpkin or until the flesh can be easily penetrated with a knife.

Purée: Once the pumpkin meat is tender, it's easy to scrape it off the shell with a large spoon. Use a food processor and purée the pumpkin in small batches so it's completely smooth. A sugar pumpkin weighing about 4 pounds makes about 1 ½ to 2 cups purée.

Fresh pumpkin purée will be much looser than concentrated canned

pumpkin. Some of the liquid will need to be strained off or evaporated before it can be used for baking, where the balance between wet and dry ingredients is critical.

Your pipe pumpkin is now ready to be enjoyed in the current state, or used to make breads, muffins, pies or soup!

Pumpkin Pizza

cube raw pumpkin and coat with olive oil
sprinkle on ground clove and curry
roast in oven

prepare favorite pizza crust
top with tomato sauce and mozzarella cheese
add roasted pumpkin cubes, rainbow chard, and feta cheese
bake and enjoy! Really, try it!!!!

Lentils with Sausage and Swiss Chard

Bon Appetit, May 2000

2 sweet Italian sausage links, casings removed, crumbled
½ C chopped carrot & turnips
½ C chopped onion
2 garlic cloves, minced
1 1/3 C dried lentils
1 bay leaf
1 tsp. fennel seeds
1 tsp. chopped fresh rosemary
2 ½ C (or more) water
1 large bunch Swiss Chard, stems removed, leaves coarsely chopped

Sauté sausage in a large deep skillet over medium-high heat until cooked through, about 6 minutes. Add carrot, onion and garlic and sauté until veggies begin to soften, about 5 minutes. Stir in lentils, bay leaf, fennel seeds and rosemary. Add 2 ½ C water and bring to a boil. Reduce heat to me-

dium-low, cover and simmer until lentils are almost tender, about 20 minutes.

Place Swiss chard atop lentils; cover and cook until lentils are tender and chard is wilted and tender, adding more water if mixture is dry, about 7 minutes. Stir to blend. Season with salt and pepper. Discard bay leaf.

Arugula & Sweet Pepper Pesto

1/2 lb. arugula/spinach (I used one bag of each)
1 1/2 tbsp. salt - less if pumpkin seeds are salted
1 tbsp. brown sugar
1 tbsp. red wine vinegar
2 to 4 roasted red peppers
3/4 C toasted pine nuts
1/2 C unsalted toasted pepitas (pumpkin seeds)
1/2 to 1 C olive oil

Blend everything in the food processor. If serving on pasta, add greater quantity of oil to thin it out. Freeze in ice cubes trays or flat in a plastic zipper bag until ready to use.

Radish Pickles

2 C water
6 tbsp. wine
6 tbsp. balsamic vinegar
1/2 C olive oil
2 tbsp. honey
Fresh thyme, rosemary, basil, oregano, parsley

Boil together all ingredients to mix, then add small French radishes, baby pearl onions, tiny carrots as thick as your finger. Bring to a rolling boil again (don't let them get squishy), let cool in the pan then refrigerate overnight. Serve cold as a garnish, or add to recipes that use pickles: tuna salad, potato salad... The flavor is mild, sweet and tangy with the essence fresh herbs. The radishes retain their crunch and

have a mild flavor and less bite.

Words To Live By

"Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help."

~ May Sarton (from 'Gardening by Heart', by Joyce Mc Greevy)

