



Cure Organic Farm Newsletter

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Distribution Week #19

October 6th, 2010

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Summers Last Gasp?

Is it finally happening? Is summer really coming to an end? Today is a beautiful 80 degree day and we find ourselves outside picking basil, tomatoes, and summer squash working up a sweat. Surely, summer has not come to an end.

However, around the fields the trees are beginning to go from green, to yellow and orange. Early morning work of harvesting greens and feeding the animals is now being conducted under the setting moon as opposed to the rising sun. Even the 10-Day forecast is finally beginning to look more and more like fall with highs in the 60's for the next week.

While fall slowly begins to take hold along the front range be sure to get in your share of the last of the tomatoes, basil, and summer squash while you still can.

We spent a fair amount of time last week harvesting

the last of the peppers and tomatoes off the vines (we're talking lots of tomatoes), so while the weather may be changing we hope to keep our CSA members and farmers market customers in peppers and tomatoes into the weeks ahead.

Following the last Meadow Lark Farm Dinner of the season last Friday we were able to prepare the last of our hoop houses with fall crops. We are growing a mix of fall crops in our five hoop houses including: fennel, spicy greens, kale, cabbage, and more.

Hoop houses help to lengthen our growing season here on the front range. We have both heated and unheated hoop houses here on the farm; the heat comes in handy a lot more during the spring than the early fall. During the fall the hoop houses help to keep the soil and air temperatures warmer so our fall crops keep growing into December.

Over the next couple of weeks we will continue to

slowly put the farm to sleep for the winter by discing parts of the fields that are done for the season and planting cover crops. The discing helps to break down plant matter and incorporate it into the soil. The cover crops will protect the soil during the winter months, help to maintain soil biology, and provide important organic matter to incorporate into the fields in the spring that provide a majority of the nutrient input that our fields receive.

This week will also be our final volunteer day of the year. While we haven't tried to gauge the full impact that all of our volunteers have had on the farm we can say that the help of volunteers is an important part of keeping Cure Organic Farm going. From planting seeds in the green house to tomato plants in the field, and lots and lots of weeding our volunteers are the best. A heartfelt thanks goes out to those of you who volunteered this year, hope to see you all again next year!

Cure Farm Pork

Maybe you missed out on the pig roast or maybe you just didn't get enough to eat at the pig roast (which seems unlikely). Either way you can rest assured that there is plenty of pork left to be purchased during the remaining summer and winter CSA pick-ups.

We have plenty of one pound packages of breakfast

sausage and an assortment of packaged cuts from the pigs recently brought into slaughter. As well as frozen bratwurst that went uncooked during the pig roast.

There has been a concerted effort in America over the last 20 odd years to slim down pigs; these efforts have largely worked with today's

average supermarket pig containing an average of 31% less fat. Much to the detriment of flavor, moisture, and tenderness.

If we learned anything during this last weekend preparing for the pig roast it was that our pork is anything but lean, so give the Cure Farm Pork a try and let us know what you think.

In your share this week:

Beets

Green Peppers

Green Tomatoes

Braising Mix

Lettuce

Winter Squash

Carving Pumpkins

Carrots

Fruit Share

Apples

Plums

CSA weekly pick-ups continue through Oct. 13th, that's **1** more week! 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. 6th. Winter Share pick-up begins Oct. 18th.



Coming Next Week...

Salad Mix

Peppers

Carrots

Winter Squash

Turnips

And more.....

Recipes

Cooking Pumpkin Seeds

Don't just toss out the insides of your pumpkin when you make your favorite pumpkin dish or carve the annual pumpkin. Sort out those seeds and roast them up!

How to Roast Pumpkin Seeds

1. Rinse pumpkin seeds under cold water and pick out the pulp and strings. (This is easiest just after you've removed the seeds from the pumpkin, before the pulp has dried.)
2. Place the pumpkin seeds in a single layer on an oiled baking sheet, stirring to coat. If you prefer, omit the oil and coat with non-stick cooking spray

3. Sprinkle with salt and bake at 325 degrees F until toasted, about 25 minutes, checking and stirring after 10 minutes.
4. Let cool and store in an air-tight container.

Caramelized Spicy Pumpkin Seeds

- 5 tablespoons white sugar
- 1/4 teaspoon cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1 pinch cayenne pepper
- 2 cups raw whole pumpkin seeds, washed and dried
- cooking spray
- 2 teaspoons salt, or to taste
- 1 tablespoon olive oil

1. Preheat oven to 300 degrees F
2. In a large bowl, stir together 3 tablespoons of sugar, the cumin, cinnamon, ginger, and cayenne pepper, and set aside.
3. Place the pumpkin seeds on the baking sheet, spray with cooking spray, and sprinkle with salt. Bake the seeds in the preheated oven until lightly golden, 20 to 25 minutes.
4. Heat the oil in a large nonstick skillet over medium heat, and stir in the toasted pumpkin seeds along with 2 tablespoons of sugar. Cook and stir the seeds until the sugar forms a coating on the seeds, 2 to 3 minutes. Stir the caramelized seeds into the bowl of sugar-spice mixture, toss to coat, and let cool.

Fried Green Tomatoes

Epicurious, April 2009

- 6 hard green tomatoes, sliced 1/4 inch thick
- Kosher salt
- Freshly ground black pepper
- 3/4 cup all-purpose flour
- 3/4 cup well-shaken buttermilk
- Dash hot sauce
- 3/4 cup yellow cornmeal
- 1 1/2 cups Japanese panko bread crumbs
- Vegetable oil, for frying

Season the tomatoes with salt and pepper. Place the flour on a plate. Whisk together the buttermilk and hot sauce in a shallow bowl or a pie tin. Whisk together the cornmeal and panko bread crumbs in a separate pie tin.

Working with one green-tomato slice at a time, coat the tomato first in flour, then in the buttermilk, then finally in the cornmeal— bread crumb mixture. Transfer the breaded slice to

a baking sheet, and repeat with the remaining slices. Preheat the oven to 200°F. Line a second baking sheet with paper towels. Heat 3/4 inch of vegetable oil in a medium skillet to 350°F.

Working in batches, fry the tomato slices until golden brown, about 2 minutes per side. Using a slotted spoon, transfer the cooked tomatoes to the prepared baking sheet, and sprinkle with salt and pepper. Keep the cooked tomatoes in the warm oven while you fry the remaining slices. Enjoy with your favorite dipping sauce.

Sweet Potatoes, Apples, & Braising Greens

Epicurious, November 2007

- 4 medium sweet potatoes, peeled, cut lengthwise into quarters, then cut crosswise into 1/8-inch slices
- 5 tablespoons unsalted butter, plus 3 tablespoons melted
- 1 tablespoon fine sea salt

- 2 teaspoons freshly ground black pepper
- 3 medium apples, peeled, cored, and cut into quarters
- 6 cups braising greens
- 1/4 cup parsley, coarsely chopped

Preheat oven to 400°F. On foil-lined baking sheet, toss potato slices with 3 tablespoons melted butter, 1 teaspoon salt, and 1/2 teaspoon pepper. Bake until cooked through and slightly caramelized, about 20 minutes. Keep warm. In heavy medium skillet over moderate heat, melt 3 tablespoons butter. Add apples and sauté until tender and golden brown, about 15 minutes. Keep warm. In heavy large pot over moderate heat, combine remaining 2 tablespoons butter and 3 tablespoons water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining 2 teaspoons salt, and 1 1/2 teaspoons pepper. Serve hot.

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

