



Cure Organic Farm Newsletter

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Distribution Week #20

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Last CSA Pick-up

Each season in June I walk the fields anxious to see what will be available for the first few weeks of the CSA shares. I'm always a little nervous.... wondering if the quantity will be adequate, if there will be enough variety, if the quality will meet members expectations. I always wonder if and how the season will work out. And some how with each new crop that comes in, the season passes and the fields provide all of our families with a variety of fresh produce. With the first pick-up of the season the farm comes alive with all of you visiting the animals and walking out in the fields.

By mid-season the variety increases and we actually become concerned that you are receiving more basil and summer squash than any family should have to eat each week.... That's the spirit of sharing the bounty!

This last pick-up

marks the end of our 6th season as Cure Organic Farm. People often ask us why we farm....is it being outside daily, is it working with the earth, is it the spiritual satisfaction? While all of these suggestions are part of it, it is truly just the experience of planting the carrot seeds, watching them grow and then seeing all of you pick them up to take home and enjoy. Agriculture is truly about connecting the community to its food source, and we look forward to seeing the farm come alive when all of you return in the spring.

Here's to sharing the risk and the bounty. Thank you for supporting Cure Organic Farm.



Fresh Local Food Still Available

So the weekly CSA pick up is coming to a close for the winter season, but you still need to access to the freshest of fresh produce around. Our Farm Stand and Store will continue to be open until Thanksgiving Day, daily from 10-6pm. We will have our eggs and meat (as available) at the Farm Store **only** on Wednesdays and Saturdays. The Boulder

Farmers Market will continue this season each consecutive week all the way to Nov. 20th!!!! Yes, all the way to the week before Thanksgiving right in our usual spot on 13th Street. We will be there rain, shine or snow....and are hoping that you & friends will drop by also! Finally for the last of the season stocking up there will be a Sat & Sun.

Raw Honey Available

We have completed our honey harvest for this season and have raw honey for sale at \$8 per jar. Our honey has not been heated/pasteurized so will eventually crystallize and solidify. You can easily take honey from its solidified state and return it to liquid by heating the jar in a hot water on your stove. Our honey will be available through out the fall at the Farm Store on Wednesday & Saturdays and at the self serve stand all other days.

Wisdom Farm Turkey's

Wisdom Farm's Natural Turkey's will be available for the Holidays on a pre-order basis. Interested in a Turkey? Sign up now by sending us an email, or at pick-up this evening. Turkey's will be frozen and available the week before Thanksgiving for pick-up at the farm. They will weigh between 15-25 pounds and cost \$3.00 per pound.

In your share this week:

Turnips

Green Peppers

Green Tomatoes

Rainbow Chard

Salad Mix

Winter Squash

Basil

Carrots

Fruit Share

Apples

Pears

Winter Share begins next week, Oct. 20th.

Winter share pick up is from 3-6pm at the Farm Store, instead of in the greenhouse as in previous years. We look forward to seeing you next week!



market at the Longmont Fairgrounds the first weekend of December from 10-4pm. So, don't despair there are still plenty of ways to enjoy the season's best through the holiday season. Then, well it will be frozen vegetables, pork and beans for the Cure family. Happy Eating!

Recipes

Mashed turnips

8 medium sized turnips
Water

2 tablespoons Olive Oil

Salt & Pepper to taste

¼ cup milk (regular or soy)

Directions: trim ends and cut into quarters. Put in large stockpot, cover with cold water and bring to boil. Boil until fork tender, about 10 minutes.

When cooked, pour pot contents into colander to strain. Return empty pot to low heat and add olive oil.

Add drained turnips to oil, season with salt and pepper and mash with potato masher.

If you don't have a potato masher, use a blender, food processor or the back of

Heavy spoon. Turnips can also be served quartered at this point rather than mashed.)

Add milk and continue to mash until smooth. Taste and adjust seasoning.

Serve hot. Can be held in pot for an hour or so and re-warmed just prior to service.

Curried Red Lentil and Swiss Chard Stew with Garbanzo Beans

[Bon Appétit](#) | December 2005

2 tablespoons olive oil

1 large onion, thinly sliced

5 teaspoons curry powder

1/4 teaspoon cayenne pepper

3 14-ounce cans vegetable broth

1 large bunch or 2 small bunches Swiss chard, tough stalks removed, coarsely chopped (about 12 cups)
1 pound red lentils

1 15-ounce can garbanzo beans (chickpeas), drained

Plain yogurt

Heat oil in heavy large saucepan over medium-high heat. Add onion; sauté until golden, about 13 minutes. Mix in curry and cayenne. Add broth and chard. Increase heat; bring to boil. Add lentils and garbanzos; reduce heat to medium. Cover; simmer until lentils are tender, stirring twice, about 10 minutes. Divide stew among bowls. Top with yogurt.

Roasted Carrots & Turnips

6-8 small carrots, peeled and cut into diagonal slices

2 large turnips, peeled, sliced, then cut into diagonal strips slightly larger than turnips

1-2 T olive oil, enough to coat vegetables

2 tsp. plus 1 tsp. balsamic vinegar

1 tsp. very finely chopped fresh rosemary

1 tsp. very finely chopped fresh sage salt and fresh ground black pepper to season if desired

Preheat oven to 350 F. Cut into diagonal pieces, making the turnips slightly larger than the carrots, since turnips cook a little faster. Put vegetables into ziploc bag, pour in olive oil and 2 tsp. balsamic vinegar, then add herbs. Seal the bag and squeeze to move the vegetables around until they are well-coated with oil and the vegetables are mixed around.

Spray a roasting pan with olive oil, or drizzle on a tiny bit of oil and wipe

around with a paper towel if you don't have an olive oil mister. Pour veggies out onto pan and spread around so they're in a single layer. Roast 35-45 minutes, until vegetables are softened and starting to brown. Put into serving bowl and toss with remaining 1 tsp. balsamic vinegar, and season with salt and pepper if desired. (I used the tiniest bit of sea salt and no pepper.) Serve immediately.

Delicata Squash with Rosemary, Sage, and Cider Glaze

[Epicurious](#) March 2000

2 medium delicata squash (about 2 pounds) or other firm winter squash

3 tablespoons unsalted butter

1/4 cup very coarsely chopped fresh sage

1 tablespoon coarsely chopped fresh rosemary

1 1/2 cups fresh unfiltered apple cider or juice

1 cup water

2 teaspoons sherry vinegar

1 teaspoon salt

Freshly ground black pepper

Squash. If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch -thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.

Herb Butter. Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.

Cooking the squash. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper, and additional salt if needed.

Words To Live By

"Whenever there are in any country uncultivated lands and unemployed poor, it is clear that the laws of property have been so far extended as to violate natural right. The earth is given as a common stock for man to labor and live on. The small landowners are the most precious part of a state."

-Thomas Jefferson

