



# Cure Organic Farm Newsletter

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## Raindrops Keep Falling On Our Heads

Three days of rain can make us wonder if we are living in Seattle, but the sun is always shining even if we cannot see it, or feel it! Between 2 to 3 inches of rain soaked Boulder over the weekend making for a rush to see where those wool socks were stashed for next winter.

For a State that has a total of 14 to 16 inches of precipitation for the year it is amazing that these short bursts can give us so much. It makes us grateful for the free water because for the most part all the water in Colorado is spoken for.

In 1859, in the matter of a few short days all of the water in the Front Range of Colorado was allotted to different landholders via their irrigation ditch, which were dug by hand by homesteaders to irrigate their land. Each ditch which is a tributary off of South Boulder Creek, Boulder Creek or Left Hand has a junior and senior right to the spring snow runoff. These rights were given by the democratic process of who was standing in line first. Thus the

ditches have the family names attached to them representing who created the ditch; such as out ditch the Jones-Donnelly. These ditches then were given ditch riders (read gunslinger) who watched and monitored the flow of the ditch to make sure that only those with ditch rights were using the water, and if the levels were off then the ditch rider, equipped with rifle in the beginning and now with back hoe, would shut off the supply and levee a fine, occasionally one's life. There were no friends when it came to water.

The irrigation ditch that you walk over on your way to the CSA pick-up at the farm is the Jones-Donnelly & Butte Mill ditch. These are two ditch companies that run through the same water way up to 75th street, then they divide and run separately. It is a senior ditch, which means that it starts flowing earlier (April) and continues longer (October), and is maintained by our ditch rider Gene Sawhill. The water starts in mountains at Arapahoe Glacier then snakes its way down into South Boulder

Creek which then wades in a series of reservoirs and then swims through our property watering your food.

The process by which this water gets to the crops is a maze as well. We have built a cistern next to the ditch in which we have placed an irrigation pump in and then dug a trench the length of the property and laid an irrigation pipe inside of it and buried it. We then placed header hose the length of the property and equip each bed with two lines of drip tape (read very fussy tape which usually ends up in a sailors knot whenever there is a gust) which drips water onto the starts so that water usage is at a minimum, but soil retention is a maximum. For the baby greens beds we use overhead sprinklers to help ensure even growth and quick re-growth after the greens have been cut.

And there is the story of the little raindrop which fell from the sky and called Colorado home.

## Working with Local Farms

While the Boulder Farmers Market has made its way onto the national radar as one of the top five farmers markets in the nation, there are many outstanding local farmers that do not attend our market. Gene & Pat Sawhill have farmers in the area for "longer than time". Long enough for to have open space areas named after their

family- Sawhill ponds on 75th street.

Gene & Pat grow hay on public & private land and raise Black Angus cattle. Those of us that drive 75th st. or Valmont rd. regularly see their cattle out grazing. These cattle are raised with out antibiotics or hormones. In addition to grazing, they are

offered grain (corn) which is grown locally and wintered with hay from their fields. While not organic, from birth to finish these cattle are on pasture.

We are offering Sawhill ground beef at the Farm pick-up. 2 pound packages are \$8 (\$4 per pound). We will be working with Lasater Ranch to bring their beef in July.

### In your share this week:

Salad Mix

Baby Beets

Garlic Scapes

Sugar Snap Peas

Head Lettuce

Shallots

### Fruit Share

Strawberries

### Wisdom Farm Naturally Raised Chickens

Pre-order your Wisdom farm whole chickens at pick-up or by email. Chickens weigh between 3-5 pounds and are frozen. You can visit with Jay and Cindy at the Boulder Farmers Market on Saturday mornings to learn more about their farm and their raising practices. Chickens cost \$3 per pound and will be available for pick-up on June 30th at your CSA distribution.



### Coming Next Week...

Head Lettuce

Snap Peas

Rainbow Chard

Strawberries

And more.....

## Recipes

### Roasted Baby Beets with Shallots

1 bunch fresh beets  
2-3 shallots, peeled  
1 tablespoon vinegar  
1 tablespoon olive oil  
1 teaspoon salt  
1/2 teaspoon black pepper

Preheat oven to 400°F. Place the beets and shallots on a large sheet of aluminum foil and fold the edges together to seal tightly. Bake for half hour or until the beets are tender; remove from oven and allow to cool long enough to handle. Combine remaining ingredients and set aside. Baby beet skins are tender, no need to remove! Cut into chunks or wedges. Drizzle vinegar mixture over all and toss well. Serve warm or cold.

### Roasted Beet, Shallot and Pecan Salad

Bon Appétit | November 1999

6 1/2 tablespoons olive oil  
6 small unpeeled beets, tops trimmed  
10 shallots, peeled  
2/3 cup pecan halves  
2 tablespoons red wine vinegar  
1 large garlic clove, minced  
2 small heads Boston lettuce, torn  
2/3 cup crumbled Gorgonzola cheese  
Preheat oven to 375°F. Brush large baking sheet with 1/2 tablespoon olive oil. Place beets on prepared baking sheet and roast beets 30 minutes. Add shallots to same sheet. Sprinkle beets and shallots with salt and pepper and roast 30 minutes. Push beets and shallots away from 1 corner of sheet and scatter pecans in corner.

Roast beets, shallots and pecans until vegetables are tender and pecans are golden brown, about 6 minutes. Cool vegetables and pecans to room temperature, about 15 minutes.

Whisk remaining 6 tablespoons olive oil, vinegar and garlic in small bowl to blend. Season dressing to taste with salt and pepper.

Transfer pecans and shallots to large bowl and add lettuce. Peel and slice beets; add to salad. Toss salad with enough dressing to coat. Sprinkle with Gorgonzola cheese and serve.

### Penne with Spring Vegetables

1 pound fresh asparagus, trimmed  
1/2 pound sugar snap peas  
1 (8 ounce) package dry penne pasta  
3 tablespoons olive oil  
1/2 cup grated Parmesan cheese  
1/2 pound braising greens  
salt and pepper to taste

Bring a large pot of lightly salted water to a boil. Add asparagus, and cook for 2 minutes. Add peas, and cook for 2 more minutes. Transfer to a large bowl; set aside. Add pasta to boiling water, and cook for 8 to 10 minutes or until al dente; drain. Chop braising greens and sauté with olive oil for two -three minutes, until brightly colored.

Place pasta in the bowl with asparagus and peas. Toss with olive oil, Parmesan, salt and pepper.

### Strawberry and Feta Salad

1 cup slivered almonds  
2 cloves garlic, minced  
1 teaspoon honey  
1 teaspoon Dijon mustard  
1/4 cup raspberry vinegar  
2 tablespoons balsamic vinegar  
2 tablespoons brown sugar  
1 cup vegetable oil  
1 head romaine lettuce, torn  
1 pint fresh strawberries, sliced  
1 cup crumbled feta cheese

In a skillet over medium-high heat,

cook the almonds, stirring frequently, until lightly toasted. Remove from heat, and set aside.

In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil.

In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.

## Words to Live By

" Humans - despite their artistic pretensions, their sophistication and their many accomplishments - owe their existence to a six-inch layer of topsoil and the fact that it rains. "

- author unknown

