



Cure Organic Farm Newsletter

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Distribution Week #5

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Field to Fork

At the farm we grow over 100 different varieties of vegetables throughout the season as well as raising the chickens and ducks for eggs and the sheep and pigs for meat. So there is a considerable amount of food which is grown on our 8 acres.

This all takes place from May to October so at the moment we are beginning to feel the current of the season begin to push us faster down the stream, and before the waves begin to form let us tell you where all of this food is going.

We are very fortunate here in Boulder to be able to say that the furthest that our food travels is up Flagstaff Mountain every Tuesday and Friday when Paul drives the van to do deliveries to the restaurants in town, to such places as the Flagstaff House where Mark Monette and his family cook fabulous meals in a magnificent

setting..

It is important to us that we know who it is we are growing our food for and to have it be within our community that supports us so that there is a direct reciprocity between us. Therefore, we have cultivated relationships within this great community with local chefs, the Boulder Farmer's Market, Community Food Share, Slow Food Boulder and most importantly you, our CSA in order to know the names and faces of the families that we are feeding.

In addition to the weekly CSA pick-up that you enjoy, we harvest every Tuesday and Friday for 6 to 8 local restaurants including The Kitchen, Frasca, Flagstaff House, Café Aion, The Cork, Potager, and Z Cuisine.

On Wednesdays we distribute CSA shares and attend the Boulder Farmer's Market (one of the top markets in the nation) where the bounty of Boulder Valley is on full display (not bad for

growing food in the desert) and Terri from Potager restaurant in Denver can be seen picking up her orders with her trusty red wagon. On Thursdays we deliver the remaining food from market and CSA to 12 elders in the community which is headed by Franny Lewis our Grandmother Emeritus. Additionally, on Thursdays we host volunteer day from 9am-12pm where everyone is welcome to join us in the fields and take home some of the days labor.

On Saturdays it is back to market and occasionally a Meadow Lark Farm Dinner in the evening where Veronica and her troupe of gastronomical acrobats serve up a delicious meal of our vegetables and meats at a table fit for a wedding but without the bride and groom (but encapsulating the same verve). And then on Sundays.....a day of rest!

CSA BBQ & Farm Store Opening

We hope that you will join us for our first CSA BBQ next Wednesday, July 7th at the farm, to celebrate the season. Over the winter we have been busy building a kitchen and farm store at the Treehouse property, and are excited to share this with you. Our friend Hugo will be tending the grill, making grilled chicken sandwiches & lamb burgers while the rest of us will be shelling fava beans for a fantastically fresh cool rice, pea, fava bean & mint

salad. Water & Lemonade will be available. BYOB if you prefer something different. Dinner is \$8 per person. Please let us know by email or by reservation CSA pick up if you will be joining us (it will be really fun, the food will be great & you won't have to cook when you get home after pick up!)

Next Wednesday, July 7th our new farm store located at the Treehouse Nursery property will open. The store will offer seasonal

organic vegetables & flowers, local meats and organic fruit from the western slope of Colorado. The Farm Store will be open Wednesdays & Saturdays until more summer crops start coming in from the fields later this month. More details to come. Wow!, so much is happening, it must be July!!!!

In your share this week:

Head Lettuce

Snap Peas

Garlic

Fava Beans

Fruit Share

Cherries

Strawberries

Fava Bean Basics

Either you love them, hate them or have no idea what they are.....Ah Fava Bean season.

Fava Beans are a broad shelling bean that may be enjoyed fresh or dried. If you don't want to shell them, coat them in olive oil and toss on the grill. Individual diners can shell their own this way, like edamame. Basic Fava prep: shell the beans from the pod. Quickly boil beans (3-4 minutes) to cook. Drain water and run cool water to stop cooking and cool beans down. Now, shell once more. Remove the outer seed covering to reveal a bright green bean....this is the yummy part. Check out Fava recipes on page 2.

Coming Next Week...

Head Lettuce

Shallots

Fava Beans

Carrots

And more.....

Recipes

Fava Bean Dip with Goat Cheese and Garlic

2-3 pounds fresh fava beans, shelled
1 Tbsp salt
1/2 cup chopped green garlic
Olive oil
1 teaspoon lemon zest
2 Tbsp lemon juice
1/4 cup or more water
5 ounces goat cheese
Kosher salt and ground pepper
Remove the outer shell from the fava beans. The easiest way to do this is to work over a large bowl, bend the fava bean pod near one of the beans, squeeze the bean with your fingers, to have it shoot out into the bowl when the bean snaps. Keep squeezing, pinching and snapping, until you've de-beaned all the pods.

Bring 2 quarts of water to a boil. Add 1 tablespoon salt. Add the shelled beans, simmer for 5 minutes. Use a slotted spoon to remove beans from the hot water and place in a bowl of ice water to stop the cooking and to shock the beans into maintaining their bright green color. When the beans have sunk to the bottom of the bowl of ice water, fish them out and remove and discard the outer peel. In a small skillet, heat 1 tablespoon of olive oil on medium. Add the chopped green garlic and cook until softened, but not browned, about 3 or 4 minutes. Place shelled and peeled beans in a food processor with softened green garlic, lemon zest, lemon juice, and water. Pulse until smooth. Stream in a tablespoon or two more of olive oil while puréeing.

Scrape mixture out of food processor into a bowl. Mix in the goat cheese until well combined. Season with kosher salt and freshly ground pepper. This is great on crackers, sandwiches and flat breads.



Roasted Garlic-Fava Bean Sauce

8 cup home-made chicken stock
1 garlic head roasted, cloves squeezed into a bowl
2 tablespoons cold butter cut into tablespoons
1 tablespoons freshly-squeezed lemon juice
Salt to taste
Freshly-ground black pepper to taste
1/2 to 1 cup cooked fava beans
Place stock and roasted garlic in a medium saucepan and reduce to 3 cups. Strain into a clean saucepan and bring to a simmer. Whisk in the butter and lemon juice and season

with salt and pepper to taste. Add the fava beans (from 1/2 to 1 cup, depending on desired consistency) and cook for 1 minute. Serve with roasted chicken or other meat, or over rice or polenta.

Snow Peas with Pine Nuts and Mint

2 Tbsp olive oil
1/2 pound snow peas, rinsed, dried, tips of the ends cut off, strings removed
1/4 cup pine nuts
1 clove garlic, minced
1/4 teaspoon dark sesame oil
10 large mint leaves, chopped
Heat olive oil in a large skillet on me-

dium high heat. Add the snow peas, garlic, and pine nuts. Stir to coat with the oil. Cook for 1-2 minutes, stirring. You do not want to overcook the snow peas or they will get limp. They should still be a little bit crunchy. Remove from heat. Stir in the sesame oil and chopped mint leaves. Serve immediately. Serves 2-3.



Words to Live By

“All truly wise thoughts have been thoughts already thousands of times; but to make them truly ours, we must think them over again honestly, till they take root in our personal experience.”

-Johann Wolfgang von Goethe

