



Cure Organic Farm Newsletter

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Cure Organic Farm Store

In early July we find ourselves twiddling our thumbs a lot and wondering what it is that we should do next. So, we have decided to open a store at our property next door, the old Tree House Nursery. Today is the opening of Cure Organic Farm Store

The space itself houses a kitchen so that classes may take place there such as bread making, chocolate and pastry preparation, and canning. You will also be able to rent out the kitchen for your own projects as well. We hope to have the kitchen finished this fall in order to obtain a certified kitchen license.

The store itself will offer all local produce from only certified organic farms such as Jason & Natalie of Isabelle Farm, Wyatt & Amy of Red Wagon Farm, Dave Asbury's Full Circle

Farm and Kris & Kevin Krupp of First Fruits in Paonia. The Farm Store will be open Wednesday 12 to 7 and Saturday 10-5. As more crops continue to ripen in the field we will extend the hours of operation to include Thursday and Friday as well. For five years many of you have visited our self serve farm stand under the willow. Our self serve stand will still be open daily this season.

Our goal is to be able to provide a space where people can gather and have direct access to their local produce. The inspiration for the store comes from the shops which most of us

grew up with, a small neighborhood farm store which could recommend what was good because they grew it! Sadly, many of those businesses have not been seen lately and we wanted to bring one back.

The property is mainly used for our flowers, which have just begun to bloom. The space will also be used for parties and weddings, such as our Easter Eggstravaganza, and our Pig Roast.

Our breeding pigs and feeder pigs are happily nestled under the cherry trees and can be seen wading in the ditch blowing bubbles with their snouts, and the ducks are a chorus of quacks in the pond. This is an exciting new project so we hope that you please come over and enjoy the space & store.



Freezing Fava Beans & Peas

The ideal is to eat fresh from the fields but the fact is you'll always have a surplus and it is nice to eat your favorites out of season. Successful freezing depends on how quickly you can reduce the temperature of the food. Slow freezing may not make the food inedible but will affect flavor and, more importantly, nutritional value. Fast freezing halts bacterial growth instantly and produces very small ice crystals, which causes less damage to the cell structure

of the food.

To prepare the crop for freezing simply wash the peas. If freezing fava's, shell beans and wash. Water-blanch for 1 1/2 minutes. Cool promptly and drain. Lay drained, blanched peas/favas in a single layer on a cookie sheet and place in the freezer. Using this method makes it easiest to separate the peas when thawing. When fully frozen, portion peas into suitable containers and return them to the freezer. Another method is

to blanch peas/favas for 1 1/2 minutes. Cool immediately and drain well. Transfer peas directly into suitable containers for freezing. Leave a 1/2 inch of headspace. Lace in the freezer until you are ready to use them. Frozen favas and peas usually are great for up to 10 months in your freezer.

We certainly have a bounty of peas and favas this year and in the spirit of CSA are happy to share the bounty with you!

Happy freezing!

In your share this week:

Head Lettuce

Snow Peas

Shallots

Fava Beans

Carrots

Fruit Share

Cherries

School Food Project Fundraiser dinner at the Farm

In collaboration with Meadow Lark farm dinners and Hugo Matheson of the Kitchen Café we are excited to be hosting a fundraiser dinner to benefit the Boulder School Food Project. The School Food Project is raising money to buy basic kitchen equipment for Boulder Valley schools with the goal of providing our children with fresh, wholesome hot lunches at school. All proceeds go directly to the School Food Project. The fundraiser dinner is Sat. July 17th. Visit <https://schoolfood.giveo.com/causes/thekitchen> for reservations.

Coming Next Week...

Head Lettuce

Garlic

Fava Beans

Beets

Basil

And more.....

Recipes

Asian Chicken Salad

1/2 Head of Cure Farm chopped romaine or any variety
3 Mandarin Oranges, peeled & sliced
2 cooked boneless, skinless chicken breasts, sliced
1/2 cup snow peas cut in half
1/3 cup crispy noodles
1/3 cup sliced almonds, toasted
1/2 cup sesame dressing

Toss together salad, mandarin oranges, chicken slices, snow peas, crispy noodles and almonds, in large serving bowl. Pour dressing over salad; toss to evenly coat. Serve.

Honey Glazed Carrots & Snow Peas

2 cups sliced carrots
1/2 pound snow peas, trimmed
3 tablespoons butter
2 tablespoons honey

Bring a large saucepan of salted water to a boil. Add carrots and cook until tender crisp, 10 to 12 minutes. Add pea pods and cook until tender crisp; drain and set aside.

Melt butter in the same pan. Return carrots and peas to pan and stir in honey. Cook over medium heat, stirring occasionally, until heated through.

Lemon Butter Snow Peas

1/2 pound fresh snow peas
1 tablespoon olive oil
1 teaspoon minced garlic
1 tablespoon butter, melted
1 teaspoon lemon juice
1 sprig fresh thyme & basil, minced

In a skillet, sauté minced garlic on low. Add snow peas and stir. Cover for 3-4 minutes or until crisp-tender. Turn heat off and add butter, lemon juice and herbs. Cover and allow butter to melt. Toss well and serve hot.



Grilled Fava Beans

2 lbs. Fava Beans in the pod
3tbsp. Extra-virgin olive oil, plus more for drizzling
Sea Salt & fresh ground pepper
1 lemon, halved
2 oz. Parmesan cheese

Build a medium-hot fire in a charcoal grill or heat a gas grill to medium-high. Put favas into a large bowl, drizzle with 3 tbsp. oil, and season with salt and pepper. Grill favas, turning occasionally, until charred and soft, about 6 minutes. Transfer favas to a serving platter. Drizzle with olive oil and squeeze lemon juice over the top. Season with salt and, using a peeler, peel thin strips of Parmesan over the top of favas. Let cool for 5 minutes before serving. Split pods open and

pop beans out, enjoy!

Green Risotto with Fava Beans

1/2 pound fresh, unshelled fava beans
4 cups chicken broth
3 tablespoons butter, divided
1 bunch shallots, finely chopped
1 cup Arborio rice
1/4 cup white wine
1/4 cup grated Reggiano Parmesan cheese

salt to taste
Bring a large pot of salted water to a boil. Meanwhile, shell the favas and discard the pods. Boil the favas for 4 minutes, strain and then immediately plunge into ice water. Let cool for 2 minutes then pierce the favas and squeeze them out of their skins. Separate 3/4 of the favas and puree in a

food processor. In a separate large saucepan bring the broth to a simmer, and keep it hot. Meanwhile, in another large saucepan over medium heat, melt 1.5 tablespoons of the butter and add the onions. Reduce the heat to low and cook for about 5 minutes; do not brown the onions. Add the rice and cook, while stirring, for 2 minutes. Add the wine, increase the heat to medium, and stir. When the wine has been absorbed, add a little of the hot stock. Once the stock is absorbed, add a little more; repeat this process, stirring constantly, until the rice is cooked through. To the cooked rice add the pureed favas, the remaining 1.5 tablespoons of butter, the rest of the favas and the cheese. Cook over medium heat, stirring, until the butter and cheese melt and the puree is incorporated evenly. Season with salt.

Words to Live By

“We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.”

-Adelle Davis

