



Cure Organic Farm Newsletter

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

Distribution Week #8

July 21st, 2010

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In your share this week:

Head Lettuce

Carrots

Garlic

Fava Beans

Rainbow Chard

Summer Squash

Fruit Share

Cherries

Apricots

The Life of a Fruit Farmer

Kris and Kevin Kropp have a talent. They grow delicious fruit in the gorgeous valley of Paonia on the Western Slope of Colorado where most of our fruit comes from for our CSA fruit share as well as for our farm stand and store (now open Wednesdays & Saturdays 11-7).

These two brothers started First Fruits Orchards in 1987 growing certified organic fruit throughout the season including peaches, nectarines, sweet cherries, apricots, pears and apples.

You most likely have met them at the Boulder Farmer's Market because they are our neighbors to the North there at the stand.

It is quite a journey that they take to drive the 5 hours from Paonia to

Boulder especially for an 8 o'clock beginning to a Saturday morning market here in town, that would explain the bleary eyes and large mugs of coffee! Bringing along sleeping bags for the kids Casey and Kristen they make the trek over the pass twice a week to bring the best fruit in Colorado to you.

As it is with all farms we are at the mercy of Mother Nature, and in the life of the fruit farmer there is nothing more terrible than a late spring frost when the trees have already begun to flower. Such was the case this season with a hard frost in late May with almost all of the peaches gone and then to make matters worse, a fierce hail storm battered the apricots. So you can imagine the dismay on looking out your window and seeing all of your season frozen and blemished and the summer not even begun!

They are a hard bunch to break through and the cherries that you have been enjoying are the fruits of their labor and the apples and pears will be a welcome harbinger of Autumn (it is nice to think of fall when it's 100 degrees outside isn't it)

So, please support their efforts with a friendly hello at market and a nice pound of cherries with a cider chaser. We hope that you enjoy their work as much as we do and appreciate the efforts that they make for all of us.



Making Jam with Michelle

While the western slope of Colorado did get hit hard this spring with cold temps and late frosts during critical bud formation, we are fortunate to still have awesome fruit coming from over the mountains. What better way to preserve the summers fruit than by making jam. CSA member Michelle Drenick happens to be a jam lover and is an incredible teacher in the art and science of making jam! Michelle will be hosting Jam Making classes here at the farm at the Farm Store

We will make 2 or 3 different batches of jam that could include strawberry, peach and apricot. Get your taste buds ready.

Details:

Jam Making with Michelle
When: Thurs. July 28 -7pm
Sat. Aug.7 -10am

\$35 includes fruit, sugar, pectin and jars for the class

CSA BBQ

Our next CSA BBQ will be Wednesday August 4th, from 5-7pm at the Farm Store. Although rainy, the first BBQ was delicious.

We hope you will mark your calendars to join us for dinner after you pick up your share. Dinner is \$8 per person, includes water, lemonade and what ever Hugo will be cooking that night. We will let you know the specifics as it gets closer. Let us know if you will be joining us.

Coming Next Week...

Head Lettuce

Summer Squash

Green Beans

Carrots

And more.....

Recipes

Apricot Crisp

Gourmet | April 1999

4 firm-ripe apricots
4 tablespoons packed light brown sugar
3 tablespoons cold unsalted butter
3 tablespoons all-purpose flour
3 tablespoons old-fashioned rolled oats
1/4 teaspoon salt
1/8 teaspoon cinnamon
Preheat oven to 425°F.

Pit apricots and cut into 1/2-inch-thick wedges. In a bowl toss with 1 tablespoon brown sugar. Divide apricots between two 1-cup ramekins or gratin dishes. Cut butter into small pieces and in a large bowl with your fingertips or a pastry blender blend

into coarse meal. Stir in remaining 3 tablespoons brown sugar, oats, salt, and cinnamon. Mound oat mixture on top of apricots and bake in middle of oven until topping is golden and apricots flour until mixture resembles are tender, about 25 minutes.

Swiss Chard Sauteed

1 large bunch of fresh Swiss chard
1 small clove garlic, sliced
2 Tbsp olive oil
2 Tbsp water
Pinch of dried crushed red pepper
1 teaspoon butter
Salt

Rinse out the Swiss chard leaves thoroughly. Roughly chop the leaves into inch-wide strips.

Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

Spring Succotash Recipe

4-5 tablespoons olive oil
2 cups shucked & shelled Fava Beans
2 cups corn
2 cups diced ham
2 diced carrots
2-3 chopped spring onions
2 tablespoons chopped mint or parsley
Juice of a lemon
Salt to taste

Heat the olive oil over medium-high heat in a large sauté pan – large enough to hold all of the vegetables and the ham. Add the ham and the carrots and sauté, stirring from time to time, until the ham begins to brown, about 5 minutes. Add the corn and spring onions and toss to combine. Saute for another 2 min-

utes. Add the fava beans, which already have been blanched, and cook for one more minute. Turn off the heat and add the lemon juice, and taste for salt. You might not need any because the ham is salty. Cover the pot and let it sit for 2 minutes, to steam. Toss in the mint and serve hot or at room temperature. Serves 4-6 as a side.

Roasted Garlic

Preheat the oven to 400°F. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off 1/4 to a 1/2 inch of the top of cloves, exposing the individual cloves of garlic. Place the garlic heads in a baking pan; muffin pans work well for this purpose. Drizzle a couple teaspoons of olive oil over each head,

using your fingers to make sure the garlic head is well coated. Cover with aluminum foil. Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed. Allow the garlic to cool enough so you can touch it without burning yourself. Use a small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is (I love straight roasted garlic) or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

Words to Live By

A bird does not sing because it has an answer. It sings because it has a song.

-Chinese Proverb

