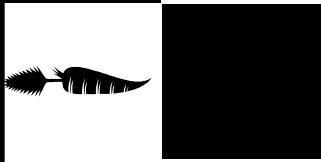




Cure Organic Farm Newsletter

Distribution Week #3

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This newsletter is also available online at:

www.cureorganicfarm.com/csaneletters.htm

Thanksgiving Turkeys

With Thanksgiving just two weeks away, there is no doubt that some of us are thinking about Turkey dinner. Turkeys are native to the Americas and were a primary source of meat for many Native American tribes, but the domesticated varieties we know today originated in Europe. Collectors brought back these birds from the New World in the sixteenth century to breed and select for their meat- and egg-producing capabilities. Prior to the industrialization of turkey production, which began at the turn of the century, nearly every family farm in the United States kept a small flock of these fowl. The birds grazed freely, ate varied diets, roosted in trees and grew to full size in seven or more months. The turkeys eaten in America today are not the splendid half-wild birds originally raised on the once prolific small family farms.

Nearly all of the 270 million turkeys raised now are the one variety known as the Large White that was introduced in the 1950s and was subsequently bred to meet the needs of industrial production. While Large Whites grow very rapidly (reaching maturity in just two months), they are unable to mate naturally and are typically fed a diet high in fat and dosed with antibiotics.

An alternative to these commercial Turkey's are the Heritage birds.' Heritage' is a general name that refers to the family of historic American turkey sub-breeds. When Heritage Turkeys are raised free-range on pasture and forage, they develop much stronger legs, thighs, and breasts than industrially-produced turkeys, which have mostly breast meat. The resulting meat from these Heritage birds is very firm and dark in color, as well as being succulent, rich and flavorful. So, how do we find these alternative turkeys? Colorado is actually home to a few producers. Please contact them directly to place your orders.

Tedach Ranch
Bennett, CO
dallasg@tedach.com
303-644-4079

Jim Sorenson
Carbondale, CO
shanarob@rof.net
970-963-2134

Wisdom Poultry
Haxtun, CO
970-774-7492

Dave Queens
Castle Rock
heritageturkey@aol.com
303-688-4065

Krehbiels Specialty Meats
Kansas - Frank Reese
240-0103

877-

* For your convenience, Vitamin Cottage on 30th and Pearl is also accepting orders for Heritage Turkeys. Be sure to place your orders soon!*

Cure Farm Chickens

For those of you that enjoy visiting the chickens each week and using their eggs, here's a little more background info on the birds.

Here at the farm, we buy chickens in from a hatchery (there are several around the U.S.), but a lot of folks just hatch their own to keep a flock going. Chickens typically live for about 4-5 years and are most productive their first year, but continue laying their entire lives. Hens do not need Roosters to lay eggs, but they need them to make baby chicks.

Chickens are also daylight sensitive which means as soon as it is light,

and busy and as soon as it is dark they are ready for bed. Daylight sensitive also means that when the hours of actual daylight are shorter in the winter the productivity of the birds is affected.

We have about 130 hens right now and they are split evenly among 5 varieties. We have Rhode Island Reds (dark brick red color), Black Sex-Links (black and iridescent), Golden Sex-Links (golden/peachy looking), Araucanas (multi-color mottled and 2 white ones), Barred Rocks (black and white spotted). All of the varieties listed above lay brown eggs except the Araucanas, which lay the beautiful colored eggs of blue-green shades.

In Your Basket This Week

Beets

Broccoli

Carrots

Fennel

Head Lettuce

Kale

Leeks

Winter Squash

Apples

Pick-Up Time

Just a reminder that CSA shares are ready for pick-up at 3:30 pm. Come early to maximize the daylight!



Coming Next Week

Carrots

Celeriac

Head Lettuce

Scallions

Onions

And much more!

Recipes

WHITE BEAN, KALE AND ROASTED VEGETABLE SOUP

Makes 6 servings.

3 medium carrots, peeled, quartered lengthwise
2 large tomatoes, quartered
1 large onion, cut into 8 wedges
1/2 small butternut squash, cut lengthwise into 1/2-inch-thick wedges
6 garlic cloves, unpeeled
1 tablespoon olive oil
6 cups (or more) canned vegetable broth
4 cups finely chopped kale
3 large fresh thyme sprigs
1 bay leaf
1 15-ounce can Great Northern beans, drained

Preheat oven to 400°F. Arrange carrots, tomatoes, onion, squash and garlic on sheet. Drizzle with oil. Sprinkle with salt and pepper. Toss to coat. Bake until vegetables are brown and tender, stirring

sionally, about 45 minutes.

Transfer carrots and squash to work surface. Cut into 1/2-inch pieces; set aside. Peel garlic cloves; place in processor. Add tomatoes and onion; puree until almost smooth. Pour 1/2 cup broth onto baking sheet; scrape up any browned bits. Transfer broth and vegetable puree to large pot. Add 5 1/2 cups broth, kale, thyme and bay leaf to pot; bring to boil. Reduce heat; simmer uncovered until kale is tender, about 30 minutes.

Add beans and reserved carrots and squash to soup. Simmer 8 minutes to blend flavors, adding more broth to thin soup if necessary. Season with salt and pepper.

BEETS AND CARMELIZED ONIONS WITH FETA

Makes 4 servings.

2 tablespoons cider vinegar
1 teaspoon Dijon mustard
1/4 teaspoon black pepper
3/4 teaspoon salt
5 tablespoons olive oil
1 lb onions (2 medium), quartered lengthwise, then cut crosswise into 1-inch pieces
1 bunch beets quartered or halved if small
3 oz crumbled feta (1/2 cup)
1/4 cup pine nuts (1 oz), toasted and coarsely chopped

Whisk together vinegar, mustard, pepper, and 1/2 teaspoon salt in a large bowl, then add 3 tablespoons oil in a slow stream, whisking until combined well. Cook onions and beets with remaining 1/4 teaspoon salt in remaining 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, 18 to 20 minutes. Add onions and beets to dressing, then add cheese, stirring gently to combine. Serve sprinkled with pine nuts.

Looking for more recipes? Check out our website at www.cureorganicfarm.com/csarecipes.htm

FENNEL, APPLE AND GORGONZOLA SALAD

Serve this delicate salad as a first course or alongside grilled chicken.

Makes 4 servings.

1 1/2 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1 1/2 crisp apples, such as Gala or small Fuji, thinly sliced
3 tablespoons dried currants
2 medium fennel bulbs (sometimes called anise; 2 lb total)
4 oz Gorgonzola (preferably dolce), crumbled

Whisk together lemon juice and oil in a large bowl. Add apples and currants and gently toss.

Trim fennel stalks flush with bulbs, discarding stalks, then quarter each bulb. Thinly slice bulbs with a mandoline or other manual slicer.

Gently toss fennel with apples and season with salt and pepper. Serve salad topped with Gorgonzola.

Leistikow Farms Tomatillos

One of our CSA members and farming neighbors has donated a bunch of Tomatillos for our enjoyment!

Tomatillos are great for:

Salsa Verde

1 pound tomatillos
2 small chiles
1/4 cup onions, chopped
1 cup fresh cilantro
Salt
1 teaspoon sugar
1 clove garlic, peeled

Remove dry paper like skins from tomatillos. Coarsely puree uncooked tomatillos, chiles, onions, cilantro, and garlic in blender. Season with salt to taste and add sugar. Great with chicken, pork, potatoes!

Words to Live By

A Leaf From The Tree of Songs

By Adam Christianson

When harpers once in wooden hall
A shining chord would strike
Their songs like arrows pierced the soul
Of great and low alike

Aglow by hearth and candleflame
From burning branch of ember
The mist of all their music sang
As if to ask in wonder

