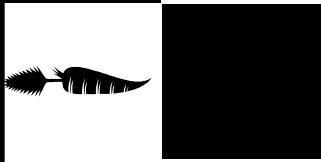




Cure Organic Farm Newsletter

Distribution Week #5

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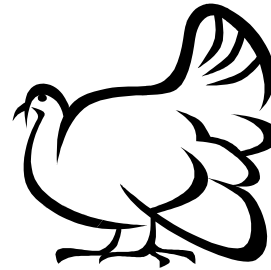
A Time to Give Thanks

In this seed time of the year, when we look out over the hibernating fields remembering what crops were where, what grew well, what did not, what was over come with weeds, and what offered flavors like never before; it is hard to believe so much happened in just the course of one season. Every year interns, volunteers, children, elders and CSA members come and go, but somehow the farm retains a bit of each of them, creating the flavors of the land.

Thanksgiving marks the time of year when we linger over our steaming morning coffee longer than usual looking out over the fields, remembering and feeling grateful for all of the gifts and lessons of the season but also beginning to dream and plan the next years endeavors. It is at Thanksgiving when we gather with friends and family to celebrate one another in one

of the most intimate of ways...creating a meal, sharing stories and enjoying the bounty of the land.

Let us remember then how it was that we got to this time of year and the rambling road which lead us here all the while giving thanks and hoping that the birds do not eat up all the bread crumbs which we had laid along our path so that others may continue to join us year after year.



Bon Appetite!

Coming Home to Eat: An Excerpt

By midmorning on Thanksgiving Day, as the turkey meat was still absorbing mesquite smoke in the backyard, I went out running for several miles to work up an appetite. I interrupted my jog to pick up trash, not because I wanted to beautify America's highways but because I wanted to figure out exactly what my society was addicted to. I wanted relief from that addiction, not merely from its trash. Every day like this, I too could be seduced into shooting up such junk, to toss its wrappers out the window, and surge ahead on a chemical high. Or I could go cold turkey, and be humbled by the realities of gardening, hunting, or gathering in this wildly unpredictable land. It was not the I would never be lured again by the greasy smell of French fries or by the surge of sugar after downing a chocolate malt, but such addictions were slowly losing their control over my life.

In another hour the house was filled with friends and relatives. When we all

sat down to pray together, holding hands in one grand circle, we blessed not just the food but all the lives—human or other animal, plant, microbial—all the little unseen lives hidden in this feast. Each dish, each plate, each cup, each goblet contained a story; as we ate, each food's origins, harvests, and makers became revealed to us.

Flavors and stories. Stories and flavors. They danced together into our mouths, pirouetting around our taste buds, doing one last tango across our tongues before disappearing down our throats and into that darker, wild place below. We filled that place full of calories and memories. If we were not already full enough, a primitive kind of patriotism swelled up inside us: love of *patria*, fatherland, motherland, kindred earth. The foods and wine had blessed us, not the other way around.

An excerpt from the book **Coming Home to Eat: The Pleasures and Politics of Local Food** Gary Paul Nabhan.

In Your Basket This Week

Carrots

Trunip or Radish

Potatoes

Leeks

Broccoli

Parsnips

Winter Squash

Head Lettuce

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!

3 More Weeks

Remember there are still 3 more weeks of Winter CSA to pick up. The last one is December 14th!

Coming Next Week

Braising Mix

Onions

Winter Squash

Turnips

Apples

And much more!

Recipes

SWEET AND BUTTERY TURNIPS

Makes approx. 4 servings.

1 1/4 lbs. turnips, cubed
1/3 C butter
2/3 C sour cream
1/3 C half and half cream
2/3 C brown sugar
Pinch ground nutmeg
Salt and pepper to taste

Place turnips into saucepan and fill with enough water to cover them. Bring to a boil, and cook until tender, about 20 minutes. Drain. Add butter to the hot turnips and mash with a potato masher or whisk. Once the butter has melted in, stir in the sour cream, half and half, brown sugar, nutmeg, salt and pepper. Mash to your desired consistency and serve.

WINTER SQUASH WITH ONIONS AND PECANS

Makes 8 servings.

1 C chopped pecans
3 tbs butter
1 large onion, finely chopped
2 1/4 lbs. winter squash, peeled, seeded and cubed
Salt and pepper to taste
2 tbs chopped fresh parsley

Place pecans on an ungreased baking sheet. Toast at 350 degrees F for 5-8 min.

Melt butter in a large, heavy skillet over low heat; add onion, and sauté until very tender, about 15 minutes. Stir in squash, and cover. Continue cooking, stirring occasionally, until squash is tender but still holds its shape, about 15 minutes. Season with salt and pepper.

Stir in half of the pecans and half the parsley. Transfer mixture to a serving bowl. Sprinkle with remaining pecans and parsley to serve.

CURRIED APPLE AND LEEK SOUP

Makes 4 servings.

1 tbs. butter
2 tsp curry powder
3 leeks, chopped
3/4 C diced potatoes
2 apples, peeled, cored and chopped
3 C vegetable broth
Salt and pepper to taste
1/4 C plain yogurt

In a medium saucepan over medium heat, melt butter. Stir in curry powder and cook 1 minute. Stir in leeks, potato and apples and cook 5 min. Pour in broth and bring to a boil. Cover, reduce heat and simmer 20 min.

Puree in blender or food processor. Season with salt and pepper and serve with a swirl of yogurt.

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

ROASTED CARROTS, PARSNIPS AND HERBS

Makes 8 servings.

2 lb parsnips
2 lb carrots, peeled and cut diagonally into 3/4-inch-thick slices
1/3 cup extra-virgin olive oil
2 teaspoons salt
2 teaspoons black pepper
2 teaspoons chopped fresh rosemary
2 teaspoons chopped fresh sage
1/4 cup water

Preheat oven to 350°F.

Peel parsnips and halve each crosswise where it becomes narrow. Diagonally cut narrow portions into 3/4-inch-thick slices. Quarter wider portions lengthwise and core, then diagonally cut flesh into 3/4-inch-thick slices.

Toss parsnips and carrots with oil, salt, pepper, rosemary, and sage in a large bowl. Spread in a large shallow baking pan (1 inch deep) and pour in water. Roast vegetables in lower third of oven until tender, 50 to 55 minutes.

APPLE BREAD

Makes 1 loaf

2 eggs
1/2 C. butter softened
1 C. brown sugar
2 C. Flour
1tsp.baking powder
1tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla

1/4 tsp. cinnamon
2 C. apples

walnuts are also a nice addition

Preheat oven to 350. Combine eggs, butter, vanilla and sugar and mix until creamy. Add apples and nuts if desired, mixing completely. In a separate bowl combine all dry ingredients mixing well. Add dry mix to wet ingredients and mix well. Fold into a greased and floured loaf pan. Bake at 350 for approx. 1 hour. Enjoy while still warm.

Words to Live By

Harvest

by John Charles McNeill

Cows in the stall and sheep in the fold;
Clouds in the west, deep crimson and gold;
A heron's far flight to a roost somewhere;
The twitter of killdees keen in the air;
The noise of a wagon that jolts through the gloam
On the last load home.

There are lights in the windows; a blue spire of smoke
Climbs from the grange grove of elm and oak;
The smell of the Earth, where the night pours to her
Its dewy libation, is sweeter than myrrh,
And an incense to Toil is the smell of the loam
On the last load home.

