



# Cure Organic Farm Newsletter

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## Halloween History

Halloween, one of the world's oldest holidays, is still celebrated today in several countries around the globe. The word itself, "Halloween," actually has its origins in the Catholic Church. It comes from a contracted corruption of All Hallows Eve. November 1, "All Hollows Day" (or "All Saints Day"), is a Catholic day of observance in honor of saints. But, in the 5th century BC, in Celtic Ireland, summer officially ended on October 31. The holiday was called Samhain (pronounced sow-in), which means "end of summer", the Celtic New year.

The custom of trick or treating probably has several origins. During Samhain, the Druids believed that the dead would play tricks on mankind and cause panic and destruction. They had to be appeased, so country folk would give the Druids food

as they visited their homes. An old Irish peasant practice called for going door to door to collect money, breadcake, cheese, eggs, butter, apples, etc., in preparation for the festival of St. Columb Kill.

Also a ninth-century European custom called souling. On November 2, All Souls Day, early Christians would walk from village to village begging for "soul cakes" made out of square pieces of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At the time, it was believed that the dead remained in limbo for a time after death, and that prayer, even by strangers, could expedite a soul's passage to heaven.

Jack o'lanterns are another Halloween tradition

That can't be skipped. Tradition tells us Irish children used to carve out potatoes or turnips and light them for their Halloween gatherings. They commemorated Jack, a shifty Irish villain so wicked that neither God nor the Devil wanted him. Rejected by both the sacred and profane, he wandered the world endlessly looking for a place to rest, his only warmth a glittering candle in a rotten turnip. The Irish Potato Famine (1845-50) prompted over 700,000 people to immigrate to the Americas. These immigrants brought with them their traditions of Halloween and Jack o'Lanterns, but turnips were not as readily available as back home. They found the American pumpkin to be a more than an adequate replacement. Today, the carved pumpkin is perhaps the most famous icon of the holiday.

Happy Halloween!

## A Farwell To The Interns

After seven months of rising with the sun and long days in the fields, Johanna and Dawn finish their internship with us today. As a critical part of the community their hard work, dedication, and positive spirits have helped to make this season an awesome one.

Dawn will be returning to her native Portland, Oregon after a Western States

Road trip joined by her twin sister and mom. Once back in Portland, Dawn looks forward getting some much deserved down time before jumping into the farming season in Oregon (although we keep trying to coax her to stay in Colorado!) this spring.

Johanna, a native Coloradoan is making Boulder her new home base. Johanna will be working with at risk youth and the outdoors. She will

continue to be an essential part of the farm's community as a working CSA member and hopefully joining us to sell our produce at the Boulder Farmers Market in the spring.

We will miss these two dynamic women, and hope you'll help us to wish them well in their new adventures!

## In your share this week:

*Braising Mix*

*Winter Squash*

*Brussels Sprouts*

*Turnips*

*Tomatoes*

*Hot Peppers*

*Carrots*

*Onions*

*Chard*

*Apples*



## Coming Next Week

Carrots

Leeks

Spinach

Potatoes

Apples

**And much more!**

# Recipes

## Roasted Brussels Sprouts

1 lbs. fresh Brussels sprouts  
3 tbsp. extra virgin olive oil  
1 to 2 cloves fresh garlic, crushed or minced  
1/2 tsp. ground black pepper  
1/2 tsp. salt  
1/2 tsp. dried sage

Preheat oven to 400 degrees F. S  
Use Brussels sprouts whole, or slice in half lengthwise. Toss all ingredients and place in a single layer on a baking dish. Roast for 25 minutes or until Brussels sprouts are slightly browned and tender throughout.



## Winter Greens, Fennel & Mushroom Salad with Shallot Vinaigrette

1/2 pound Braising Mix and or Chard  
1 fennel bulb, trimmed and very thinly sliced  
6 firm mushrooms, thinly sliced  
salt and freshly milled pepper  
shallot vinaigrette (see below)  
a piece of parmesan or dry jack, at room temperature

Toss greens, fennel and mushrooms in a salad bowl with a few pinches of salt. Toss with enough vinaigrette to coat well. Season with pepper, divide among plates and shave the cheese into long shards over each serving.

### Shallot Vinaigrette

2 tbsp. white or red vinegar, or fresh lemon juice

1 tsp. Dijon mustard  
6 tbsp. extra virgin olive oil  
1 peeled, finely diced shallot  
salt and freshly milled pepper

Put shallot in a bowl with vinegar and salt. Let stand at least 15 minutes or longer to sweeten shallots. Stir in mustard and any other flavorings, then whisk in olive oil.

### Curried greens and tofu

Sauté tofu cubes in peanut oil with chopped onion and garlic. Add chopped, cooked greens. Stir in a cup or so of chicken broth and some red curry paste (a little goes a long way). Serve over curried rice. Garnish with some chopped peanuts. Cilantro would also be a good garnish for these greens.

## Cilantro rice

rice  
lots of fresh cilantro, it's okay to use the stems!  
boiling water

Cook rice however you normally do. While your rice is cooking, in a separate pot blanch cilantro in boiling water about a minute to soften. Fish it out with tongs or a slotted spoon and drop into a blender with a tiny bit of water and purée. When your rice is done cooking, simply fold/stir the pureed cilantro into it until evenly mixed, adding salt to taste. It's that simple!

## Butternut Apple Crisp Bars

3 C peeled and sliced butternut squash (any squash will work!)  
3 C peeled and sliced tart apples  
1 C packed brown sugar  
1/8 tsp. ground cloves  
1 tsp. ground cinnamon  
2 tsp. lemon juice  
1 1/4 C all purpose flour  
1/2 tsp. salt  
6 tbsp. softened butter  
1/3 C chopped nuts (ice cream, optional!)

Preheat oven to 350 degrees. In a large mixing bowl, mix squash and apple slices with 1/2 C brown sugar, cloves, cinnamon and lemon juice,

tossing to mix. Place in a well-greased shallow baking pan and bake for 30 minutes. Remove from oven. In a medium mixing bowl, combine remaining brown sugar, flour, salt and butter until crumbly. Add nuts. Spread evenly over squash/apple mix. Bake 40 minutes longer. Cut into bars. May be topped with ice cream.



# Words to Live By

*"Everything that grows holds perfection but a little moment. "*

~ William Shakespeare

