

# Cure Organic Farm Newsletter

Distribution Week #4

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

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## Going Local, National Trend

Each season more and more folks call to inquire about how they can buy local produce. CSA's across the country continue to grow and farmers markets sales continue to rise at unprecedented rates. Why are folks more interested in going the extra mile to source food locally? You may be able to answer that question better than anyone. Here on the farm, we believe it has a lot to do with Food Security.

To us, food security is a loaded term. People are thinking more about their health and connecting personal health with how their food is grown. Over all quality of locally produced food is always higher due to its freshness, and then there is the connection to the land where your food is grown.

Having community support is the root of new farms starting up across the country. For decades now the average age of Americas farmers has been 55 years old. Annual census tell us that less than 2 percent of Americans are farmers. With so few farmers nationally we have had to import food from other countries—which only discourages new farmers from jumping into the business because prices are so low.

The trend is changing. New farms are starting up across the country from urban areas to rural areas. What is making them work? Direct markets. Selling our products to the end user. Farmers markets are reporting their best figures yet. The face of new farmers is also changing. More small growers are entering the

market place with speciality and heirloom vegetable varieties. Old varieties once forgotten are finding their way into restaurant kitchens and on farmers market tables. Not only is more food being grown in local communities by more people, but the diversity of food being produced far more vast than in the last decade.

Buying Local may be the current trend, but it is a trend that encourages the health of the land and of our families. With a little luck this trend will transform into the normal and continue to enrich our communities.



## Enjoying Your Radishes?

Yes, while some of us are natural radish lovers, others of us need some persuasion to find ways to enjoy them. Radishes thrive when grown in the cooler seasons of the year. The summer's heat is actually what makes them more spicy. They also grow very quickly. From seeding to harvest date is usually 28 days.

So, what to do with the abundance of radishes this time of year? Use them like you would carrots, turnips or any other root. Try roasting them with other root vegetables and chicken. Slice in half and add them to your favorite home made soup. Sliced thinly they work great in stir fries and are a nice addition to home-made curry dishes. Use them raw in salads, as a

sandwich topping, or for dipping in hummus.

Give them a chance, don't be too quick to add your bunch to the exchange table, you might just find a new way to enjoy your radishes!



## In your share this

*Head Lettuce*

*Winter Squash*

*Broccoli*

*Radish*

*Purple Rappini*

*Potatoes*

*Carrots*

*Onions*

*Dill*

*Apples*

## Thanksgiving Week

**Pick-up** will be the same time and place as usual. Be sure to check your email to preview what will be in the share to help coordinate your holiday shopping

## Coming Next Week

Carrots

Winter Squash

Spinach

Potatoes

Apples

Garlic

Onions

**And much more!**

# Recipes

## Butternut Squash and Carrot Pureé with Maple Syrup

4 tbsp. butter  
1 onion, chopped  
3 carrots, peeled and thinly sliced  
one 3 1/2 lb. butternut squash, peeled, seeded, and cut into 1/2" pieces  
1 C fresh orange juice  
3 tbsp. pure maple syrup

Melt 2 tbsps. of the butter in a large pot over medium heat. Add onion and sauté until just tender, about 8 minutes. Stir in 1 tbsp. butter, add carrots and sauté until coated, about 1 minute. Add last tbsp. butter and squash and sauté until it begins to soften, about 8 minutes. Pour orange juice over vegetables. Cover and simmer until they are soft, about 25 minutes. Uncover and simmer until

all liquid evaporates, about 5 minutes. Stir in maple syrup. Cool slightly. Working in batches, puree mixture in processor until smooth. Season to taste with salt and pepper.

## Garlicky carrot salad

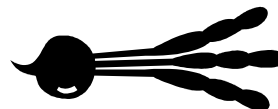
(adapted from Moosewood Cookbook)  
3 1/2 C grated carrots  
2-3 cloves garlic, peeled and finely chopped  
1 bu. Italian parsley, coarsely chopped (~ 1/3 - 1/2 C)  
1/2 bu. cilantro, coarsely chopped  
1 tsp. fresh oregano, finely chopped  
3 tbsp. lime juice  
1/3 C extra virgin olive oil  
1/2 tsp. salt  
fresh ground black pepper to taste

This is very simple recipe, just chop/grate all the ingredients and

throw them together. Put them in the fridge to mellow and combine flavors for about half an hour, then eat! Lovely! Try adding fresh sage, watercress, or any one of a number of other complementary items, too.

## Ruby Radishes

Melt 1 tbsp. butter in a skillet over medium heat. Slice up one bunch of radishes, toss to coat in butter, then cover pan and cook 3 to 4 minutes, shaking occasionally. Add 1/2 tsp. sugar and 1/4 tsp. red wine vinegar, simmer another minute, sprinkle with 1/2 tbsp. snipped fresh dill and salt and pepper to taste. Serve immediately (serves 2). Recipe can be doubled/tripled, etc.



## Sautéed Rappini (Broccoli Raab) with chickpeas

serves 2  
1 "farm" bunch rappini  
2 tbsp. olive oil  
2 med. cloves garlic, minced  
One can (14.5 oz.) chickpeas, drained  
1/2 tsp. crushed red chilies, or to taste  
Cook rappini in a pot of boiling salted water about 5 minutes. Drain and set aside (and chop if you haven't already). Sauté garlic in olive oil in a large skillet, stirring often, until it becomes a light golden color. Add cooked rappini and cook/stir to coat well with garlic/oil. Add drained chickpeas

crushed chilies and continue to cook/stir until all is cooked through. Serve hot.

## Apple-Maple Bread Pudding

2 C whole milk  
2 C heavy cream  
3/4 C maple syrup  
2 whole cloves  
1 cinnamon stick  
10 large eggs  
4 tbsp. butter, plus extra for pan  
4 large baking apples  
Half a 1-lb. loaf of bread sliced 1/3 inch thick, slices cut in half diagonally  
Preheat oven to 325 degrees. Place milk, cream, maple syrup, cloves, and cinnamon stick in a medium saucepan over medium heat and bring to just

under a boil. Do not boil. Let steep for 10 minutes. Break eggs into a large mixing bowl and beat well. Whisk in a little of the milk mixture to warm the eggs, then beat in the remainder of the milk mixture. In a large skillet over medium heat, melt the butter. Add the apples and cook, stirring occasionally, until softened and golden, about 8 minutes. Butter a 9-inch-round by 3-inch-deep earthenware baking dish and place the bread slices on the bottom to cover without crowding. Cover evenly with half the apples. Repeat the layers, ending with a third layer of bread. Strain the milk mixture over all. Place the pan in a roasting pan and add hot water to come half-way up its sides. Bake until the pudding is set, about 40 minutes. Let cool at least 1 hour.

## Words to Live By

"And above all, friends should be able to, no, eager, to sit for hours-three, four six-over a meal of soup and wine and cheese as well as twenty fabulous courses. Then with good friends of such attributes, and good food on the board and good wine in the pitcher, we may well ask, When shall we live if not now?"

-m.f.k. fisher

