

## Recipes

### Tugboat Turnips

2 large turnips  
6 large carrots  
1/2 cup butter  
1/2 cup light brown sugar  
1 teaspoon salt

Peel and chop the turnips and carrots. Place in a medium size saucepan, cover with water, and bring to a boil. Gently cook until tender. Drain the turnips and carrots, add the butter and brown sugar. Mash with a potato masher. Adjust the taste with salt and sugar.

### Braised Greens

4 slices bacon, chopped  
3 bunches braising greens, trimmed and chopped  
2 tablespoons white vinegar  
2 teaspoons sugar  
Coarse salt  
2 cups chicken broth

In a large skillet over medium high heat brown bacon and render its fat. Add chopped greens to the pan in batches and turn until they wilt, then add more greens. When all of the greens are in the pan, add vinegar and cook a minute. Season greens with sugar and salt. Add chicken broth to the pan and cover.

Reduce heat to medium low and simmer greens 15 to 20 minutes then serve.



### Spicy Hoisin Glazed Eggplant

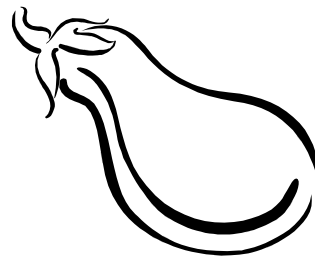
1 tablespoon canola oil  
1-inch piece ginger, roughly chopped  
2 cloves garlic, finely chopped  
1 teaspoon red chili flakes  
1/2 cup hoisin sauce  
1 tablespoon rice wine vinegar  
1 tablespoon low-sodium soy sauce  
1 medium eggplant, cut into 1/2-inch thick slices, lengthwise  
6 tablespoons olive oil  
Salt and freshly ground black pepper  
2 tablespoons chopped cilantro

Heat the oil in a small saucepan over medium heat. Add the ginger, garlic and red chili flakes and cook until soft, 3 to 4 minutes. Remove from the heat and whisk in the hoisin, vinegar and soy sauce until combined and then strain, reserving the sauce.

Heat grill to high.

Brush eggplant slices on both sides with the oil and season with salt and pepper. Place the slices on the grill and grill until golden brown and slightly charred, 4 to 5 minutes. Brush with some of the glaze, turn over and continue grilling just until cooked through, brushing with more

of the glaze, 3 to 4 minutes longer. Remove from the grill and brush with the remaining glaze. Transfer to a platter and sprinkle with the cilantro.



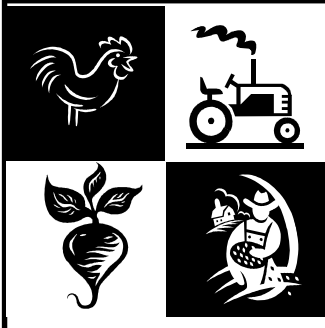
## Words to Live By

*Autumn, Queen of the Year*

*“When the pumpkins are so yellow  
And the vines with grapes abound,  
When the melons are so mellow  
And the nuts fall to the ground;  
When persimmons lose their bitters,  
And the apples are so red;  
When we love to eat corn fritters  
Since the roasting ears have fled;  
When vacation days are over  
And the children go to school,*

*They no longer play in clover,  
But much learn "Arithmos-rule,"  
When weird Hallowe'en's most naughty elves  
With gnomes and sprites appear,  
While fat Thanksgiving fills the shelves -  
'Tis AUTUMN, QUEEN OF YEAR. .”*

*- Winifred Sackville Stoner Jr.*



# Cure Organic Farm Newsletter

Distribution Week #16  
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7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
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This newsletter is also  
available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## Honey Harvest

This week we began extracting honey from our bee hives. While this job is one that we look forward to all year long, it quite sticky work that does take a bit of time. We will have our raw honey for sale at next weeks CSA pick up here on the farm (we do not bottle it in a certified kitchen, so are unable to sell it at the farmers market).

This year the bees made an amazing amount of honey, it seemed as though when we were taking the honey from the hives they were glad to see it go so that there was some "elbow room" in the hives. We pull each frame containing honey out of the supers (bee boxes) and gently brush the bees back into the hive. Once a honey filled frame is free of the bees we place it into another empty super to transport it to the honey extractor. Nine frames fill one super, making each super

weigh about 60 pound...yes that is 60 pounds of honey per box. This year we have ten supers filled with honey to extract.

To extract the honey from the hives we borrow a motorized centrifuge from Wyatt at Red Wagon Farm. This is a stainless steel barrel of sorts with a mechanism that holds the frames in place while it is spinning. The force of the centrifuge pulls the honey out of the comb and into the bottom of the stainless tank. Using a heated knife we carefully remove the wax holding the honey with in the comb on both sides of the frame. Next we fill the spinner with 18 frames full of uncapped honey. Once the spinner is full turn it on and let the honey flow to the bottom of the stainless tank. From there, the honey passes through a gate and is filtered through two different size stainless strainers that

catch any bees or wax debris in the honey. This filtered honey then fills 5 gal. buckets with honey gates on the bottom of them which enable us to bottle the honey directly and fairly neatly from the storage buckets.

It is quite a process. Truly humbling to think of the size of a honey bee and how much work they do in creating the amount of honey that they do. We have extracted honey from six supers, and have four more to go. Thus far we have harvested about 20 gallons of honey.

Our honey will be available next week out here at the farm for \$8 per 16oz. jar.



Raw honey has been proven to aid in stomach digestion and in fighting allergies. Really, there is no reason not to enjoy it!

## What is Raw Honey?

It's no secret! Unprocessed honey, straight from the hive, has been used worldwide for millennia to promote healing. Raw honey is unfiltered meaning it still contains pollen,

propolis, honeycomb and live enzymes -- all the goodness the bees put in! It has never been heated which would kill all of the good enzymes. Raw honey over time will crystallize, turning from the golden flowing nectar for the gods into sweet solidified spreadable honey fantastic with anything. Honey has an indefinite shelf life and is best stored in cool dark places.



## In your share this week:

*Tomatoes*

*Turnips*

*Head Lettuce*

*Eggplant*

*Cucumbers*

*Braising Mix*

*Peppers*

### Fruit Share

*Nectarines*

## Save The Date

Cure Farm's annual Pig Roast and fall celebration will be on Sunday, Oct. 5th. From 3-8pm. We hope that you will come on out and celebrate with us.

The CSA continues through Oct. 15th. Leeks, Winter Squash and pumpkins are just around the corner

## Coming Next Week :

Potatoes

Braising Greens

Peppers

Tomatoes

And so much more.....