

# Recipes

## **Mashed Potatoes with Caramelized Garlic and Parsnips**

- 3 pounds Yukon Gold potatoes
- 1 head garlic (3 inches wide)
- 3 1/2 tablespoons olive oil, divided
- 1 pound parsnips, peeled, cut into 1/3-inch pieces
- 2 cups whole milk
- 3/4 stick unsalted butter
- 1/2 teaspoon white pepper

Preheat oven to 425°F with racks in upper and lower thirds. Wrap garlic in foil for roasting. Roast potatoes and garlic, with a bit of olive oil until tender, about 1 hour. About 30 minutes before potatoes and garlic finish roasting, toss parsnips with 1/4 teaspoon salt and remaining 2 1/2 tablespoons oil in a small baking pan. Spread out in an even layer and roast

in lower third of oven, stirring once or twice, until tender and golden, about 25 minutes. Unwrap garlic and cool to warm, then squeeze cloves into a large bowl and mash well with a fork. Stir in roasted parsnips. Heat milk, butter, white pepper, and 1 1/4 teaspoons salt in a small saucepan over medium-low heat until butter is melted. While milk mixture heats, begin to mash the potatoes and parsnips. An electric mixer works well. Pour in hot milk mixture and gently stir until combined.

Cooks' note: Mashed potatoes, with parsnips and garlic, can be made 1 day ahead and chilled, uncovered, until cool, then covered. Reheat with an additional 1/2 cup milk in a

heavy saucepan, covered, over low heat, or in a baking dish, covered, in a 300°F oven or in a microwave oven, stirring halfway through heating.

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## **Cauliflower and Caramelized Onion Tart**

- 1 small head of cauliflower, cored, cut into 1-inch florets
- 2 1/2 tablespoons olive oil, divided
- 1 tablespoon truffle oil\*
- 1 pie crust
- 1 large onion, halved lengthwise, thinly sliced
- 1 tablespoon Dijon mustard
- 2 large eggs
- 1 (7- to 8-ounce) container mascarpone cheese (Italian cream cheese)\*
- 1/2 cup whipping cream
- 1/4 teaspoon ground white pepper
- Pinch of ground nutmeg
- 1 cup grated Gruyère cheese
- 3/4 cup grated Parmesan cheese

Position rack in center of oven; preheat to 425°F. Toss cauliflower with 1 tablespoon olive oil in large bowl. Spread on large rimmed baking sheet, spacing apart. Sprinkle with salt and pepper. Roast 15 minutes; turn florets over. Continue roasting until tender, about 25 minutes longer. Cool cauliflower, then thinly slice. Drizzle with truffle oil; toss. Reduce oven temperature to 350°F.

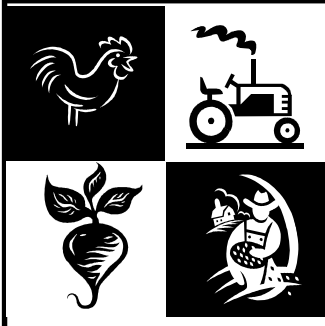
Press pie crust onto bottom and up sides of 9-inch-diameter tart pan with removable bottom. Line pie crust with foil; fill with pie weights. Bake crust 20 minutes. Remove foil and pie weights; bake until crust is golden, about 5 minutes, pressing

temperature. Heat remaining 1 1/2 tablespoons olive oil in heavy large skillet over medium heat. Add onion; sprinkle with salt and pepper. Cook until onion is deep golden brown, stirring occasionally, about 40 minutes. Cool slightly.

Brush bottom and sides of crust with mustard. Spread onion in crust. Arrange cauliflower evenly over. Set tart on rimmed baking sheet. Whisk eggs and next 4 ingredients in medium bowl. Stir in Gruyère. Pour mixture over filling in tart pan; sprinkle with Parmesan. Bake until tart is golden and center is set, about 40 minutes. Transfer to rack; cool 15 minutes before serving.

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# Words to Live By



# Cure Organic Farm Newsletter

Distribution Week #3

Winter Share  
November 5th 2008

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

## Fall Field Work

Every season has it's highlights, and the fall is all about bringing in the harvest and putting the fields to rest for the winter. We enjoy these bright, warm fall days in the field harvesting the last of the potatoes, planting garlic and removing all of the irrigation and row covers used this season.

Fall is also the time of year to plant crops specifically for the soil's health. These cover crops, usually a mix of cereal grains and legumes help to put nutrients back into the soil after a season of harvesting. These crops are cold hardy, germinate and grow slowly through the dark time of year. In spring, when the grain and peas are in full bloom we mow them down and incorporate them into the soil. Here the soil's microbes break

them down making nutrients available for the coming season's crop. It also helps to prevent erosion caused by the wind. This fall we have planted winter wheat, winter rye, and field peas.

Cover cropping is one of many ways to take care of the soil. Each February we spread compost and work that into the soil with the cover crops. Keeping the soil healthy fosters a balanced system to control pests, which is critical in an organic operation.



## Good Wishes for Jessica & Donald

This is Jessica and Donald's last week of the internship here on the farm. We have been fortunate to have these two farmers with us in the fields since April. It is our hope that the internship will provide folks with an inside view of what all of the operations on the farm entail, with the hopes that they will leave their

experience here to start their own endeavors. Jessica will be returning to her family in Georgia to start cultivating here vegetable CSA and pastured animals. Donald will be out standing in the field right here in Colorado at Frog Belly Farm, working with their raw milk dairy, cattle, pastured pigs and vegetable patch .

### Storing Winter Squash

By now you may have different varieties of winter squash collecting as decorations around your home. Winter squash or hard squash is a perfect fall table decoration before it is destined for the oven. Winter squash will store up to four or five months in the correct conditions. Cool, dark, dry locations are the best for long term storage, remember to keep the temperatures above freezing though (i.e. don't forget about that box in the garage...). The best keepers are squash that still has the stem attached. You will notice that this stem gets extremely woody as it sits. The woody stem prevents any air or bacteria from entering into the squash which would cause gradual break down. To prevent this, eat the squash with out the stems first!

### In your share this week:

Head Lettuce

Spinach

Bok Choy

Onions

Winter Squash

Parsnips

Cauliflower

Potatoes

Apples

### Holiday Turkeys

Sign up for your turkeys if you haven't already. Turkeys will be available the week before Thanksgiving for pick up out here at the farm. They weigh between 15-25 pounds and cost \$3 pound.



### Coming Next Week

Lettuce

Bok choy

Potatoes

Celeriac

Apples

And so much more.....

