

# Cure Organic Farm Newsletter

Distribution Week #1

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www.cureorganicfarm.com/  
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## Extending the Season

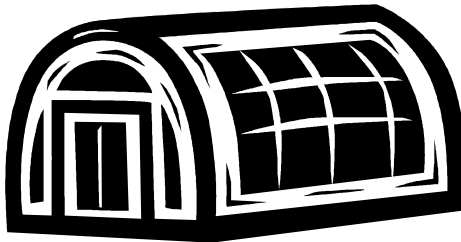
Colorado is a great place to grow vegetables. The main planting season from April through October offers us a variety of both cool and warm season crops that will thrive. If you've been to the farmers market as of late, you too have realized the abundance that growers of all size have on their tables. But what about the cooler, darker season that we are rapidly approaching? Because we love to eat well and we want our business to thrive, we have been experimenting with season extension techniques to extend our seasons harvest both at the end of the growing season, and at the beginning.

It seems like we have been adding hoop houses since we began the farm five years ago. With five hoop

houses now we are able to continue to grow successions of greens even though the soil and air temperatures continue to drop outside. The hoop houses work by storing the suns heat energy during the day, creating a warmer air temperature inside for maximizing growth and also keeping the soil temperature several degrees warmer than that of the uncovered ground.

We love the hoop houses so much that we have begun to do experiments with low tunnels in our main crop fields. We planted spinach, turnips, Swiss chard and salad mix. Covered them

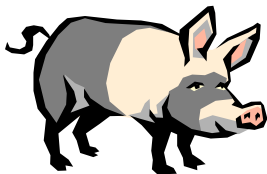
all with floating row cover and built the low hoops which you can see from the road over top of them. As temperatures change we cover or uncover the hoops with plastic. We are curious to see which crops will stand the shrinking daylight and cooler temperatures as the fall turns into winter. With the help of these season extending techniques we will be harvesting head lettuce, bok choy, spinach, arugula, braising greens, and broccoli rabb as the winter share continues.



## Cure Farm Pork

We are excited to be offering a variety of different cuts of pork from the pigs you all helped to raise this season.

Sausage -\$6 pound  
Chops -\$8 pound  
Steaks - \$6 pound  
Ribs-\$ 7 pound



## The Farmers Market Season

Continues through Saturday November 7th. We hope to see you there. Now is the time to stock up on apples and ears, potatoes and onions and enjoy the last of the market season's fresh greens. See you Saturday between 8-2pm!



## In your share this week:

Radish

Kale

Onions

Peppers

Salad Mix

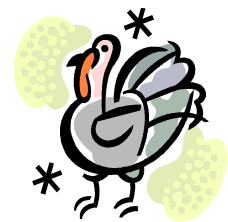
Carrots

Potatoes

Pears

## Think Thanksgiving Turkey's

We are taking orders for Wisdom Farm's turkeys. Turkey's weigh between 15-20 pounds and cost \$3 per pound. Order your turkeys now for pick-up here at the farm November 18th.



## Coming Next Week

Turnips

Greens

Winter Squash

Apples

And so much more

## Recipes

### Poached Pears with Spiced Caramel Sauce

[Gourmet](#) | March 2000

#### For poached pears

4 juice oranges  
1 lemon, halved  
8 cups water  
2 cups granulated sugar  
6 firm-ripe Anjou pears

#### For caramel

1/2 cup granulated sugar  
1/4 cup packed light brown sugar  
1 1/2 cups heavy cream  
1 whole clove  
5 cardamom pods  
1/4 teaspoon fennel seeds  
1/4 teaspoon black peppercorns  
2 (3-inch) cinnamon sticks  
3 tablespoons chopped toasted almonds or hazelnuts



#### Poach pears:

Remove zest of oranges in strips with a vegetable peeler and cut away any white pith from strips. Squeeze juice from oranges and lemon into a 6-quart pot and add lemon halves, water, granulated sugar, and zest. Peel pears, leaving stems attached, and add to pot.

Simmer pears 15 to 25 minutes, or until just tender, and cool in liquid. (Poached pears will continue to cook a bit as they cool.)

#### Make caramel:

Put granulated sugar in a 2-quart heavy saucepan and crumble brown sugar over. Melt sugars, undisturbed, over moderate heat until granulated sugar is mostly melted. Continue to cook, stirring occasionally with a fork,

until a deep golden caramel. Carefully pour in cream (mixture will bubble up and caramel will harden slightly) and stir in clove, cardamom pods, fennel, peppercorns, and cinnamon sticks. Simmer, stirring, until caramel is dissolved and sauce is reduced to about 1, cups, about 10 minutes. Pour sauce through a sieve into a 2-cup measure and cool to just warm.

#### Assemble dessert:

Drain pears and pat dry, then transfer to plates. Serve drizzled with sauce and sprinkled with chopped nuts.

### Romano Risotto with Radishes

[Gourmet](#) | September 2009

#### For risotto:

6 cups reduced-sodium chicken broth (48 fl ounces)  
2 cups hot water  
3/4 stick unsalted butter, divided  
1 medium onion, finely chopped (1 cup)  
3 garlic cloves, finely chopped  
1 pound Arborio rice (2 1/2 cups)  
2/3 cup dry white wine  
1/2 cup grated Pecorino Romano

#### For radishes:

1 tablespoon white-wine vinegar  
1 tablespoon extra-virgin olive oil  
1 pound trimmed radishes, julienned  
1 tablespoon finely chopped chives

Accompaniment: extra-virgin olive oil for drizzling

#### Make risotto:

Bring broth and water to a simmer in a 3- to 4-quart saucepan. Meanwhile, heat 3 tablespoons butter in a 4- to 5-quart heavy pot over medium heat until foam subsides, then cook onion, stirring occasionally, until just softened, about 5 minutes. Add garlic and cook, stirring occasionally, until softened, 6 to 8 minutes. Stir in rice and cook, stirring, 1 minute. Add wine and cook, stirring, until absorbed, about 1 minute. Stir 1 cup simmering broth into rice and cook, stirring constantly and keeping at a strong simmer, until absorbed. Continue cooking and

adding broth, about 1 cup at a time, stirring frequently and letting each addition be absorbed before adding next, until rice is just tender and creamy-looking but still al dente, 18 to 22 minutes. Thin with some of remaining broth if necessary (you will have some left over). Remove from heat. Stir in cheese, 1 teaspoon salt, 1/2 teaspoon pepper, and remaining 3 tablespoon butter.

#### Prepare radishes:

Whisk together vinegar, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Toss radishes with dressing and chives. Serve risotto topped with radishes.

### Kale Chips

[Bon Appétit](#) | February 2009

12 large kale leaves, rinsed, dried, cut lengthwise in half, center ribs and stems removed  
1 tablespoon olive oil

Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool, and enjoy.

## Words to Live By

" No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden."

~ Thomas Jefferson

