

Cure Organic Farm Newsletter

Distribution Week #3

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www.cureorganicfarm.com/
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Fall On The Farm

It is so quiet around the farm this week. It is always a stunning transition between early fall and late fall. Most of our staff has left us for the season, yomes are taken down and fields planted to cover crop and disked for the wet fall snow to germinate. Members often ask what the off season on the farm looks like. It is a time of rejuvenation, reflection, dreaming and planning.

Each November I begin our crop plans for the following year. I lay out how much of each crop we want to grow, when the succession planting will be, and then like a trick puzzle I try to fit it all into the fields. By December I try to have a good layout of the fields for the following season and then the seed catalogs begin arriving.

We grow an amazing amount of food in a small amount of space. With that in mind I am concerned about giving the soil time to rest in order to maintain and grow the soil's fertility. Today Jack and I finished planting a cover crop of winter peas and winter rye here at the main farm. After five years farming here, this will be the first year we have successfully sown cover crop for the winter. Winter rye and winter peas will help hold the top soil in place, reducing erosion due to the westerly winds during the winter. They also prevent weeds from germinating and growing. Rye is fantastic for creating a large amount of organic matter that will breakdown into the soil come spring, while the peas will fix nitrogen into the soil. It is amazing how good it feels to

broadcast seeds onto the field whose purpose is to help create healthier soil, especially when our soil works so hard for us producing vegetable crops all season long. Georgia is an expert cover crop seed broadcaster.

This time of the season while there is a bit of a lull and nature slows everything down we are able to catch up and begin dreaming of next season....how to grow sweet potatoes.....



Canning cubed

Pumpkin: An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints – an average of 2¼ pounds per quart. Pumpkins and squash should have a hard rind and stingsless, mature pulp of ideal quality for cooking fresh. Small size pumpkins make better products. Wash; remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. **Caution: Do not mash or puree.** Fill jars with cubes and cooking liquid, leaving 1-inch headspace.

http://www.homefoodpreservation.com/how/can_04/pumpkin_winter_squash.html.

Preserving Pie Pumpkin

Freezing is the easiest way to preserve pumpkin, and it yields the best quality product. Select full-colored mature pumpkin with fine texture. Wash, cut into cooking-size sections and remove seeds. Cook until soft in boiling water, in steam, in a pressure cooker, or in an oven. Remove pulp from rind and mash. To cool, place pan containing pumpkin in cold water and stir occasionally (So Easy to Preserve 1999). Pack into rigid containers leaving [headspace](#), and freeze.

Drying Pumpkin and

Pumpkin Seeds: Wash, peel, and remove fibers and seeds from pumpkin flesh. Cut into small, thin strips. Blanch strips over steam for 5-6 minutes and cool rapidly. Dry the strips in a dehydrator until brittle. Pumpkin makes excellent dried vegetable leather. Purée cooked pumpkin and strain. Add honey and spices, and then dry on a home food dehydrator tray.
http://www.homefoodpreservation.com/how/dry/veg_leathers.html.

In your share this week:

Salad Mix

Potatoes

Onions

Pie Pumpkins

Carrots

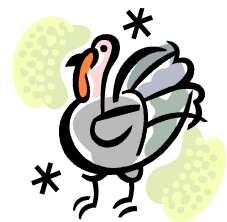
Turnips

Apples

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

Carrots

Brussels Sprouts

Winter Squash

Pears

And so much more....

Recipes

Ginger-Pumpkin Muffins

[Bon Appétit](#) | November 1995

5 1/2 tablespoons minced crystallized ginger
1/2 cup dried currants or raisins
2 tablespoons brandy
2 cups sifted unbleached all purpose flour
1 tablespoon ground ginger
2 teaspoons pumpkin pie spice
1 1/2 teaspoons baking soda
1/4 teaspoon salt
3/4 cup plus 2 tablespoons cooked pumpkin puree
1/2 cup plus 2 tablespoons low-fat buttermilk
1 teaspoon vanilla extract
2 large egg whites
1 large egg
3/4 cup plus 3 tablespoons (packed) golden brown sugar

1/2 cup unsulfured (light) molasses
1/4 cup vegetable oil
Preheat oven to 375°F. Line sixteen 1/3-cup muffin cups with paper liners. Mix 2 1/2 tablespoons crystallized ginger, currants and brandy in small bowl. Sift flour, ground ginger, pumpkin pie spice, baking soda and salt into medium bowl. Whisk pumpkin puree, buttermilk and vanilla in another bowl. Using electric mixer, beat egg whites and egg in large bowl until foamy. Add 3/4 cup plus 2 tablespoons brown sugar; beat until light, about 2 minutes. Beat in molasses and oil. Beat in dry ingredients alternately with pumpkin mixture in 3 additions each. Stir in currant mixture. Divide batter among prepared muffin cups. Mix 3 tablespoons crystallized ginger and 1 tablespoon brown sugar in small bowl. Sprinkle evenly over muffins.

Bake muffins until tester inserted into center comes out clean, about 25 minutes. Cool on rack.

Diced Carrots and Turnips

[Gourmet](#) | November 1992

2 pounds carrots, cut into 1/2-inch dice
1 1/2 pounds turnips, peeled and cut into 1/2-inch dice
3 tablespoons unsalted butter freshly grated nutmeg to taste
In a kettle of boiling salted water cook the carrots for 3 minutes, add the turnips, and boil the vegetables for 3 to 5 minutes, or until they are tender. Drain the vegetables and transfer them to a serving dish. Add the butter, cut into bits, the nutmeg, and salt and pepper to taste and toss the mixture until the butter is melted.

Pumpkin Soup with Honey and Cloves

[Bon Appétit](#) | October 1995

2 tablespoon (1/4 stick) butter
2 large carrots, chopped
2 celery stalks, chopped
1 large onion, chopped
1 2-pound pumpkin peeled, seeded, chopped (about 6 cups)
6 cups chicken stock
5 whole cloves
1/2 cup whipping cream
2 tablespoons honey
Melt butter in Dutch oven over medium-high heat. Add carrots, celery and onion; sauté until tender, about 8 minutes. Add pumpkin, 6 cups stock and cloves. Cover and simmer until pumpkin is very tender, about

25 minutes. Discard cloves. Purée soup in batches in blender. Return to Dutch oven. Stir in cream and honey. Bring to simmer. Season to taste with salt and pepper.

Warm Goat Cheese Salad with Pears and Walnuts

[Bon Appétit](#) | September 1997

1 1/4 cup fresh white breadcrumbs
2 tablespoons minced fresh thyme or 2 teaspoons dried
11 ounces soft fresh goat cheese, cut into 8 rounds
1 egg, beaten to blend
2 tablespoons plus 3/4 teaspoon white wine vinegar
1 tablespoon Dijon mustard

1/2 cup plus 3 tablespoons walnut oil
8 cups mixed baby greens
2 heads Belgian endive, cut crosswise into 1/2-inch pieces
2 large ripe pears, peeled, cored, cut into 1/4-inch-thick slices
1/3 cup chopped walnuts
Mix breadcrumbs and thyme in glass pie dish. Season goat cheese with salt and pepper. Dip cheese into beaten egg, then into breadcrumbs, coating completely. cover and refrigerate until ready to use. (Can be prepared 4 hours ahead.)

Whisk vinegar and mustard in small bowl to blend. Gradually whisk in 1/2 cup oil. Season to taste with salt and pepper. Combine mixed greens, Belgian endive and pears in large bowl. Heat remaining 3 tablespoons oil in heavy large skillet over medium-high heat. Add walnuts and sauté until lightly toasted, about 2 minutes. Transfer to plate using slotted spoon. Reduce heat to medium. Working in batches, add cheese rounds to skillet and cook until crisp and brown on outside and soft on inside, about 2 minutes per side. Toss salad with enough dressing to coat. Divide among 4 plates. Using metal spatula, place 2 cheese rounds in center of each salad. Sprinkle with walnuts.

Words to Live By

"A good gardener always plants three seeds - one for the grubs, one for the weather, and one for himself."

- C. Collins, Zen Gardening

