



Cure Organic Farm Newsletter

Distribution Week #4

November 16, 2005



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This newsletter is also available online at:

www.cureorganicfarm.com/csaneletters.htm

Tis the Season for Root Crops

Fall is *officially* here! We have been lucky (or not so lucky?) to have such warm weather this fall, which has allowed us to have quite a nice variety of crops available to us all. Winter is on its way though and with the last couple of nights dipping down into the teens...welcome to Root season!

BEETS

Beets thrive in almost every climate and in most soil types. The delicious greens contain vitamins A and C, and more iron and minerals than spinach. Beet roots are rich in potassium and contain protein, fiber, iron, calcium, phosphorus, niacin, and vitamins A and C.

CARROTS

There are many different carrot types to choose from for growers. The roots come in white, yellow, crimson or orange color and can be fat, slender, or round. A single root supplies more than the recommended dietary allowance of vitamin A; it also contains vitamins B, C, D, E, and K.

LEEKS

Leeks love crumbly, rich soil, but will do well in most well-prepared soil. They are the sweetest and most delicately flavored of all onions and are resistant to many pests and diseases. In many places in the country you can harvest leeks throughout the winter.

ONIONS

These pungent bulbs have been a part of the human diet since antiquity. Onions are easy to grow and have medicinal qualities, although they are best known for their use in all types of cooking. Dried or fresh, raw or cooked, onions are an indispensable ingredient in a variety of dishes.

PARSNIPS

Parsnips are a large carrot-shaped roots with a distinctive nutty-sweet taste. They require 100-120 days to mature and get sweeter with cooler weather and frost. Prepare parsnips like carrots-steamed or sliced into soups or stews.

RADISHES

Radishes are one of our ancient cultivated crops originating from China. They are an easy crop that matures very quickly—some in as little as three weeks. Because of this radishes are a great crop to plant with slower germinating crops like carrots and parsnips.

TURNIPS

The turnip has been cultivated in North America as early as the 1500's. Turnips are a fast growing crop that thrive in cool weather. Both the tops and the roots of turnips can be enjoyed raw or cooked.



Leistikow Farm Lamb

Here at the farm, we are always excited to pass on good tips on obtaining locally raised products. Leistikow Farm is a neighboring farm (on Isabelle road) that produces a variety of products ranging from lama wool, ostrich meat and leather goods, hay, tomatoes and all natural lamb.

shanks, ground lamb and stew meat available. Contact George directly to order and arrange a pick-up.

We also want to thank George for sharing his late season tomatoes and tomatillos with us. It truly is the last taste of summer until next year.

As we all plan for the winter season of stews and roasts think about ordering some of Boulder's Best all natural lamb from George at Leistikow Farm. They have all types of cuts like chops, shoulders,

Leistikow Farm— 303-926-6973

In Your Basket This Week

- Beets*
- Broccoli*
- Celeriac*
- Chard or Kale*
- Turnips*
- Head Lettuce*
- Onions*
- Winter Squash*
- Apples*

Thanksgiving Week

Pick Up

CSA pick up is still at its regular time on Wed night from 3:30 to 7pm Thanksgiving week. If this doesn't work with your holiday arrangements, give us a call and we can accommodate you.

The farm will be CLOSED on Thanksgiving! Happy eating!

Coming Next Week

- Winter Squash
- Potatoes
- Carrots
- Onions
- Turnips
- Apples
- And much more!

Recipes

CELERY-ROOT AND BEET SALAD

6 medium beets (2 1/4 lb with greens), trimmed, leaving 1 inch of stems attached
1 (1-lb) celeriac
2 tablespoons plus 2 teaspoons fresh lemon juice, plus additional to taste
2 tablespoons minced shallot
1/4 cup olive oil
3/4 teaspoon salt
1/2 C chopped walnuts toasted and cooled

Put oven rack in middle position and preheat oven to 425°F. Wrap beets tightly in foil to make 2 packages (3 beets in each) and roast until tender, about 1 1/4 hours. While beets roast, peel celery root with a sharp knife and cut into 1/8-inch-thick matchsticks. Whisk together lemon juice, shallot, oil, salt, and pepper to taste in a large bowl until combined well, then add celery root and toss until coated. Keep at room temperature, covered, until ready to add beets.

Carefully unwrap beets and, when just

Looking for more recipes? Check out our website at www.cureorganicfarm.com/csarecipes.htm

CURRIED SQUASH SOUP WITH FRIZZLED LEEKS

Makes approx. 12 cups.

For soup

1 pound leeks (about 4 medium), chopped
1 medium onion chopped
2 tablespoons unsalted butter
1 1/2 teaspoons curry powder
3 1/2 pounds butternut squash, peeled, seeded, and cut into 1-inch pieces
1 medium carrot chopped
4 cups chicken broth
4 cups water

For frizzled leeks

1/2 pound leeks (about 2 medium), cut crosswise into 2-inch pieces
vegetable oil for deep-frying

cool enough to handle, slip off skins and remove stems. Cut beets into 1/8-inch-thick matchsticks and toss with celery root.

Let salad stand, covered, at room temperature 1 hour. Taste salad and season with more lemon juice and salt if necessary, then toss with walnuts.

MASHED POTATOES WITH BRAISED TURNIPS

Makes 4 servings.

1 tablespoon butter
1/2 pound turnips, peeled, halved, cut into 1/4-inch-thick slices
2 small leeks, sliced
1/3 cup dry white wine
1 bay leaf
1 C chicken stock or canned chicken broth
1 1/3 pounds russet potatoes, peeled, cut into 2-inch pieces
3/4 C (about) milk
Chopped fresh parsley

Melt butter in heavy medium skillet over medium-high heat. Add turnips and stir to heat through. Add leeks and sauté until leeks are soft, about 5 minutes. Season with pepper. Add wine and bay leaf and boil until liquid is reduced to glaze, about 3 minutes. Add stock and boil until liquid is reduced by half, about 7 minutes. Reduce heat, cover and simmer until turnips are tender and almost no liquid remains in skillet, about 20 minutes.

Cook potatoes in large pot of boiling water until tender. Drain well. Puree through food mill into same pot. Reheat turnip mixture boiling to reduce liquid to glaze if necessary. Discard bay leaf. Puree turnip mixture through food mill into same pot with potatoes. Mix together gently, adding enough milk to thin to desired consistency. Season to taste with salt and pepper. Sprinkle with parsley and serve.

Make soup:

In a large bowl of water wash leeks and drain by lifting leeks from water into a colander. In a heavy kettle cook onion in butter over moderately low heat, stirring until softened. Add leeks and salt to taste and cook, stirring, until softened. Add curry powder and cook, stirring, 1 minute. Add remaining soup ingredients and simmer, covered, 30 minutes, or until vegetables are soft. Cool soup slightly and in a blender or food processor purée in batches, transferring as puréed to a bowl. Season soup with salt and pepper. Soup may be made 5 days ahead and cooled, uncovered, before chilling, covered. Reheat soup, thinning with water if desired.

Make frizzled leeks:

Cut leeks lengthwise into thin strips. In a bowl of water wash leeks and drain by lifting leeks from water into a colander. Dry leeks very well between layers of paper towels.

In a saucepan at least 3 1/2 inches deep heat 1 inch oil to 375°F. on a deep-fat thermometer. Working in very small batches fry leeks (oil will bubble up quite high) until golden, about 10 to 15 seconds, transferring with a slotted spoon to paper towels to drain. Season frizzled leeks with salt. Leeks may be fried 1 day ahead and kept in an airtight container at room temperature.

Serve soup topped with frizzled leeks.

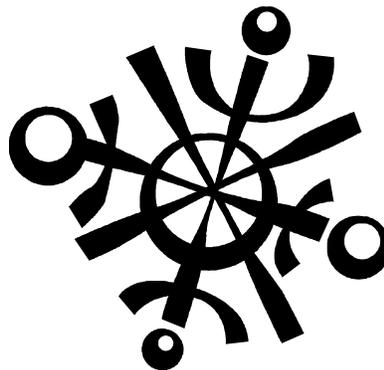
Words to Live By

Winter

by John J. Coughlin

Autumn winds are dying
As winter rears its head.
Soon the land will sleep again
In the silence of the dead.

The gray sky seems a blanket.
The golden trees now bare;
Their branches reach out to the sky
To grasp the misty air.



Dark browns replace the orange
And grays replace the blue
Soon snow will change this landscape
As the spiral dance holds true

The silence will be welcomed
By a solitary crow.
An eerie song of mystery
That few will ever know.

For winter keeps its secrets,
The ones not hard to hide.
The answer's all around us,
But the question sleeps inside.