



Cure Organic Farm Newsletter

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com - cureorganicfarm@yahoo.com

Distribution Week #1
October 26, 2005

This newsletter is also
available online at:

www.cureorganicfarm.com/
csanewsletters.htm

Welcome to the Winter CSA!

Firstly, thank you all again for supporting our farm in its first year. The summer CSA was all we hoped it would be and we are thrilled that we were able to fill our Winter CSA spots with Summer CSA members.

As many of you know, this is our first season offering a Winter CSA share. What we hope to offer you is an extension of the fall as far into the winter months as possible.

Your share will have goodies like winter squash, onions, dry shell beans and potatoes that we have harvested before the hard frosts, and are storing. Fresh root vegetables from the fields like carrots, beets, celeriac, turnips and leeks should with stand substantial frosts as they are cold hearty crops and have the advantage of being buried in the soil, which through the fall will act as insulation.

You can also expect fresh greens from the fields like Kale and Chard, which can tolerate the frosts and actually develop a sweeter flavor with the cooler weather. In the hoop houses (in the lower field) we also have our regular crop of baby greens like Braising Mix and baby Arugula, as well as tender root

crops like French Breakfast Radishes and Turnips. We are also experimenting with growing baby Pak Choi and baby Fennel in the hoop houses, with the hope of harvesting them in mid-November.

For those of us on the farm, fall and early winter is a wonderful time of year. There is time to slow down, enjoy the colors and prepare for our next season.

Eating seasonally should not stop once the summer season is over- fall is the season of bounty! We are excited that you have joined us in our inaugural winter CSA! Welcome!



Our World of Bees

If you haven't noticed before we have several beehives in the front of the farm located near the evergreen trees. We began this season with 3 hives of our own that we had been working for about 2 years. This year we were lucky enough to receive a couple calls about bee swarms in the area and were able to capture them to increase our hive numbers from 3 to 5.

Most folks don't know that when bees are swarming they are at their most docile state. When bees swarm they are following a queen bee and trying to make a new

hive colony of their own. The reason the bees are so non-aggressive when they are swarming is because they have no brood or honey to protect. So, if you ever come across a bee swarm, don't be afraid to observe it for a bit (from a sensible distance)!

This year we extracted our honey in late September and had a yield of around 250 pounds of honey from our hives! All of our honey is raw and unfiltered, giving it wonderful taste and homeopathic properties. We will be selling the honey at pick-ups until we run out, so ask if you don't see any!

In Your Basket This Week

Head Lettuce

Leeks

Radish

Carrots

Winter Squash

Peppers

Chard

Apples

Pick-Up Time

Just a reminder that the pick-up time is now from 3:30 to 6:00 pm, to take advantage of the little daylight we have left!

Boulder Farmer's Market

The Saturday Boulder Farmer's Market is in operation until 11/05, so don't miss the last of the season's goodies there.

Coming Next Week

Head Lettuce

Kale

Onions

Carrots

Potatoes

Apples

And much more!

Recipes

Seared Rainbow Chard with Leeks

Makes 8 servings.

2 (1-lb) bunches rainbow chard or red and green Swiss chard
3 tablespoons unsalted butter
2 tablespoons extra-virgin olive oil
2 large leeks (white and pale green parts only), halved lengthwise and cut crosswise into 1/4-inch-thick slices
3/4 teaspoon fine sea salt

Cut stems from chard (if leaves are large, cut out coarse portions of rib), then cut stems crosswise into 1/4-inch-thick slices. Stack chard leaves and roll into cylinders. Cut cylinders crosswise to make 1-inch-thick strips of leaves.

Heat butter and oil in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté chard stems and leeks with sea salt and pepper to

taste, stirring occasionally, until slightly soft, 3 to 5 minutes.

Add chard leaves and continue to sauté, stirring frequently, until wilted. (If greens begin to brown before they wilt, sprinkle with a few drops of water.)

Winter Vegetable Soup

Makes 6 servings.

3 tbsp olive oil
1 C coarsely chopped onion
1 C peeled, cored, coarsely chopped apple
1 C peeled and coarsely chopped turnip
1 C peeled and chopped winter squash (seeds discarded)
1 C coarsely chopped carrot
1 C peeled, chopped potatoes
5 C vegetable (or chicken) stock
1/4 C maple syrup
Cayenne pepper

1 small whole-grain baguette
3 oz goat cheese
1/4 C chopped fresh chives

Heat oil in a large saucepan on medium-high heat. Add onion and sauté until translucent. Add apple, turnip, squash, carrot, and sweet potato; season with salt, then sauté 5 minutes.

Add stock, bring to a boil and simmer, stirring occasionally, about 30 minutes or until vegetables are tender. Add syrup, then cayenne pepper to taste. Cool slightly.

Puree with a handheld mixer, food processor or blender. For toast toppers, cut 6 slices bread and toast them. Spread 1/2 oz goat cheese on top of each; sprinkle with chives. Pour soup into 6 large bowls; float toast on top.

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

Carrot and Radish Salad

Makes 4 servings.

4 medium carrots
6 large radishes
1/4 teaspoon freshly grated lime zest
1 tablespoon fresh lime juice
1 1/2 tablespoons olive oil

Shred carrots with a grater or other manual slicer or in a food processor fitted with shredding disk. Julienne radishes. Whisk together zest, juice, oil, and salt and pepper to taste and toss with vegetables.

Winter Squash Mash

Makes 4 servings.

2 tbsp olive oil
1 3-pound winter squash, halved crosswise, seeded
6 tbsp (3/4 stick) butter
2 garlic cloves, minced
2 1/2 tsp chopped fresh thyme
1 C low-salt chicken broth
3 tbsp chopped fresh parsley

Preheat oven to 350°F. Drizzle 1 tablespoon olive oil inside each winter squash half and brush to coat. Place squash halves, cut side down, on oiled baking

sheet. Roast until squash is very tender—when pierced with knife, about 1 hour.

Cool slightly. Scoop out squash flesh into bowl and mash until almost smooth.

Melt butter in skillet over medium-high heat until beginning to brown, about 2 minutes. Add garlic and thyme and stir 1 minute. Add butter mixture and 1 cup broth to squash and mash until smooth. Season generously with salt and pepper.

Stir 2 tablespoons parsley into squash. Sprinkle squash with remaining 1 tablespoon parsley and serve.

Words to Live By

Autumn Resignation

Listen! the wind is rising,
and the air is wild with leaves,
We have had our summer evenings,
now for October eves!

— Humbert Wolfe

