



Cure Organic Farm Newsletter

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

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This newsletter is also
available online at:

www.cureorganicfarm.com/
csanewsletters.htm

What is happening with the Organic Movement?

Organic food production across the nation continues to increase as we all become more aware of the danger of conventional farming methods that pollute our environment and raise our own personal health concerns. How will the effect of the growing natural foods market influence farming practices and distribution systems as larger companies want a piece of the market?

With sales reaching roughly \$12 billion, organic food still remains a niche market within the \$500 billion food industry. But the sector's growing appeal to consumers has fueled a 20 percent annual growth rate in recent years, making it highly attractive to food giants looking for gains in a slow-moving business.

Last week Senate and House Republicans on the Agriculture appropriations subcommittee inserted a last-minute provision into the department's fiscal 2006 budget specifying that certain artificial ingredients *could* be used in organic food. Some advocacy groups say the amendment will weaken federal organic food standards, first established under a 1990 law.

Open Space Land Use Meeting

Boulder County Open Space is in the process of re-writing its land use code. Currently the county open space leases approximately 13,000 acres to agriculture producers. Under 300 acres are currently certified organic. Under current land use code policy, parcels of land are leased out in 40 acre sections or more at a very reasonable price to farmers. However, this current policy is restrictive to small farmers like ourselves who don't need 40 acres. The Small Farm council working with CSU

So who is behind the organic brands on the shelves? General Mill's markets the Cascadian Farms and Muir Glen brands; Kraft owns Back to Nature and Boca Foods, which makes soy burgers. Within the last few years, Dean Foods, the dairy giant, has acquired Horizon Organic and White Wave, maker of Silk organic soymilk. Wal-Mart also wants in on the expanding sector. While these larger distributors will provide more accessibility to diversified consumers, I am concerned that current organic standards will be reduced due to lobbying of these larger companies.

We need to increase availability of organic foods to a wider population, but *not* at the cost of contaminating our food with conventional techniques or giving our dollars to large distributors rather than the farmers that grow the crops. The larger food distribution system in place in the U.S. is based around transportation and processing of foods. Even if companies are producing organic, there are still negative environmental impacts that are hidden within the system. It is imperative that we maintain the integrity with which the Organic movement began and support farmers and producers within our own communities.

cooperative extension is proposing the formation of a growers cooperative which will allow a group of small producers to lease the 40 acre or more parcels together, which will provide more opportunities for small farmers to access land here in Boulder county. A meeting will be held on **Thursday, November 3 at the cooperative extension office at 6:30 pm.** Anyone interested in leasing land, or supporting this policy is welcome to attend.

In Your Basket This Week

Head Lettuce

Onions

Radish

Carrots

Broccoli

Braising Mix

Potatoes

Apples

Pick-Up Time

Just a reminder that CSA shares are ready for pick-up at 3:30 pm. Come early to maximize the daylight!

Boulder Farmer's Market

This Saturday is the last Farmers Market of the season. Come on down and stock up for the winter!

Coming Next Week

Head Lettuce

Kale

Leeks

Beets

Potatoes

Apples

And much more!

Recipes

BROCCOLI POTATO SOUP WITH PARMESAN CROUTONS

Makes approx. 4 servings.

1 3/4 pounds boiling potatoes
2 garlic cloves, minced
7 cups water
2 cups 1/2-inch cubes Italian bread, toasted lightly
4 teaspoons extra-virgin olive oil
1/4 cup freshly grated Parmesan
1 pound broccoli, coarse stems discarded, cut into 1-inch flowerets and remaining stems peeled and sliced thin

Peel potatoes and cut into 1-inch pieces. In a 4-quart saucepan boil potatoes, garlic, and water, skimming froth, until potatoes, are very tender, about 15 minutes. Set broiler rack about 1 inch from heat and preheat broiler.

While potatoes are boiling, in a bowl

sprinkle bread with oil and salt to taste and toss. On a baking sheet arrange bread in one layer as close together as possible and sprinkle with half of Parmesan. Broil bread until Parmesan is melted, about 1 minute.

Transfer potatoes with a slotted spoon to a bowl, reserving cooking liquid in pan, and with a potato masher mash coarse. Stir potatoes and broccoli into reserved cooking liquid and simmer, partially covered, stirring occasionally, until broccoli is tender, about 5 minutes. Stir in remaining Parmesan and salt and pepper to taste.

Serve soup with croutons.

BROCCOLI SPEARS WITH GARLIC SAUCE

Makes 6 servings.

1 1/2 lb broccoli (about 1 head)
1 tablespoon canola oil
4 garlic cloves, lightly smashed
3 tablespoons Asian oyster sauce
1/2 cup chicken stock

1 teaspoon Asian sesame oil

Peel off tough outer skin of broccoli stem, then halve broccoli crosswise (top half with florets should equal length of bottom half). Cut bottom half (stem) lengthwise into 1/2-inch-wide wedges, then cut top half (stem with florets) into long spears with 1/2-inch-wide wedges.

Heat a wok over high heat until beginning to smoke, then add canola oil and swirl to coat sides. Stir-fry garlic until golden, about 30 seconds, then add broccoli and stir-fry 5 minutes. Stir in oyster sauce and stock and cook, covered, until broccoli is crisp-tender, about 3 minutes. Remove from heat and toss with sesame oil.

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

Farmhouse Onion Soup

Makes 4 servings.

2 tbsp olive oil
2 tbsp butter
4 large onions
4 C stock
4 slices French bread
1 1/2-2 ounces grated cheddar cheese
Salt and pepper to taste

Heat the oil and butter in a deep saucepan and fry the onions briskly for 3-4 minutes. Reduce the heat and cook gently for 45-60 min.

When the onions are a rich mahogany brown, add the beef stock and a little seasoning. Simmer, partially covered, for 30 minutes, then taste and adjust the seasoning.

Preheat the broiler and toast the French bread. Spoon the soup into 4 soup dishes that can be used under the broiler. Place a piece of bread in each and sprinkle with cheese. Broil until golden.

BRAISING MIX TIPS

- ?? Eat it raw as a salad.
- ?? Steam lightly as a side dish with olive oil and garlic.
- ?? Toss directly in soups, lasagna and other pasta dishes.
- ?? Think spinach...use it as a sub for anything you would use spinach for!

Words to Live By

Listen...
the living flowing land
is all there is, forever
we are it
it sings through us

– Gary Snyder

