



Cure Organic Farm Newsletter

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This newsletter is also
available online at:

www.cureorganicfarm.com/
csanewsletters.htm

Winter CSA As A Reflection

We have so much to be grateful for at the conclusion of the season. This pick-up marks the 28th week we have been distributing produce to CSA members this year. That is over half the year! Let's remember it is December after all and treasures like fresh bok choy, braising mix and turnips that grace our tables straight from the hoop houses are a rarity. This is the first time in December that we have been able to offer produce from the fields.

With this season at its completion we have ideas of what to do next year to make it better and easier. Work smarter not harder is the mantra. For instance, when the ground is frozen, like it is now, it is impossible to dig the parsnips. We will leave them be in the field where they will weather the winter just fine, becoming sweeter with each frost and dig them during the week of 60 degree temps we receive in late January or early February. Next year however, we will have them all dug and in proper storage by Thanksgiving.

With so many of the crops we offer in the Winter CSA being root vegetables that grow through the late summer and into the fall, storage is the key to keeping them fresh. The learning curve has been steep for us here this year. Creating different storage rooms has been essential to maintain quality and freshness. Onions, winter squash, dry beans, and potatoes (the few we had) do best kept with low humidity at between 40-55 degrees F. All other root

crops like beets, turnip, radish, carrot, and parsnips need to be kept at 90% humidity to ensure moisture content and freshness. They also store better at lower temperatures between 34-43 degrees F.

Fresh greens ranging from chard, kale, braising mix and head lettuce are so unpredictable due to the weather extremes determining their success. The protection of the hoop houses makes the risk more manageable. We learned this year that with the plants slowing their growth as temps drop and day light dwindles, we need to plant more quantity to balance out the slowed grow back rates. As these crops do not store for prolonged periods it is important that we have the opportunity to harvest them fresh each week.

So, what happens now on the farm? We keep planning for next year, dreaming up new ideas and better ways to do what we currently do, and of course inspect the new garlic crop that is up and thriving.



Fresh Dry Beans

Each year we work to diversify and add new crops into the mix in attempts to create a healthy ecosystem on the farm as well as extend seasonal crop availability and variety. One of the new crops that we tried this year were dry shell beans. Cannellini beans are mild and creamy, perfect for minestrone soups or other stews. This new crop lends itself to harvest as a fresh shell bean in the late summer months, or

left to dry on the plant in the Colorado heat creating dry beans that store for the winter months. Dry beans may also be planted the following spring to bring the next years crop, as they are the shell bean seed. We are planning to include different varieties of shell beans in next years crop plan like Black Turtle, and Vermont Cranberry.

In Your Basket This Week

Braising Mix

Carrots

Beets

Onions

Bok Choy

Cannellini Beans

Turnips

Winter Squash

Apples

2006 CSA

The first 2006 CSA brochures are now available. You can sign-up by mailing in your registration form or online at www.cureorganicfarm.com. We are looking forward to sharing another season with you!

Self-Serve Eggs

The chickens are still laying! Stop by the farm and pick up your eggs at our self-serve station. Eggs are \$3.50 per dozen and are available each day between 8am and 6pm. Just follow the signs, or give a call.

303-666-6397

Recipes

AUTUMN MINISTRONE

2 tbsp canola or other vegetable oil
1 cup chopped onions
2 garlic cloves, minced or pressed
2 1/2 cups peeled and cubed winter squash*
2 celery stalks, diced
1/2 cup peeled and diced carrots
2 1/2 cups cubed potatoes
1 teaspoon dried oregano
2 teaspoons salt
1/2 teaspoon ground black pepper
6 cups water
4 cups chopped kale
1 1/2 cups cooked cannellini beans

Pre-cook the beans until tender. Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt,

pepper, and water and cook for 10 minutes or until the potatoes are almost done.

Add the kale or braising mix and beans and simmer for another 10 minutes, until the kale is tender and the beans are hot.

ROASTED BEETS AND CARROTS

4 medium beets (1 1/2 lb with greens), trimmed, leaving 1 inch of stems attached
1 bunch carrots, cut diagonally into 3/4-inch-thick slices
2 tablespoons olive oil

Preheat oven to 425°F. Wrap beets tightly in foil, making 2 packages, and roast in middle of oven until tender, about 1 1/4 hours.

Toss carrots with oil and salt and pepper to taste in a shallow baking pan. Remove beets from oven and roast carrots in middle of oven until tender, about 20 minutes.

While carrots are roasting, unwrap beets and, when just cool enough to handle, slip off skins and remove stems. Cut each beet into 6 wedges.

Add beets to carrots, tossing to combine, and roast until beets are hot and carrots are very tender, about 15 minutes more.

Cooks' note:

- Beets can be roasted and peeled 2 days ahead and chilled, covered.

Makes 6 servings.

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

ROASTED FENNEL AND BABY CARROTS

Makes 6 servings.

1 bunch baby carrots, peeled and trimmed, leaving 1/2 inch of stems intact
2-3 medium fennel bulbs, stalks discarded and bulbs cut into 1/2-inch-thick wedges
3 tablespoons olive oil
3 tablespoons water
1 teaspoon fennel seeds
3/4 teaspoon salt
1/4 teaspoon black pepper

Put oven racks in upper and lower thirds of oven and preheat oven to 450°F.

Toss carrots and fennel with olive oil, water, fennel seeds, salt, and pepper and arrange in 1 layer in a 17- by 11-inch shallow baking pan. Cover pan with foil and roast vegetables in lower third of oven 10 minutes, then uncover and roast, turning occasionally, 10 minutes more. Switch pan to upper third of oven and roast until vegetables are tender and browned, about 10 minutes more.

FENNEL IDEAS

Baby fennel is great raw, chopped coarsely with a touch of olive oil and serves as an alternative to salad. It complements any roasted vegetable or meat dish. Adds great flavor to soups and stews, or in tuna salad. Be brave and experiment with it!

Words to Live By

A Child's Christmas in Wales

One Christmas was so much like another, in those years around the sea-town corner now and out of all sound except the distant speaking of voices I sometimes hear a moment before sleep, that I can never remember whether it snowed for six days and six nights when I was twelve or whether it snowed for twelve days and twelve nights when I was six. All the Christmases roll down toward the two-tongued sea, like a cold and headlong moon bundling down the sky that was our street; and they stop at the rim of the ice-edged, fish

freezing waves, and I plunge my hands in the snow and bring out whatever I can find...Looking now through my bedroom window, out into the moonlight and the unending smoke colored snow, I could see the lights in the windows of all the other houses on our hill and hear the music rising from them up the long, steadily falling night. I turned the gas down, I got into bed. I said some words to the close and holy darkness, and then I slept.

-Dylan Thomas