



Cure Organic Farm Newsletter

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This newsletter is also
available online at:
www.cureorganicfarm.com/
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Drying and Freezing Basil

We hope that you are not becoming overwhelmed with receiving basil each week. Fresh basil is such a highlight of the summer season that we will offer it as many weeks as possible. This may lead to it piling up over the course of the summer, so we thought we would give you some quick and easy storage ideas which allow you to have a taste of summer in the middle of winter.

Drying Basil: Colorado provides a great climate for drying herbs. Simply place clean basil (with or without stems, your preference) over a screen in a well ventilated area out of direct sunlight. Turn each day for about 3 days until dry and "crisp" Basil leaves can be ground up with a mortar & pestle or by hand and stored in a zip lock bag or glass jar. Dried basil lasts for ever and is great in use in soups, eggs or stir

fries. Basil can also be bunched together by the stems, tied and hung upside down to complete the drying process.

Freezing Basil: Freezing basil is a great idea, but remember that you do not need to thaw it before use, just toss it into your soups or sauces still frozen and let it cook down with everything else! You can freeze fresh leaves in a plastic zip lock bag. Simply remove the basil from the stems (or not if you prefer), place in zip lock bag, remove all air from the bag, seal and freeze. Another method is to freeze basil leaves in ice cube trays. To do this, chop the basil coarsely and place in ice cube cell until cell is about half full. Add water to fill the remaining space in each cell. This is a nice way to have a determined amount of basil per serving. To free up the ice cube trays for other use, once completely frozen, pop

basil cubes out and continue storing in a zip lock bag in the freezer.

Storing Pesto: My thoughts on this...just make the time to do it, you will be eternally grateful you did this in the middle of winter, trust me! For a basil pesto recipe, check out the other side of this newsletter. Once pesto is made, it is quick and easy to freeze, just spoon it into your freezing container. Pesto readily freezes in any container. Some folks do so in a tupper ware type container, others prefer to freeze their pesto in individual serving sizes by using the for-mentioned ice cube tray method. To use, thaw the pesto out on the counter top, or if you don't have quite that much time (like often happens to me) try thawing it at low temperature on the stove top with a bit of additional olive oil. Pesto is great on pizza's, sandwiches and of course pasta!

Winter CSA Sign Up

Believe it or not, it is that time of year when we begin to gear up for Winter CSA. This season we will offer 55 Winter Shares that cost \$200 for the season. Winter Share begins October 24th and continues for 8 consecutive weeks, finishing on December 12th. The quantity of Winter Share is comparable to a medium share.

What to expect variety

wise in the Winter Share? Our hoop houses allow us continue offering greens like head lettuce, bok choy and braising mix through the winter share. Root vegetables like potatoes, beets, carrots, onions, leeks, garlic turnips, radish and parsnip will be common. Storage crops of various winter squash and dry beans will also be available. We will continue working with the fruit

growers to bring you pears and apples to be included in the winter share, as long as their supplies last!

How to sign up? Sign up will be **August 22nd** at your CSA pick-up location. We will have registration forms available that evening for you to fill out. To secure your share, please come prepared with a deposit of \$100, payment in full due by October 1st. Payment in full is accepted at registration.

In your share this week:

- Beets
- Cucumbers
- Basil
- Garlic
- Sweet Corn
- Summer Squash
- Potatoes
- Tomatoes
- Fruit Share**
- Peaches

Next CSA Work Day

will be Saturday, August 18th from 8-11am. We hope that you will mark your calendars and join us for a morning in the fields!

Wisdom Farm Chicken

Sign up now for the **August 29th** delivery. Only 2 more deliveries of Wisdom Chicken for this season. Delivery dates are Aug. 29th and Sept. 26th. Start to stock up now!

Coming Next Week...

- Basil
- Cucumbers
- Sweet Corn
- Carrots
- Tomatoes
- And so much more.....

Recipes

Pesto

1/2 C firmly packed fresh basil leaves
1 tbsp. pine nuts
1 small clove garlic, minced/crushed
1 1/2 tbsp. grated parmesan
3 tbsp. good olive oil
salt to taste

Toast pine nuts in a dry skillet over medium heat, shaking pan and stirring often, until they just begin to brown and become fragrant. Remove from pan and cool a bit. Place all ingredients but oil in a food processor and process quickly to make a coarse, grainy paste. With motor running, pour in olive oil slowly (not painfully slowly, just not all at once). Season to taste with salt. Can be used immediately, or

refrigerated (place in a jar and cover with a thin drizzle of olive oil, or a piece of plastic wrap pressed against surface of pesto to minimize surface discoloration). Pesto is great with plain old pasta, or grilled veggies and pasta, or, heck, try it on potatoes and green beans!!

Five Minute Beets

from Vegetarian Cooking for Everyone, by Deborah Madison

4 beets (about 1 lb.)
1 tbsp. butter
salt and pepper
lemon juice or vinegar, to taste
2 tbsp. chopped parsley, tarragon, dill or other herb

Grate beets into coarse shreds. Melt

butter in a skillet. Add beets. Toss with 1/2 tsp. salt, and pepper to taste. Add 1/4 C water*. Cover and cook over medium heat until beets are tender. (Sue says you can stop right here and it is even good!) Remove lid, raise heat to boil off any excess water. Taste for salt. Season with a little lemon juice or vinegar (either balsamic or red wine vinegar) and toss with herbs. (Sue said she tried it using fresh tarragon and it was wonderful!) Also, if you don't mind the shocking color, you can add 1 tbsp. of sour cream or yogurt at the end.

Pasta Salad w/Tomatoes, Corn & Basil

5 tbsp. olive oil, divided
5 tbsp. red wine vinegar
1/2 C chopped fresh basil
2 lg. cloves garlic, peeled, chopped
kernels cut from 3 ears of corn (about 1 1/2 C), or can use thawed frozen corn
5-6 med/small tomatoes, chopped
8 oz. penne pasta, freshly cooked
1/2 C grated fresh parmesan cheese

Whisk 4 tbsp. of the oil with garlic, vinegar and basil. Heat 1 tbsp. of the oil in skillet over medium heat and sauté the corn kernels 3 min-

utes or so. Combine corn with the dressing and remaining ingredients in a bowl, adding salt & pepper to taste. Toss well to blend. Serve room temperature or chilled, whichever you prefer.

Zucchini Cake

13 tbsp butter
1 1/2 C brown sugar
4 eggs
1 tsp. cinnamon
4 tsp. lemon juice
4 tsp. cream cheese
1 C chopped nuts (walnuts or whatever you like)
2 C grated zucchini

3 C pastry flour (very delicious with whole wheat)
3 tsp. baking powder
maybe some milk

Preheat oven to 180°C (another conversion lookup: 350 degrees F). Cream butter and slowly add the sugar, beating until smooth. Beat in the eggs and mix thoroughly. Stir in the cinnamon, cream cheese, lemon juice, grated zucchini and chopped nuts. Add flour with the baking powder and maybe some milk. Only mix lightly now. Pour batter in prepared buttered pan and bake in preheated oven for 45 minutes or until a toothpick inserted in center comes out clean.

Words to Live By

Think about it.....

10% of the cost of food is for packaging

-USDA 1988 Ag chartbook

Interested in buying Lasater Beef?

Here is how it works. Lasater offers a Family Sampler totaling 36 pounds. Included in the Family Sampler is 16 lbs. of ground beef. Approximately 8 lbs. of steak which may include two or more of the following cuts: Ribeye, New York, Top Sirloin, Sirloin Tip, and Round steak. Finally, 12 lbs. of roasts and assorted other cuts such as Short ribs, Brisket, and flank steak. The Family Sampler costs \$200. Hamburger is also available by the pound for \$5.00.

Today is the last day to sign up for Lasater delivery on August 15th.