

# Cure Organic Farm Newsletter

Distribution Week #10  
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This newsletter is also  
available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## Peak of the Season

When the calendar rolls over to the month of August the fields come into the peak of the season. Greens, roots as well as green & yellow wax beans, eggplant, peppers, and tomatoes love the summers heat and ripen as the soil continues to retain the days heat. In our fields the plants are beautiful and bountiful but about two weeks slower in ripening this season in comparison to the last couple of years. So, what's still to come? Read on.....

We are pretty excited about the eggplant this season. We have two Japanese varieties, the classic dark purple as well as a neon purple variety; snowy, the classic white eggplant variety; Nadia, the heirloom Italian black bell eggplant; and Zebra, the purple and white striped eggplant. All of which are vibrant with flowers and beginning to set eggplants. It looks like it will be mid- to late August for the eggplant this season.



What about the tomatoes? They are coming, slowly but surly (think tortoise & hare lesson....) The tomatoes are located in the western most beds here on the main farm. They have formed hedges at this point of the season, with much thanks to Eva & Mark for their hours & hours of trellising. In previous seasons we have had cherry tomatoes to offer members

and yellow pears are just beginning. Today we harvested 18 pints out of rows that will yield about 250 pints twice a week in about two weeks. Like all good thing in life, they will be available when the time is right. Red slicers and Heirlooms will follow shortly after.

by August....but this season has just been too cool to ripen tomatoes. The sun-golds, red cherries

If you have been out to the farm hopefully you have noticed the beautiful plants inside the hoop houses out by the pigs. These houses are growing our colored sweet peppers this season, and the plants are loaded with green heirloom Italian frying peppers, bell peppers and specialty Antohi Romanian sweet peppers. The sun's intensity here in Colorado often burns the peppers skin before they have a chance to fully ripen to their orange or red color. The hoop houses protect them a bit from burning and also speeds up the ripening process. With that said, we are anxiously awaiting our first colored peppers of the season.

We have three more successive plantings of green & yellow wax beans to enjoy over the next two months, as well as fresh edamame in early September. The dry bean crops are in full bloom with the promise of a crop in October. We will see more potatoes; Yukon Gold, La Ratte Fingerlings & All Blues coming in the next week. Carrots, and beets continue with more head lettuce on the way near middle of August. While today marks the middle of the CSA season, there are dozens of new crops to enjoy as summer and fall begin to come together. We hope you are enjoying the produce as much as we love growing it for you.

## Lasater Grasslands Beef Order

Interested in Lasater Beef? Please place your orders now for pick-up at the 8/19 CSA distribution. For full details check out last weeks newsletter on our website or send us an email.

### Lasater Beef Prices

Family Sampler -\$200  
Filet Mignon- \$21 pound  
Brisket- \$6 per pound  
Ground Beef -\$4

Please place orders for  
delivery Aug. 14th

## In your share this

Beans  
Basil  
Carrots  
Garlic  
Cucumbers  
Peppers  
Spicy Greens  
Zucchini & Summer Squash  
Fruit Share  
Peaches

## Wisdom Farm's Naturally Raised Chickens

It is time once again to sign up for your whole chickens from Wisdom Farm. Place your orders now for pick-up Wednesday August 12th. Chickens are frozen, weigh between 3-4 pounds and cost \$3 per pound. Order you chickens by email or sign up tonight.

## Coming Next Week...

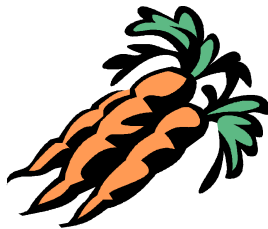
Cucumbers  
Sweet Corn  
Carrots  
Summer Squash  
And so much more.....

# Recipes

## Curried Carrot Salad with Nonfat Yogurt

- 3/4 cup plain nonfat yogurt
- 1 large green onion, chopped
- 2 tablespoons chopped fresh mint
- 1 1/2 teaspoons fresh lemon juice
- 3/4 to 1 teaspoon curry powder
- 1 pound carrots, coarsely grated
- 1/4 cup dried currants

Whisk first 5 ingredients in large bowl. Add carrots and currants; toss to coat. Season to taste with salt and pepper.



## Cucumber, Carrot, and Red Onion Salad

- 4 cucumbers sliced thin (about 6 cups)
- 1 cup coarsely shredded carrot
- 1 cup paper-thin slices red onion
- 1/3 cup white-wine vinegar
- 3 tablespoons vegetable oil
- 1 1/2 teaspoons salt, or to taste
- 1 teaspoon sugar

In a bowl combine vegetables. In a small bowl stir together vinegar, oil, salt, sugar, and pepper to taste until salt and sugar are dissolved. Pour dressing over salad and toss to combine well. Chill salad, covered, stirring occasionally, at least 1 hour and up to 3 hours.

## Spicy Greens are Spicy!!!!

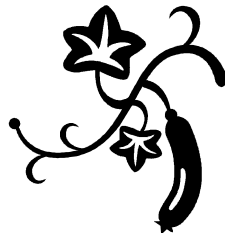
We grow a specialty greens mix for The Kitchen Restaurant located on the West End of Pearl Street. A handful of CSA members who have enjoyed these salads at The Kitchen have requested over the years to receive these greens as part of the CSA share....well we happen to have enough this week to cut 100 pounds for CSA members to enjoy in their homes. These greens are mustard, mizuna, and arugula; they have a bit of spice to them! Try them with just a bit of lemon juice and a touch of olive oil to mellow them out. Add your favorite cheese and nuts for a fantastic salad. We hope you enjoy them!

## Zucchini-Granola Cookies

- 3/4 cup butter or margarine
- 1 1/2 cup brown sugar
- 1 egg
- 1 tsp. vanilla
- grated rind from one orange (optional)
- 3 cups grated zucchini
- 3 cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- 3 cups granola cereal
- 1 cup butterscotch or chocolate chips (optional)

Cream butter and sugar in a large bowl. Add egg, vanilla, orange rind

and zucchini. In a separate bowl, combine flour, soda and salt. Add this to zucchini mixture, along with granola, and stir. Add chips if using at this point (dough should be sticky). Drop by spoonfuls on greased cookie sheet. Bake at 350 degrees for 12 - 15 min. Remove to rack or brown paper to cool.



## Honey-Glazed Wax Beans

- 1 1/4 pounds wax (yellow) or green beans, trimmed
- 1 tablespoon mild honey
- 3/4 teaspoon finely grated fresh lemon zest
- 1/4 teaspoon salt



Cook beans in a 4-quart pot of [boiling salted water](#) until just tender, 6 to 8 minutes. Drain in a colander, then immediately toss with honey, zest, and salt in a large bowl.

## Words to Live By

"To see a World in a Grain of Sand  
And a Heaven in a Wild Flower,  
Hold Infinity in the palm of your hand  
And eternity in an hour."

- William Blake

