



Cure Organic Farm Newsletter

Distribution Week #1

June 6th, 2007

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

This newsletter is also available online at:
www.cureorganicfarm.com/
csanewsletters.htm

Welcome to CSA 2007

Greetings new and returning members to this season's CSA. We are excited to share this year with you. Cure Organic Farm is in it's third season of growing a diverse mix of certified organic vegetables and herbs for the Boulder Community. This season we are cultivating 8 acres and growing over 100 different vegetables and herbs for you, our CSA members, local restaurants, the Boulder Farmers Market and our self-serve farm stand.

New this season to the farm is our handsome flock of sheep that pasture on 2 bountiful acres with a great view! We are looking forward to sheering the sheep and carding our own wool this season as well as raising some of the lambs for

meat that we hope to offer CSA members in the fall.

100 day old chick arrived to join us in February which we expect to begin laying eggs around early July. As many of you know last season was our first with raising pigs and we are anxiously awaiting their arrival this season as well. All of the news this winter about the disappearance of the honey bees has all of us watching and wondering about what type of honey bee season it will prove to be. Our hives made it successfully through the winter and we are hoping for a bountiful harvest this fall.

All of us at the farm are thrilled that you have chosen to join us for another year of eating seasonally,

which promises to be a good one with all of the early moisture this spring. Eating seasonally is a delicious challenge. Here at the farm we truly believe that there is no better way to enjoy the seasons than gracing your table each week with local, seasonal meals. To the season ahead!



A Seasonal Timeline

What does eating seasonally mean? Well yes, no tomatoes in this pick-up. June will bring lots of greens like braising mix, salad mix, Arugula, and bunched greens. Delights like peas, fava beans, and the first beets, carrots and turnips of the season. July is the beginning of the warm season crops. Zucchini, cucumbers, and fresh basil become abundant. Greens and roots will slow down a bit but still be available. August brings the beautiful colors

of heirloom tomatoes, cherry tomatoes, eggplant and peppers. The sweetness of melons and peaches whose juice rolls down your chin with each bite. September and October is the time to dig potatoes, and begin thinking about onions, leeks and winter squash in addition to the summers harvest.

What ever the season, there promises to be something delicious!

Be sure to meet and greet this season's farmers...they are among the finest!

Anne Cure

Paul Cure

Chloe Diegel

Johanna Linden

Dawn Rostad

In your share this week:

Salad Mix

Braising Mix

Turnips

Bok Choy

Red Beets

Garlic Scapes

Fruit Share

Strawberries

Expecting What?

In addition to a few new crops and animals this season, we are thrilled to share the news that Anne & Paul are expecting their first baby in September. It promises to be a bountiful season!

Coming Next Week...

Salad mix

Carrots

Turnips

Sugar snap peas

And so much more.....

Recipes

ROASTED BABY BEETS & SAUTÉED BEET GREENS

1 bunch beets sliced with tops
4 garlic scapes diced
3 Tbs. olive oil
2 sprigs rosemary

Cut off the tops, and place the beets in a roasting pan, toss with olive oil and add rosemary sprigs. Roast at 375 for about 30 minutes. Remove skin while warm, and cut in half. Meanwhile sauté the beet greens in olive oil and add a splash of balsamic vinegar. Season with salt and pepper and place on plate, adding beets on top. Makes a wonderfully colorful side dish to any meal.

What is Braising Mix?

Braising mix consists of various cooking greens like chard, beet greens, baby kale, mustard greens, and mizuna. These greens are delicious when lightly sautéed with garlic and olive oil, or with ginger and lemon. Watch them close because they cook very quickly. Here at the farm you can usually spot someone just enjoying braising mix as a raw salad with a bit of fresh lemon juice.

GARLIC SACPE PESTO

6-10 scapes (chopped into 1" sections)
1 c. organic olive oil
2 c. grated parmesan cheese

In a blender, combine the scapes and drizzle in olive oil until you reach the consistency that you like. Pour mixture into bowl and blend the cheese in by hand. Great on pasta, pizza, sandwiches or as a dip with crackers and cheese.

What's a Garlic Scape?

They are an incredible, snakelike, green shoot that rises from a hard-neck garlic plant in late spring. They are trimmed away to allow the garlic bulbs to develop. They can be used like scallions, but they are crisper, sweeter and more intense than any onion, with a sensual garlicky quality. To use, simply chop up and add to your favorite dish. They're great sautéed along with our braising mix.

Additional recipes can be found on our website at:

cureorganicfarm.com/csarecipes.htm

Fruit Share

Despite the late frost that nipped more than half of the cherry tree buds on the western slope we are looking forward to having some cherries later this month. Today's fruit share comes from Monroe Organic Farm near Greeley, Colorado.

Additional fruit shares may be available for purchase once the western slope fruit growers have a better idea of what will be available despite the frosty spring they have been experiencing. Stay tuned!



Words to Live By

When I rise, let me rise up joyful,

Like a bird.

When I fall, let me fall without regret,

Like a leaf.

-Wendell Berry

