

# Cure Organic Farm Newsletter

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

## Community Supported Agriculture

The very essence of agriculture is about providing food to support a local community. But there is something else less tangible about agriculture; the connection to place, the connection to the land and the experiences that happen there.

The farming life style has skipped a generation and with that gap many of us no longer have a farm within our immediate family. We miss out on watching the peas come in to full flower before setting the first sweet pea pods of the season, or the bright white of the turnips shoulders popping out of the ground as they are ready to be harvested. Rarely do we have the opportunity to see how food is produced before it is on our plates, unless we have our own gardens. Farms that offer a CSA are the ticket to both nutrient rich, great tasting seasonal produce and the experience of connecting the food on our plates to the ground in which it was grown.

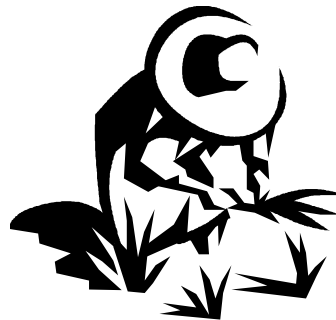
As a CSA member you will experience the seasons just as we do, via our plates. Spring crops here on the Front Range begin in May and continue through June. Summer warm season crops become available in July and continue through September. This seasonal eating can be challenging when you are use to having a tomato on your sandwich all year round. But I assure you that the flavors of our heirloom tomatoes will be well worth the wait when they grace your table in August.

Each season we work to create a crop plan that offers us a wide variety of produce at any one time with good producing crops that have great flavor. While this plan may be perfectly timed on paper to provide us with a good yield and nice variety, mother nature may have other plans. Occasionally we do loose a crop of beans to the bean beetle, or have a lot of blemished tomatoes due to a mid summer hail storm. As a CSA member you are sharing these risks with us,

as well as the bounty that the fields provide. We will keep you up to date with what is happening in the fields through these weekly newsletters.

Over the course of the season we will be offering CSA members the opportunity to buy whole chickens, turkey, beef, and lamb from other farms that we work closely with. As mentioned in the spring newsletter we are offering a coffee share with Conscious Coffees. For the details and to sign up visit [www.cureorganicfarm.com/csacoffeeform.htm](http://www.cureorganicfarm.com/csacoffeeform.htm)

We look forward to sharing the season with you and hope to see you out here in the fields on one of our CSA work days as the summer progresses.



## The Season at a Glance

Here's an idea of what to expect when:

**June**— lettuce, braising mix, chard, kale, bok choy, fennel, carrots, beets, turnips, onions, garlic scapes, snap peas, snow peas, fava beans, strawberries and cherries

**July**— lettuce, chard, braising mix, broccoli, cauliflower, zucchini, summer squash, cucumbers, basil, parsley, carrots, beets, green and yellow wax beans, cherries and peaches

**August**— lettuce, greens, zucchini, summer squash, peppers, eggplant, tomatoes, cucumbers, basil, cilantro, parsley, green beans, edamame, melons, carrots, beets, onions, peaches and plums

**September**—greens, carrots, beets, turnips, winter squash, and all crops from August as well. Fruit : pears and apples

## In your share this week:

*Salad Mix*

*Braising Mix*

*Turnips*

*Bok Choy*

*Red Beets*

*Walla Walla Onions*

**Fruit Share**

*Strawberries*

## Visiting the Farm Animals

The animals have been looking forward to the CSA beginning so that they have more visitors. Be sure to visit the new chickens and ducks behind the green house. They would love a handful of fresh picked grass fed to them through the fence. Then, take a stroll over the bridge out to the fields, behind the hoop houses to visit the Huckleberry, Tula, Guthrie and Pendleton, the pigs.

## Coming Next Week...

Salad mix

Carrots

Turnips

And so much more....

# Recipes

## Roast Beets

beets  
olive oil  
fresh rosemary  
salt & pepper

Preheat oven to 450 degrees. Scrub beets well, cut off stems & tail, cut into quarters, & coat lightly w/olive oil. Place prepared beets in foil-lined pan. Sprinkle liberally w/salt & pepper. Tuck rosemary segments in amongst the beets. Roast in oven for 30 minutes or until tender when pierced w/fork. Intense flavor!! Enjoy!

## Simple Skillet Turnips and Apples

1 tbsp. canola oil  
1/2 C chopped onion  
1 medium apple, copped (approx. 3/4C)  
3 C chopped turnips (1/2" cubes)  
1/2 C fresh apple cider or juice  
1 small cinnamon stick  
1/4 tsp. salt

Heat oil in a large skillet over med. heat. Add onion and sauté for 3 to 5 minutes. Add apple and sauté 2 more minutes. Add turnips and rest of ingredients. Cover and reduce heat to medium-low. Stir occasionally, and add more liquid if necessary to prevent sticking. Simmer until turnips are tender, approx. 20 minutes. Remove cinnamon stick before serving.

**Orange Ginger Beets on Wilted Stir-fry mix\* salad** Roast beets. Have your mound of stir-fry mix washed and ready, as the 'wilt' process is very quick. Place diced beets in a saucepan or small skillet with a little butter, orange juice, honey, pinch of salt, and grated fresh ginger. Over medium heat, simmer until thickened and syrupy. Remove from heat, cover and set aside. In a wok-type skillet, heat some olive oil, toss in greens and a splash of water; toss/stir 'til just barely wilted, dress with a little champagne (or rice) vinegar. Mound wilted greens on a plate and top with warm syrupy diced beets.



## Fruit Share News

Today's strawberries come from Beach Street Farm in California, where they are presently in the peak of their strawberry season. While we strive to offer only Colorado grown fruit sometimes it is not possible. Monroe Organic Farm is our usual strawberry supplier. They along with other local berry growers lost their early strawberry crop to two hard frosts during full blossom in May. Jacquie Monroe assures me that the plants are doing great and we will have some of her mouth watering strawberries before the end of the month!

**Bok Choy** -This is a more delicate green that at first glance. You only need just barely cook it, as any residual heat will continue to cook it further. Add it at the last minute to soups and sautés for this very reason, and if you're chopping it up first, add the stems first and the leaves for just barely the last minute, just until wilted. I think it'd be good sliced up and added to miso soup just before serving. Or, try grilling them! the heads whole), Grill a minute or so on each side, just enough to wilt-crisp the leaves and make grill marks on the stems!



## 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.

## Meadow Lark Farm Dinners

Meadow Lark Farm Dinners are a celebration of Colorado's farmers and food artisans. From June to November, we invite you to meet the farmers, walk through the fields, and enjoy a handcrafted meal in the company of your friends and neighbors. Our menus, inspired by the morning's harvest, are prepared on-site: a carrot pulled from the soil at dawn becomes a colorful, chilled soup served by twilight; tomatoes, still warm from the sun, need nothing more than a sprinkling of salt; just-picked sour cherries find their way into a jewel-like tart. Dinners unfold at a long table set between the rows, or in a prairie meadow, or by a field of rustling wheat. Every evening is an occasion to taste the local flavors of our brief yet bountiful growing season. Visit [www.farmdinners.com](http://www.farmdinners.com) to make a reservation

## Words to Live By

The roots below the earth claim no rewards for making the branches fruitful.

- Rabindranath Tagore

