



Cure Organic Farm Newsletter

Distribution Week #1

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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. 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.

Throughout the season we will be working with other farmers to bring you Wisdom Farm's whole chickens and turkey, and Lasater grasslands beef. As our new flock of chickens begin laying in July we will have more eggs available for your family. We anticipate having individual cuts of our lamb and pork available in the fall.

We enjoy sharing the farm with you and invite you to join us out in the fields Thursday mornings from 9-12 or on a CSA work day soon to be scheduled. Here's to the bountiful season ahead!

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, potatoes, 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:

Baby Arugula

Braising Mix

Turnips

Bok Choy

Carrots

Walla Walla Onions

Fruit Share

Strawberries

Visiting the Farm Animals

We hope you will pay a visit to the animals on the farm. We have a new flock of 100 chickens in the chicken coop behind the greenhouses and six new pigs over in the pig pen beyond the hoop houses in the field. Be sure to let the honey bees know how much you love their honey as encouragement for a bountiful harvest in the fall. We are anxiously awaiting our first round of commercially produced wool from our sheep, and will have yarn, rovings and batts available for knitters and hand spinners.

Coming Next Week...

Lettuce

Beets

Turnips

And so much more.....

Recipes

Arugula Pesto

4 cups (packed) arugula leaves (about 6 ounces)
1/4 cup pine nuts, toasted
1/4 cup (packed) freshly grated Parmesan cheese
1/4 cup olive oil

Blend arugula, pine nuts and Parmesan cheese in processor until almost smooth. With machine running, gradually add olive oil; process until well blended. Season pesto to taste with salt and pepper. (Can be made ahead. Cover and let stand up to 2 hours at room temperature or refrigerate up to 1 day. Bring to room temperature before using.) Great with pasta, on sandwiches or wit fish!

Japanese Noodles with Bok Choy and Tofu

1/4 cup soy sauce
2 tablespoons balsamic vinegar
2 tablespoons honey
2 tablespoons oriental sesame oil
2 teaspoons cornstarch
8 green onions, chopped
2 large garlic cloves, minced
1 Tbs. minced peeled fresh ginger
2 heads bok choy, bottom third discarded, leaves thickly sliced
1 12 oz. package extra-firm tofu, cut into 1/2-inch pieces, drained well on paper towels
1 12-oz. package udon noodles or 12 oz. linguine, freshly cooked

Whisk soy sauce, vinegar, honey, 1 tablespoon oil and cornstarch in small bowl to blend. Heat remaining 1 table-

spoon oil in heavy large pot over medium-high heat. Add onions, garlic and ginger and stir 30 seconds. Add bok choy and sauté until beginning to wilt, about 2 minutes. Mix in tofu, then noodles and soy mixture. Stir until sauce thickens and coats noodle mixture, about 1 minute. Season to taste with salt and pepper.



Braised Turnips with Poppy-Seed Bread Crumbs

For turnips:

3 tablespoons unsalted butter
1 bunch Turnips, quartered
1 1/2 cups water
1 tablespoon fresh lemon juice

For bread crumbs:

2 tablespoons extra-virgin olive oil
1 garlic clove, minced
1 cup fine fresh bread crumbs
1 tablespoon poppy seeds
1 tablespoon chopped parsley

Braise turnips:

Melt butter in a 12-inch heavy skillet over medium heat, then add turnips, water, lemon juice, and 1/2 teaspoon

salt and bring to a boil. Reduce heat to low and simmer, covered, 10 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are

glazed and just tender, 20 minutes or so (they should be cooked through but still retain their shape).

Make bread crumbs while turnips cook:

Heat oil in a large heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until pale golden, about 1 min-

ute. Add bread crumbs and poppy seeds and cook, stirring frequently, until golden, 4 to 5 minutes. Stir in parsley and salt to taste. Just before serving, sprinkle bread crumbs over turnips.

Braising Greens

1/2 lb Braising Mix
1 garlic clove, finely chopped
1 tablespoon extra-virgin olive oil
1/3 cup water

Cook garlic in oil in pot over moderate heat, stirring, until pale golden, about 30 seconds. Add greens and water and simmer, partially covered, stirring occasionally, until tender, 5 to 6 minutes. Season with salt and pepper.



Words to Live By

"I bought a cactus. A week later it died. And I got depressed, because I thought, Damn. I am less nurturing than a desert."

-- Demetri Martin



American Farmland Trust

SAVING THE LAND THAT SUSTAINS US

American Farmland Trust has announced a first ever vote for "America's Favorite Farmers Markets™" contest. The contest is a nation-wide challenge to see which of America's 4,685 farmers markets can rally the most support from its customers. The goal is to promote the connection between fresh local food and the local farms and farmland that supply it. Go to the website beginning June 1st to make your vote!
www.farmland.org/local