



Cure Organic Farm Newsletter

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

Winter CSA Share

For the second season we are pleased to be able to offer a Winter CSA Share. Thank you to all who joined us in our inaugural year last season for the Winter Share. Not only did we produce a fair amount of food, but we learned a ton about extending the seasons. Now we are gearing up for another extended harvest season.

Winter CSA offers one size share, comparable to the current medium share. The cost is \$200 for the season. Winter Share is scheduled to begin October 25th and continue through December 13th, an 8 week season. Shares will be

available for pick-up from the farm only, on Wednesday's from 3:00 to 6:00pm. Please note the time change from the current schedule as we are trying to maximize the amount of available daylight during pick-up. We will be offering 50 Winter CSA Shares this season.

Registration for the Winter CSA Shares will begin at next week's regular CSA pick-up on August 23rd. At that time online payment and registration will also be available on our website.

Winter Share will offer the following crops;

beets, carrots, turnips, radish, onions, leeks, potatoes, parsnips, celery, bok choy, fennel, parsley, head lettuce, braising mix, spinach, kale, chard, dry beans, winter squash, garlic, pears and apples.

We are looking forward to extending the season with you!



In your share this week:

- Carrots
- Cucumbers
- Basil
- Green Beans
- Summer Squash
- Peppers
- Tomatoes
- Walla Walla Onions

Fruit Share

- Plums

CSA Work Day Sat. August 26th

Our next CSA work day will be on August 26th from 8-11 am here at the farm. We hope that you will come out and join us for a morning in the fields!

Thinking about a Wisdom Farm Turkey for the holidays? Be sure that your name is on our sign-up sheet at next week's pick-up!

Ordering Lasater Grasslands Beef

Remember to order your Lasater Beef by next Wednesday's pick-up. To order Lasater beef, simply choose which item(s) you are interested in on the sign up form and bring us a check for the total amount by August 23rd. Your order will be available for pick-up on Wednesday August 30th at your CSA pick-up location. All orders will be delivered frozen.

Ground Beef: order per pound. *Total cost- \$4.60 per pound*

Grillers Package:

Offers 5 lbs of ground beef, 2 Ribeye Steaks and 6 Flank Steaks. *Total package cost- \$136.60*



Family Sampler: 36 lbs total

Offers 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.

Total cost- \$200

Coming Next Week...

- Basil
- Sweet Corn
- Peppers
- Melons
- And much more!

Recipes

Cold Carrot Soup for a Hot Summer Night

3 cups sliced carrots
1 large onion, chopped
2-3 tbsp. butter
1 tsp. curry powder
1 strip lemon peel
1 can Westbrae "Un-Chicken" broth
1 cup buttermilk (or cream)
salt and pepper
fresh parsley for garnish (optional)

Sauté onions and carrots in butter 5-10 min. until onions are lightly browned. Add curry powder and lemon peel and cook 5 min. longer. Add broth plus half a can of water. Bring to a boil, cover and simmer 20-30 min. until carrots are tender. Refrigerate at least 4 hours (or

overnight, then it only takes minutes to finish the next day!) Puree cold carrot mixture in a blender, add buttermilk, salt and pepper to taste. Ladle into bowls and garnish with parsley.

Veggie Enchiladas

1 dozen flour tortillas (8" diam.)
2 lbs. cheddar cheese
6 - 12 sweet peppers
2 onions
1 summer squash thinly sliced
6 carrots
1 - 2 jalapeño or Anaheim peppers
1 28 oz. can of enchilada sauce (anyone have a recipe for homemade enchilada sauce? We'd love to know!)
two 8"x12"x3" (approx.) pans, oiled

Grate cheddar cheese. Slice onions.

Slice sweet peppers into long strips (up to 1/2" wide). Slice summer squash and carrots into long strips (up to 3/8" thick). Lay out a tortilla and place some cheese, onions, pepper slices, summer squash, and carrot sticks on top. Roll tightly and place seam-side down in oiled baking dish. Repeat with remaining tortillas and veggies. Cover rolls with enchilada sauce, dividing equally between the two pans. Sprinkle shredded cheeses on top and then lay extra veggie strips attractively across cheese. Garnish with sliced jalapeños. Cover pans with foil and bake for 40 minutes at 325 degrees. Uncover and bake another 30 minutes.

Summer Squash Ideas

1. Dice summer squash and peppers. Sauté in some olive oil with a little crushed garlic, and a sprinkle of cumin, oregano and salt. After vegetables have softened some, add a can of pinto beans, and heat through. Make burritos with this, and offer sides of salsa, sour cream, or whatever.

2. Cut summer squash into segments about the size of penne pasta. Cut up some tomatoes into bite-sized pieces. Cook penne in boiling salted water, adding squash for last 2 minutes of cooking. Drain well, add tomatoes, and stir in pesto.

3. Cut summer squash in half lengthwise, score diagonally with a knife both ways (making a diamond pattern). Brush lightly with olive oil, sprinkle with salt and pepper and grill a few minutes on each side. Serve as a side with spaghetti or grilled meat or other grilled veggies. Optionally you can sprinkle with additional herbs or garlic powder to season if you like.

4. Summer squash is also good in homemade soups. Add only during the last 5 minutes or so of cooking so they don't go mushy on you. Think summery minestrone.

Green Beans with Tomato Nuggets

1 lb. green beans
1 tomato, peeled and diced or half pint cherry tomatoes
juice of half a lemon
couple cloves of garlic, sliced thin
2 tsp. butter
salt and fresh ground pepper to taste

Steam the green beans until just tender and hold aside. Melt the butter in a pot, add the garlic (use as much or little as you like) and let it cook while stirring for a minute, then add the tomatoes. Cook and stir another minute, then add the beans. Continue to stir until they are coated and warmed.

Words to Live By

Manifesto: The Mad Farmer Liberation Front (part two) - Wendell Berry

...Ask the questions that have no answers.
Invest in the millennium. Plant sequoias.
Say that your main crop is the forest
that you did not plant,
that you will not live to harvest.

Say that the leaves are harvested
when they have rotted into the mold.
Call that profit. Prophecy such returns.
Put your faith in the two inches of humus

that will build under the trees
every thousand years.
Listen to carrion -- put your ear
close, and hear the faint chattering
of the songs that are to come.

Expect the end of the world. Laugh.
Laughter is immeasurable. Be joyful
though you have considered all the facts.
So long as women do not go cheap
for power, please women more than men....