

## Recipes

### Pesto

makes about 1/3 cup (can be easily doubled)

1/2 C firmly packed fresh basil leaves  
1 tbsp. pine nuts  
1 small clove garlic, minced/crushed  
1 1/2 tbsp. grated (quality) parmesan  
3 tbsp. good olive oil  
salt to taste

Toast pine nuts in a dry skillet over medium heat, shaking pan and stirring often, until they just begin to brown and become fragrant. Remove from pan and cool a bit. Place all ingredients but oil in a food processor and process quickly to make a coarse, grainy paste. With motor running, pour in olive oil slowly. Season to taste with salt. Can be used immedi-

ately, or refrigerated (place in a jar and cover with a thin drizzle of olive oil, or a piece of plastic wrap pressed against surface of pesto to minimize surface discoloration). Pesto is great with plain old pasta, or grilled veggies and pasta, or, heck, try it on potatoes and green beans!!

### Brown Rice, Tomato and Basil Salad

serves 6  
2 1/4 C water  
1 C long-grain brown rice  
2 tsp. coarse salt  
2 tbsp. Champagne or white wine vinegar  
2 tsp. sugar  
2 tbsp. olive oil  
1 lb. tomatoes, cut into 1/2" pieces –  
Cherry tomatoes will work great!

1 C (packed) basil leaves, finely chopped

Bring water to boil in heavy medium saucepan. Mix in rice and salt. Cover, reduce heat to low and simmer until rice is absorbed, about 40 minutes. Transfer rice to large bowl; fluff with fork and cool. Whisk vinegar and sugar in small bowl. Gradually whisk in oil. Pour over rice. Add tomatoes and basil and toss to combine. Season with salt and pepper. Serve room temperature.



### Zucchini Stuffed with Corn and Cheese

2 narrow 6- to 7-inch-long zucchini or yellow squash  
1 C corn kernels  
1/2 to 2/3 C ricotta cheese  
1 to 2 tbsp. chopped chives (optional)  
Salt and freshly ground black pepper  
3/4 C grated Cheddar cheese

Blanch squash in boiling salted water for 5 minutes. Place under cold water and drain. Halve and scoop out the seeds, forming cavities. Coarsely purée the corn and ricotta cheese in a food processor or food mill. Add the chives (if you wish) and season with salt and pepper. Fill squash halves with the mixture,

mounding slightly. Cover with grated cheese. Place in a buttered casserole and bake, covered, in a preheated 350 degree oven for 15 minutes. Uncover and bake 20 to 25 minutes or longer, until the squash is tender and the topping is browned.

### Quick Pickled Cucumbers

1 cucumber  
1 tablespoon kosher salt  
1 1/2 cups water  
1/2 cup white wine vinegar  
1 cup sugar  
1 bay leaf  
2 allspice berries

Slice the cucumber as thin as possible. Put the slices in a colander, toss

them with the salt, and let stand for about 30 minutes. Meanwhile, combine the water, vinegar, sugar, bay leaf, and allspice in a medium saucepan and bring to a boil. Remove from the heat and let cool. Rinse the salt off the cucumbers, and squeeze out as much moisture as possible. Put the cucumbers in a medium bowl and add the pickling solution; they should be completely covered by the brine. Cover and refrigerate for 3 to 6 hours before serving. The pickled cucumbers will keep in the refrigerator for up to 5 days.

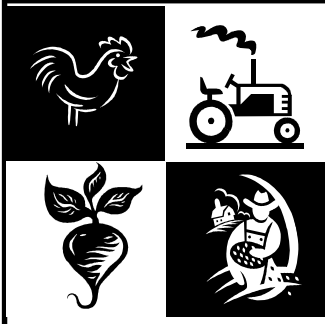


## Words to Live By

“Aim at the heavens...set yourself goals and standards that in the beginning seem beyond reach. Enjoy the challenges this brings. Do not look for perfection....but one day you might get close to it. If you aim low, that is where you will always be. Even failures make a positive contribution. They keep us humble...they help us find and fix our mistakes. Failures also tell us to practice more until we are better. Things are never automatic. “

Frank Fools Crow  
Ceremonial Chief of the Teton Sioux





# Cure Organic Farm Newsletter

Distribution Week #11  
August 13th, 2008

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

## Tomato Season Just Around the Corner

Rightfully so, tomatoes are the true summer food. Everything about them from their shapes, colors, size as well as the plant itself is fantastic. And you read it right, tomato season is just around the corner.

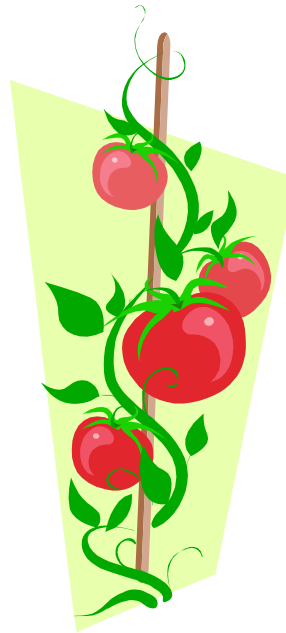
This season we tried 38 different varieties of tomatoes. Some were specifically grown to sell as starts to folks for their own garden while many were new varieties that we have been wanting to try for a while. The majority of tomatoes that we grow are indeterminate heirloom varieties. This means that the plants grow six to seven feet in height (we trellis them upright) and yield tomatoes over a longer period of time rather than all of them ripening at once. These heirlooms are often strange colors and shapes. We grow yellow, pink, a mix of the two, purple, red and green heirlooms. We let them vine ripen which means that they will often

be more ripe when you receive them than what you will be used to seeing in the produce section of your favorite market. All of these varieties are open-pollinated, which means that you can collect and save seeds from your favorite varieties and plant them in your own garden next year.

Cherry tomatoes always come in first each season. We grow sungolds which are the orange cherry tomatoes, yellow pear and classic red cherries. These are great as a snack...or even cooked down....yes we are hoping to overwhelm you with cherry tomatoes to the point that you will be cooking, canning and freezing them!

Colorado offers us a strange growing season. Spring crops like peas always come in late June when pea season is finished most other places....tomato, pepper and eggplant begin in August with their peak truly in September. We hope that you enjoy the flavors, colors

and unusual shapes of the summer's highlights that are just beginning to fill your shares each week.



## Beekeeping Class This Fall

Cooperative Extension offer a fantastic intro to beekeeping class once again this fall. Anyone interested in keeping honey bees or wanting more info on the practical side of beekeeping should check this class out. We truly need more beekeepers!

The program's mission is to develop knowledgeable beekeeping ambassadors to

help educate and inform the larger community. The welfare of bees and beekeeping is of utmost importance, now more than ever, so the program aims to improve awareness of beekeeping issues in Boulder County, Colorado and beyond.

Class topics include: A Beginner's Year

The History of Beekeeping in Colorado, Honey Bee Biology

Bees & Wasps of Colorado

Honey Bee Pests, Predators & Diseases, The Impact and Importance of Pollination, The Hardware of Beekeeping, Alternative Approaches to Beekeeping, The Beekeeper's Year.

Contact 303-678-6238 to register & for info!

### In your share this week:

*Tomatoes*

*Basil*

*Sweet Corn*

*Carrots*

*Head Lettuce*

*Cucumbers*

*Summer Squash*

*Peppers*

*Eggplant*

**Fruit Share**

*Peaches*

### Lasater Grasslands Beef

Order Now!

Family Sampler -\$200

Ground Beef -\$4 pound

NY Strip Steak -\$13.50/lb

Ribeye Steak -\$15/lb

Filet Mignon -\$22/lb

All beef will be available on  
Sept. 3rd

### Coming Next Week

*Basil*

*Carrots*

*Sweet Corn*

*Peppers*

*Potatoes*

And so much more.....