

Cure Organic Farm Newsletter

Distribution Week #11
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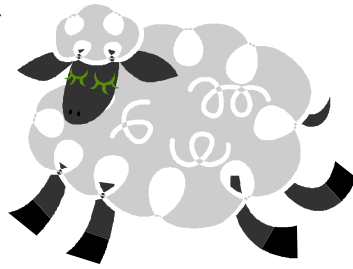
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www.cureorganicfarm.com/
csanewsletters.htm

Rovings, Batts, & Yarn

There are many reasons to raise animals, but for me raising the sheep to use their fiber is about the most exciting aspect that I have experienced. Sheep's wool is full of their natural body lanolin and is extremely soft with tightly wound curls throughout the fiber, making it incredibly strong. Each June we get together with George who has been mentoring us all along, to shear our sheep. Last fall we skirted the wool from seven of our Rambouillet sheep, prearing it to be professionally washed, carded and spun into yarn. Eight months later we are excited to be able to offer some of our first farm produced fibers.

Our sheep are raised on pasture and alfalfa/grass hay year round, with the additional squash here and there. They are not vaccinated, given antibiotics or any other thing one may think of that truly a sheep just doesn't need. They live with a

guard llama to help protect them from all of the foxes and coyotes in the area.



We are hoping that you knitters and spinners out there will give our fiber a try and let us know how it works for you. Remember, we are just learning ourselves. Rovings are available for \$3 per ounce and yarn measuring 200 yards, at about 3.5 oz is available for \$15 per skein. The colors are completely natural and dye well. We look forward to your feedback.

Winter CSA Share

We are in the process of planting the hoop houses and the field for our Winter CSA Share. This season we will be offering 70 Winter Shares. The Winter Share offers eight weeks of extended season vegetables and fruits from October 21st through December 9th. The size of the Winter Share is equivalent to the main season's medium

share; we only offer one size share for the Winter CSA season. The Winter Share cost is \$200.

Winter Share pick up is on Wednesday from 3pm to 6pm. Please note that this is an hour earlier than the pick-up time for the main season. Winter Share offers braising mix, kale, chard, bok choy, lettuce, carrots, beets, turnips, radish,

Cipollini Onions

(pronounced chip-oh-lee-nee) are flat-shaped interesting looking semi-sweet white onions (with an occasional hint of green or purple on the inside) and have a thin onion skin, which is yellowish to light brown. The cipollini onion is considered somewhat of an exotic food but becoming more mainstream as time goes by. Cipollini's have a mild, semi-sweet flavor. The sweetness is somewhat less than shallots' and similar to red onions and vidalia onions but a bit milder. Cipollini onions are small (mostly 1 to 3 inches wide) with a flat looking shape, which disk-like look is helpful for roasting and cooking, such as used as a pizza topping; these onions are great with a fresh cucumber salad, and on sandwiches. As a new crop for us this year, we'd love to hear what you think of them.



Onions, leeks, parsnips, garlic, potatoes, winter squash, dry beans, apples and pears.

Registration for the Winter Share will be available on Wednesday, August 26th via our website. More specific info will follow next week.

In your share this

Green Beans

Basil

Carrots

Cipollini Onions

Cucumbers

Bok Choy

Zucchini & Summer Squash

Fruit Share

Peaches

Order Lasater Beef

This is the last week to place your Lasater Beef order. Ground beef, Filet Mignon, Brisket and the Family Sampler will all be available at next week's pick-up.

Family Sampler -\$200
Filet Mignon- \$21 pound
Brisket- \$6 per pound
Ground Beef -\$4

Please place orders for delivery Aug. 14th

Coming Next Week...

Cucumbers

Onions

Carrots

Basil

Summer Squash

And so much more.....

Recipes

Spicy Sesame Noodle, Green Bean and Carrot Salad

[Bon Appétit](#) | July 1998



1/4 cup fresh lime juice
3 tablespoons canola oil
3 tablespoons soy sauce
2 tablespoons (packed) dark brown sugar
1 tablespoon oriental sesame oil
1 tablespoon minced garlic
1 tablespoon grated orange peel
2 small serrano chilies, stemmed, thinly sliced into rounds
1/2 pound green beans, trimmed, cut diagonally into 1/2-inch pieces
1 9-ounce package fresh linguine
2 cups shredded peeled carrots
1 cup thinly sliced green onions

Stir first 8 ingredients in medium bowl to blend. Season dressing with salt and pepper. Let stand 30 minutes to blend flavors. Cook green beans in large pot of boiling salted water until crisp-tender, about 2 minutes. Using slotted spoon, transfer beans to cold water to cool. Drain well. Pat dry with paper towels. Return water to boil. Add pasta and cook until just tender but still firm to bite, stirring often, about 2 minutes. Drain. Rinse pasta under cold water. Drain well. Combine green beans, pasta, carrots, green onions and dressing in large bowl. Toss to coat. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill.)

Peach Chutney - A chutney can be mild to spicy, sweet or not. Spices can be added or left out – cloves, cinnamon, fresh, dry or candied ginger,

allspice, etc."
4-5 lbs. peaches, blanched to remove skins and cut into pieces
1 C golden raisins
1 large onion, chopped
1 tbsp. mustard seed, toasted until seeds begin to pop
1 1/2 tsp. salt
1 1/2 C vinegar
1 C brown sugar
1/2 C white sugar
1/4 C chopped crystallized ginger
1/4 tsp. ground cloves
Bring all ingredients except peaches to a boil in a heavy, non-reactive pot. (I use my pressure cooker). Boil for 10 minutes, then add peaches. Cook, stirring occasionally, about 1 hour or until thickened. It will thicken more as it cools. Be sure to stir more often near the end as mixture thickens. Pour into sterilized canning jars.

Green Bean and Hazelnut Salad

[Gourmet](#) | May 2008

1 ounce hazelnuts (2 tablespoons)
3/4 pound green beans, trimmed and halved diagonally
2 1/4 teaspoons grainy mustard
1 1/2 teaspoons balsamic vinegar
1/8 teaspoon fine sea salt
4 teaspoons extra-virgin olive oil
1 tablespoon flaxseed oil
1 teaspoon hazelnut oil
1/4 cup finely chopped onions

Preheat oven to 325°F.
Toast nuts in a small baking pan until centers are golden, 15 to



20 minutes (cut one open to test for doneness). Cool to warm, then rub off any loose skins in a kitchen towel. Coarsely chop nuts. Cook beans in a 6-quart pot of boiling salted water (1 1/2 tablespoons salt for 4 quarts water) until just tender, 4 to 6 minutes. Transfer to an ice bath to stop cooking. Drain and pat dry. Whisk together mustard, vinegar, and sea salt in a bowl, then add olive, flaxseed, and hazelnut oils, whisking. Add beans, nuts, and onion and toss well. Season with salt and pepper.

Basil Lemon Syrup

[Gourmet](#) | July 2007

4 cups packed fresh basil sprigs
4 cups water
2 cups sugar
9 (4- by 1-inch) strips [lemon zest](#)



Bring all ingredients to a boil in a medium saucepan, stirring until sugar is dissolved. Let stand at room temperature, covered, 1 hour, then transfer to an airtight container and chill until cold, about 1 hour. Strain syrup through a sieve into a bowl, pressing hard on and then discarding solids. This is great with fish, with green beans, and a nice addition to stir fried vegetables.

Words to Live By

"No heaven can come to us unless our hearts find rest in today. No peace lies in the future which is not hidden in the present instant."

- Friar Giovanni, AD 1513, from "a Grateful Heart"

