

Cure Organic Farm Newsletter

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

Welcome to Fall

Some of you might be saying...Fall what is she talking about? Not yet! Well here at the farm we beg to differ. The night time temperatures are in the high 40's to low 50's, and each crop is covered in a hand freezing, plant glistening morning dew that stays around until 7:30am. The farmers are showing up to start work at 6 am, well before the sun has decided to rise, not wearing just t-shirts, but sweaters and winter hats. Yup, fall has made it's first visit to the farm.

Early fall is my favorite harvest time. The all time favorite summer crops are

just in their peak like tomatoes, peppers, eggplant, cucumbers, and basil. While the unforgettable flavors of fall potatoes, onions, leeks, butternut and delicata squash and crisp greens beckon to be harvested. Every meal is sure to be a feast.

Fall is also the time to begin storing your extra's for the winter month's ahead. If you are planning to freeze pesto for the winter, do so now. Who knows when the first frost will come and put an end to our basil bounty. Stock up on zucchini bread (it always tastes better out of season some how), and cut and freeze peppers for

your winter stir-frys.

Always wanted to can and freeze your own vegetables but don't know how? For all the details on home food preservation check out The National Center of Food Preservation at www.uga.edu/nchfp/. This web site includes directions on canning, freezing, drying, and general storage tips. Good Luck!



Farm dirt good for your health

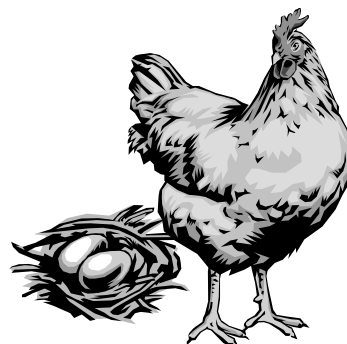
Sensible parents know that letting their children play in the dirt toughens them up, immunologically speaking. A recent study from Duke University gives more weight to a 17-year theory that the sanitized western world may be partly to blame for the increased rates of allergies, asthma and some autoimmune diseases such as Type 1 diabetes and rheumatoid arthritis. The theory called *hygiene hypothesis*, figures that people's immune systems aren't being challenged by disease and dirt early in life, so the body's natural defenses overreact to small irritants such as pollen.

When a Duke University professor ran a series of lab tests he found that wild animals who are exposed regularly natural irritants, weren't sick, and showed signs of a healthy immune system ready to fight off disease.

Think about this as the cold and flu season are upon us. Let your kid's run around out here at the farm and get dirty. Maybe some good old fashioned hand weeding or a trip to the chicken coop to visit the hens will keep you all healthy this fall.

Winter CSA is Sold Out

A big Thank You to the 50 families who have signed-up to join us for the extended harvest.



In your share this week:

Walla Walla Onions

Sweet Corn

Basil

Eggplant

Peppers

Garlic

Summer Squash

Cherry Tomatoes

Fruit Share

Peaches

Save The Date!!!!

Our Annual harvest time pig roast and celebration is scheduled for Sunday, October 8th. We hope that you all will join us here at the farm for good food and good company!

Thinking about a Wisdom Farm Turkey for the holidays? Be sure that your name is on our sign-up sheet.

Coming Next Week...

Basil

Peppers

Eggplant

Tomatoes

And much more!

Recipes

Ratatouille

Traditional ingredients are eggplant, peppers, tomatoes, summer squash, garlic, onion, and fresh summer herbs, usually (but not limited to) basil. The simplest method involves throwing everything in a pot and cooking them together in a kind of melange. Ratatouille also has multitudinous ways of being served, from hot over rice or pasta, or in a bowl with bread, to room temperature, to chilled as an appetizer, to even baked in a savory pie! And all cooks insist the flavor is better on the second day. Given the CSA share ingredients this week, this is how I'd make it: cut up all the above-mentioned veggies. Sauté the onions and peppers in olive oil,

Roasted eggplant, zucchini and onion with pasta and parmesan

1 globe eggplant cut into 2" pieces
3 small zucchini or summer squash, also cut into 2" pieces
3 cloves garlic, minced
1 large sweet onion or 3 small onions, sliced
1/4c. olive oil
1/2 pint cherry tomatoes, whole or chopped in half
1/2 tsp. salt
Freshly ground pepper
10 oz. fettuccine or pappardelle (or similar)
1/2 C grated fresh Parmesan cheese

adding a few cloves of crushed garlic. Add the eggplant, stir and cook a bit to soak up the onion-garlicky-oil. Add plenty of tomatoes, and squash, maybe a splash of red wine, several chopped basil leaves, and simmer until you like the way it looks and smells. Add salt and pepper to taste, and enjoy!

Garlic Tomatoes

Cherry Tomatoes or Slicing Tomatoes (as many as you like!)
several cloves garlic, peeled
olive oil and (red wine or balsamic) vinegar, in roughly 2 1/2-to-1 proportions
fresh basil, shredded (optional)
salt and pepper

Cut up tomatoes into wedges or chunks. Crush garlic and combine w/rest of ingredients to make a vinaigrette. Add tomatoes and marinate. Serve cold. Additional ingredients we add here at COF are chopped onions and cucumbers. This is awesome as a summer salad or as topping for bruchetta. YUM!



Heat oven to 425 degrees F. Toss veggies, onion and garlic with olive oil until well coated then spread on a large baking pan. Bake until vegetables have softened, about 15 minutes, tossing once during baking. Add tomatoes; roast 10 more minutes. Meanwhile, prepare pasta. Toss vegetables with pasta. Top with 1/4 C of the Parmesan and remaining olive oil; pass remaining cheese at the table. Simple and easy.

Peach Chutney

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 (cider vinegar is good)
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. 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.

Words to Live By

from The Book of Questions

Tell me, is the rose naked
or is that her only dress?

Why do trees conceal
the splendor of their roots?

Who hears the regrets
of the thieving automobile?

Is there anything in the world sadder
than a train standing in the rain?

-Pablo Neruda

