

Cure Organic Farm Newsletter

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Mystery Melons & Exotic Edamame

While we are all familiar with the sweet sent of ripe melons, we are growing a few varieties that you may not have ever tried before. Melon season is here. Great for breakfast, take it to work or school as a snack, put it on the grill or add it to home made salsa for dinner, or just savor it as is for dessert. What ever you do with it, enjoy it to the fullest as melon season doesn't last too long!

This season we are growing three different varieties. The Galia Tropical Melon is a yellow/lime green on the out side and has green flesh on the inside. Upon first cut, you might want to compare this to a honey dew melon, but don't....we tend to think this melon is much sweeter and jucier than a honey dew.

The French Melon is a small melon that when ripe will have a light orangeish hue with pale green stipes

vertically in the melon. This is an orange flesh melon and is by farm the sweetest melon that we are growing. While their season has not hit it's peak yet we do not have many of these right now. Don't despair, there are plenty more coming.

The Golden Gopher Musk Melon is a classic cantelope with orange flesh. When ripe this melon will have a slight yellow/orangish hue on the outside and be very aromatic. Golden Gopher is a farm favorite to grill or add just enjoy on a hot day in the field as it is not quite as sweet as the French melon.

Melons are not just enticing to humans....coyotes, foxes, voles, etc... seem to love them just as much as we do. These farm friends will often beat us to a perfectly ripe melon, leaving it split and half eaten in the field. To prevent this from happening we are harvest-

ing our melons a day or two before they are perfectly ripe. With this said, **to continue ripening your melons please do not re-fridgeate.** Rather leave them out on your conter top until they smell awesome and you are ready to enjoy them. Refridgerate after you cut them.

Got the melons, but what about Edamame? Edamame is a fresh soy bean that is delicious and full of proteins. To use simply boil or steam the entire pod 5-10 minutes depending on the firmness you prefer. Once cooked, drain the water and toss with a bit of olive oil or soy sauce and sea salt. Biting one end and pushing from the other, pop the beans out of the shell and directly into your mouth. Edamame can also be shelled before or after cooking like fava beans and enjoyed with pasta or cous-cous salads. Check out the recipies on the back!

Order Your Holiday Turkeys

Once again this season Wisdom Farm is raising turkeys to help you celebrate the holidays. Turkeys are available on a pre-order basis. They weigh between 15-25 pounds and cost \$2.50 per pound. While we do not have the exact date for delivery yet, they will be available for you to pick-up here at the farm the week before Thanksgiving.

Wisdom Farm raises their

turkeys in an antibiotic and hormone free environment, with plenty of access to the outdoors. While they are not certified organic, they feed all of their poultry the freshest and most local grain available, ensuring not only great flavor, but a great life for the animals.

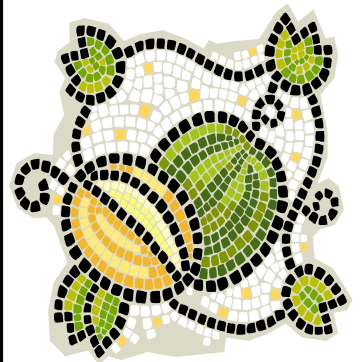
Jay and Cindy Wisdom are at the Boulder Farmers Market every Saturday, so

to learn more about their farm, or just to meet them, stop by say Hi.

A note about Wisdom Chickens: Due to more demand for their chickens than Jay & Cindy expected, we will not be able to offer their whole chickens again until late October. There will be no chickens available in September. We will have an order sheet later in September for whole chickens to be delivered in October.

In your share this week:

- Melons
- Lemon & Slicing Cucumbers
- Basil
- Garlic
- Edamame
- Summer Squash
- Bell & Jalapeno Peppers
- Tomatoes
- Fruit Share**
- Peaches



Coming Next Week...

- Carrots
- Cucumbers
- Tomatoes
- Peppers
- Basil
- And so much more.....

Recipes

Roasted Corn and Edamame Salad

2 ears fresh corn, unhusked, or 1 1/4 cups cooked corn kernels
1/2 cup shelled edamame
1/4 cup chopped red onion
1/4 cup small-diced red bell pepper
1 tablespoon finely chopped fresh cilantro
1 tablespoon light mayonnaise
1 tablespoon lemon juice
1 1/2 teaspoons finely chopped or grated ginger
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper

Soak fresh corn in cold water about 30 minutes. Heat grill on high. Grill corn in husk, 10 to 15 minutes, turning once. Let cool. Remove husks. Cut corn from cob into a bowl; combine with remaining in-

gredients. Cover and chill in refrigerator until ready to serve.

Edamame in the Pod

1-pound bag edamame
coarse salt to taste
Fill a 5-quart kettle three fourths full with water and bring to a boil. Have ready a bowl of ice and cold water. Cook edamame in boiling water until bright green, 2 to 3 minutes, and transfer with a slotted spoon to ice water to stop cooking. Drain edamame well and trim stem ends of pods for easier eating. Edamame may be prepared 4 hours ahead and kept in a bowl, covered with a damp paper towel and plastic wrap, at cool room temperature. Just before serving, toss edamame with salt to taste.

Fresh Melon Salsa

1/4 cup fresh lime juice
4 cups chopped melon
1-2 medium tomatoes chopped
1 medium cucumber chopped
1/2 cup chopped red onion
1/4 cup chopped fresh mint & cilantro
1 or 2 minced jalapeño chilies (spicy preference)

Combine melon and all other ingredients; toss gently. Add lime juice. Season with salt and pepper. (Can be prepared 2 hours ahead. Cover and chill.)

Tomato, Cucumber, and Avocado with Lemon Vinaigrette

1/4 teaspoon finely grated fresh lemon zest
1/4 cup fresh lemon juice
1 tablespoon white-wine vinegar
1 cup vegetable oil
1 1/2 pounds vine-ripened tomatoes (about 3), chopped
2-3 lemon cucumbers, chopped
3 avocados chopped

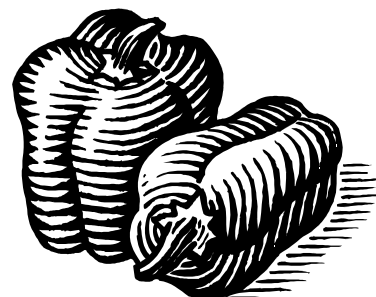
In a bowl whisk together zest, lemon juice, vinegar, and salt and pepper to taste and whisk in oil, whisking until dressing is emulsified.

Put tomatoes, cucumbers, and avo-

cados in 3 separate bowls and toss with dressing. Vegetables may be prepared 2 hours ahead and chilled, covered.

Basil Zucchini

1 teaspoon olive oil
3 small zucchini, thinly sliced
2 tablespoons chopped fresh basil
1 garlic clove, minced
Heat oil in heavy medium nonstick skillet. Add zucchini, 1 tablespoon basil and garlic and stir-fry until zucchini is just tender, about 5 minutes. Season to taste with salt and pepper. Remove from heat. Sprinkle with remaining basil.



Words to Live By

The Little Garden

A little garden on a bleak hillside
Where deep the heavy, dazzling mountain snow
Lies far into the spring. The sun's pale glow
Is scarcely able to melt patches wide
About the single rose bush. All denied
Of nature's tender ministries. But no, --
For wonder-working faith has made it blow
With flowers many hued and starry-eyed.
Here sleeps the sun long, idle summer hours;
Here butterflies and bees fare far to rove

Amid the crumpled leaves of poppy flowers;
Here four o'clocks, to the passionate night above
Fling whiffs of perfume, like pale incense showers.
A little garden, loved with a great love!

-Amy Lowell