

# Recipes

## Potatoes With Peppers & Chorizo

- 2 lb medium boiling potatoes, peeled
- 1/2 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 2 fresh jalapeño chiles
- 1 large onion, halved lengthwise, then cut lengthwise into 1/4-inch-wide strips
- 1 lb green bell or Italian frying peppers, cut lengthwise into 1/4-inch-wide strips
- 1/2 cup finely chopped Spanish chorizo (cured spiced pork sausage; 2 oz; casings discarded if desired)
- 3/4 cup dry white wine



Make a crosswise cut halfway through 1 potato, then break it apart. Turn potato cut sides down,

then cut and break halves in same manner. Repeat halving and breaking until pieces are about 1 1/2 inches. Repeat with remaining potatoes.

Heat oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then sauté potatoes with salt, turning occasionally, until browned and just cooked through, 15 to 20 minutes. Transfer potatoes with a slotted spoon to a bowl, reserving oil in skillet.

Cut a 1 1/2-inch lengthwise slit in each chile, then add to skillet along with onion, peppers, and chorizo and reduce heat to moderate. Cook, uncovered, stirring frequently, until vegetables are softened, 5 to 6 min-

utes. Add wine and boil until reduced to about 1/4 cup, 3 to 4 minutes. Discard chiles, then add pepper mixture to potatoes along with salt and pepper to taste and toss well. Serve warm or at room temperature.



## Carrot Cupcakes With Orange Icing

For cupcakes

- 4 medium carrots
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon grated nutmeg
- 3/4 cup vegetable oil
- 3 large eggs
- 1 cup packed light brown sugar
- 1 teaspoon pure vanilla extract

For icing

- 1 1/4 cups confectioners sugar
- 1/2 teaspoon grated orange zest
- 2 to 3 tablespoons fresh orange juice

### Make cupcakes:

Preheat oven to 350°F with rack in middle. Line muffin cups with paper liners. Coarsely grate enough carrots to measure 2 cups using large teardrop holes of a box grater. Whisk together flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg in a bowl. Whisk together oil, eggs, brown sugar, grated carrots, and vanilla in a large bowl, then stir in flour mixture until just combined. Divide batter among muffin cups and bake until golden and a wooden pick inserted into center of a cupcake comes out clean, 20 to 25 minutes. Cool in pan on a rack 10 minutes. Remove cupcakes from pan and cool completely on rack, about 1 hour more.

### Make icing:

Sift confectioners sugar into a bowl. Whisk in zest and 2 tablespoons juice until smooth. If icing is too thick, add more juice, 1 teaspoon at a time. Dip top of each cupcake into icing, letting excess drip off. Put a carrot curl on top of each and let icing set, about 15 minutes.



## Words to Live By

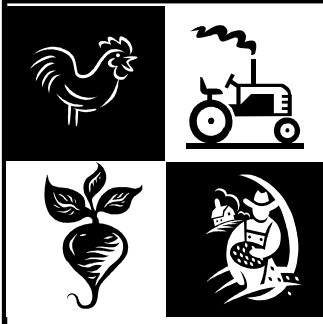
*The brain is wider than the sky-  
For-put them side by side-  
The one the other will contain  
With ease-and You-beside-*

*The brain is just the weight of God-  
For-Heft them-pound for pound-  
And they will differ-if they do-  
As syllable from sound-*

*The brain is deeper than the sea  
For-hold them-Blue to Blue-  
The one the other will absorb-  
As sponges-buckets-do*

-Emily Dickenson, 1862





# Cure Organic Farm Newsletter

Distribution Week #13  
August 27th, 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

## Winter Share Registration

With September just around the corner we are busy direct seeding crops to over winter and preparing the hoop houses for early winter production. Our main season CSA runs for 20 weeks, from June 6th to October 15th. You have seven more weeks to enjoy the season's best from the farm.

This year we will be offering 60 Winter CSA Shares. The winter CSA will begin October 22nd, and continue to December 17th, a nine week season for \$225. Pick up will be here at the farm from 3-6pm on Wednesdays. Next week we will begin registration.

With crop diversity in mind we have expanded our indoor growing capabilities. With the addition

of three new hoop houses this season we planting more greens that before for the winter CSA. The Winter Share crop list includes:

**Root Crops:** beets, carrots, radish, turnips, onions, leeks, parsnips, potatoes & horseradish.

**Greens:** kale, chard, braising mix, spinach, arugula, salad mix, head lettuce, bok choy, broccoli rabb & fennel.

**Winter Squash:** Pie pumpkin, delicate, butternut, sweet dumpling, acorn and spaghetti.

**Dry Beans:** We are still crossing our fingers with these, but have black beans, cannellini, Vermont cranberry, calypso, and tiger eye growing.

**Fruit:** Apples from First Fruits in Paonia, CO.

## Introducing Edamame

September is the harvest month. 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 couscous salads.

### 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

### Winter Share Details

We are offering 60 Winter Shares

**Cost:** \$225 -9 weeks

**Dates:** 10/22-12/17

**Pick-up:** Wednesdays 3pm to 6pm in the Greenhouse at the Farm, 7416 Valmont Road.

**Share Size:** one size for winter share, comparable to the Medium Share.

**Registration:** Registration will be available on line beginning next week. Check out next week's email and newsletter for the registration link.

Happy Eating!

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

### Coming Next Week :

Carrots  
Eggplant  
Peppers  
Tomatoes  
And so much more.....

## In your share this week:

Tomatoes

Basil

Sweet Corn

Carrots

Edamame

Cucumbers

Summer Squash

Peppers

Potatoes

### Fruit Share

Peaches

### Edamame in the Pod

The easiest way to eat edamame is directly from the pod. Try this.... Bring edamame 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. Just before serving, toss edamame with salt to taste. Holding on to the pod, just pop the beans out and into your mouth. Delicious!

