

Cure Organic Farm Newsletter

Distribution Week #14
September 5, 2007

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

Raw Milk Share Programs

Yes, straight from the cow or goat, your choice. Raw milk ideally, is milk taken straight from animals fed only fresh, organic grains, and green grass, rapidly cooled to somewhere around 36-38 degrees F., and bottled. That's it. No processing or pasteurizing, just filtration, and cooling. Most milk produced today undergoes some form of processing before it reaches the consumer. This processing kills both harmful and good bacteria and enzymes, leaving milk void of the 20 complete amino acids, and all of the beneficial bacteria, enzymes and proteins found in raw milk.

So, if it is so good for us, why can't we buy it at Whole Foods? The sale of unpasteurized farm products is state regulated, and in Colorado it is illegal to buy or sell raw milk. Dairy farmers across the US have come up with a raw milk share program modeled after a CSA. Members purchase a share of the animal (cow or goat). Essentially you are buying a share of the animal and paying a monthly boarding fee to the farm to feed, milk and do other chores for you. In return you receive a share (usually a gallon) of milk that animal produces each week. Most raw milk dairies have a distribution system throughout the front range that provides members with convenient locations to pick their milk up each week.

Interested? What now? There is just too much info to get into with this newsletter, so use the contacts below to find the info you are looking for and start receiving your share of raw milk next week!

For information regarding raw milk in Colorado, check out the **Raw Milk Association of Colorado** at www.rawmilkcolorado.org. This website also has a complete list of Colorado Raw Dairy Farms and their contact info. Have more questions about raw milk? Check out www.rawmilkfacts.com for details on health benefits, heard health, precautions, etc...

Ready to sign up, just need the contacts? We work with two raw dairies whose info follows. Contact them directly for specific information.

Ebert Farms

At Ebert Farms, their primarily Jersey cow herd ranges on about 600 acres of native grass. Through the cow share program, members have access to fresh raw milk and cream. The farm also raises eggs, pork, goat meat, and beef.

Buffalo meat, chicken, turkey and various other products are available at the farms distribution site.

In 2002, Kres and Julie Ebert took their collective experience in their agricultural roots and decided to try to make a start in agriculture at the farm.

During the spring of 2005 the grass portion of the farm was ready to be grazed and construction began on a dairy barn. Shortly thereafter, a 30-cow Jersey herd was moved from Guidestone Farm to the Ebert Family Farm and the Ebert Farms dairy began.

Ebert Family Farm, Julie & Kres 10800 Horrogate Road PO Box 208 Byers, Colorado 80103 303-822-5544
milkers@ebertfarms.com
www.ebertfarms.com

R Patch O' Heaven

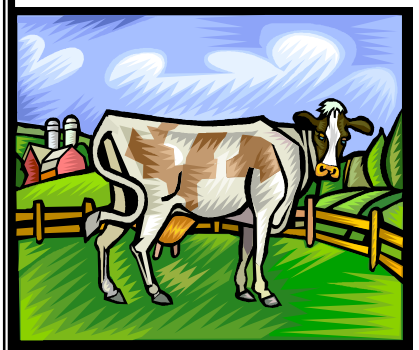
Eaton/Galeton, CO. They enjoy working as a family in their little barn, which has been refinished to produce raw milk. **They have both goat milk and cow milk.** Their animals have access to grass and are very comfortable.

The Ericksons are not new to the milking business. They are the third generation of dairy farmers here, so knowing the business comes natural, just like their product. Through cow and goat shares they produce an old fashion product for shareholders to enjoy just as their family has for years. For any questions, or information, please contact them by e-mail or phone.

R Patch O'Heaven, Jon and Joy Erickson, 34829 WCR 53, Eaton CO 80615. (970) 454-2375. E-mail: rpatchoheaven@bandrmail.com.

In your share this week:

- Melons
- Lemon & Slicing Cucumbers
- Carrots
- Head Lettuce
- Edamame
- Summer Squash
- Bell & Jalapeno Peppers
- Slicing Tomatoes
- Cherry Tomatoes
- Fruit Share**
- Peaches



Coming Next Week...

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

Recipes

Garden Gazpacho

4 C chopped tomatoes & their juice (feel free to supplement with cherry tomatoes!)

2 medium-sized mild peppers, stem, seeds and membrane removed, coarsely chopped

1 cucumber, peeled and coarsely chopped

1 small summer squash, coarsely chopped

1 small onion, red, yellow or white, peeled and coarsely chopped

1 large garlic clove, crushed

approximately 2 tbsp. red wine or champagne vinegar, possibly more

1 tbsp. flavorful olive oil

1 tsp. or so fresh-squeezed lemon or lime juice

2 tsp. honey (optional)

1 handful of fresh basil leaves

1 seeded/chopped jalapeno

Combine all ingredients except vinegar in a food processor and puree. Empty into a bowl and add/stir in vinegar, a bit at a time, tasting as you go, until the right degree of tartness is reached. For some reason, I have found it is the vinegar which really gives gazpacho that special 'zing'. But since everyone's sense of sour is different, it is best to do this as I described. You'll know when it is right. And of course you'll want to add salt & pepper to taste. When you've got what you like, refrigerate the soup and chill thoroughly. Serve cold.

Blender Hot Sauce from Moosewood Restaurant Low-fat Favorites

1/2 C chopped onions

1/2 C chopped bell peppers [use any of the farm's sweet peppers]

1 fresh hot Chile, seeds removed if you

prefer a milder 'hot'

3 cloves garlic, pressed

2 C chopped fresh tomatoes

1/2 tsp. ground cumin

1/2 tsp. ground coriander

1/4 tsp. dried oregano

1 tbsp. chopped fresh cilantro

salt to taste

In a blender or food processor, combine all ingredients but the salt and puree until smooth. Transfer puree to a soup pot and simmer on low heat, uncovered, for about 30 minutes, or until the sauce has thickened and the flavors have mellowed. Stir often as it cooks and use a heat diffuser if needed, to prevent sticking. Add salt to taste. Hot sauce will keep for about 2 weeks refrigerated and tightly covered.

Italian Tomato Bread Salad

1 medium red onion, halved and thinly sliced

2/3 C minced green onion

1/2 medium-size cucumber or 3 lemon cucumbers, diced

1 tbsp. capers

3 medium-size ripe tomatoes, cored and coarsely chopped

1 lg. garlic clove, minced

8 oz. day-old hearty Italian bread*

1/4 C regular basil leaves, coarsely chopped

1 C shredded mozzarella cheese

Olivada Dressing (recipe follows)

Place all the ingredients in a large bowl and gently toss to mix well. Serve immediately, or cover and re-

frigerate for up to 1 day, but allow to come to room temperature before serving.

Olivada Dressing (makes about 1/3 C)

2 tbsp. store-bought olive tapenade

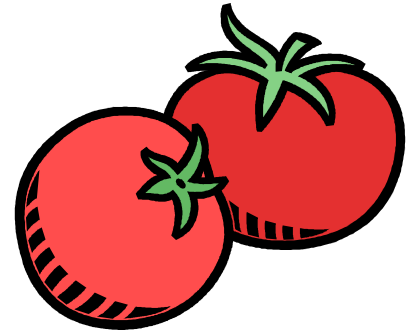
1 tbsp. fresh lemon juice

1/4 C extra-virgin olive oil

1 garlic clove, minced

Pinch of cayenne pepper

Whisk all the ingredients together in a small bowl. Store in the refrigerator in a clean glass container for up to 3 days.



Words to Live By

"Let any man examine his thoughts, and he will find them ever occupied with the past or the future. We scarcely think at all of the present; or if we do, it is only to borrow the light which it gives, for regulating the future. The present is never our object; the past and the present we use as means; the future only is our end. Thus, we never live, we only hope to live."

-Pascal

