

## Recipes

### Eggplant Caprese With Grilled Tomato and Basil Vinaigrette

#### On the grill

1 (1-pound) globe eggplant, trimmed, cut crosswise into 1/2-inch-thick rounds

Olive oil (for grilling)

1 large tomato (about 4 ounces)

#### For the dish

1/3 cup chopped fresh basil plus sprigs for garnish

1 tablespoon white wine vinegar

1/4 cup olive oil

2 (7- to 8-ounce) balls fresh or buffalo mozzarella cheese, drained, thinly sliced

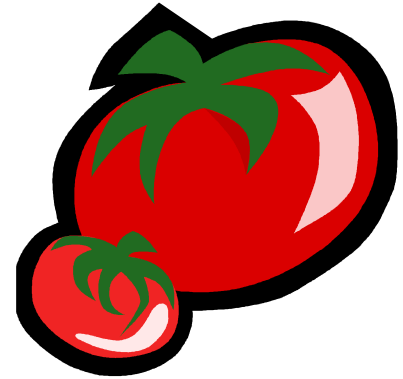
2 pounds (about 4 large) heirloom tomatoes (preferably assorted colors), thinly sliced

Prepare barbecue (medium heat). Ar-

range eggplant slices on baking sheet. Brush both sides with oil and sprinkle with salt and pepper. Grill until slightly charred and tender, turning occasionally and moving to cook evenly, about 5 minutes. Transfer to foil-lined baking sheet. Grill plum tomato until skin is charred and split, turning often, about 5 minutes. Transfer to sheet with eggplant and cool. Core plum tomato; place in blender. Add chopped basil, vinegar, and 1/4 cup oil. Blend until smooth. Season with salt and pepper. Transfer to small bowl. **DO AHEAD** Eggplant and dressing can be made 2 hours ahead. Let stand at room temperature.

Overlap eggplant slices, cheese slices, and heirloom tomato slices on individual plates or large platter.

Sprinkle with salt and pepper. Drizzle salad with dressing and garnish with basil sprigs.



### Grilled Panzanella Salad With Bell Peppers, Summer Squash, and Tomatoes

#### Salad

1 1/2 pounds assorted bell peppers (about 3 large), cut into 1 1/2-inch-wide strips

1 1/2 pounds assorted summer squash, cut lengthwise into 1/3-inch-thick slices

1 medium-size red onion, cut into 1/4-inch-thick rounds

1 12- to 14-ounce loaf of ciabatta, some crust trimmed to expose bread, cut crosswise into 1-inch-thick slices

Extra-virgin olive oil

1 garlic clove, peeled, cut into thirds

Dressing

1/4 cup fresh lemon juice

2 tablespoons red wine vinegar

1 tablespoon grated lemon peel

1/3 cup extra-virgin olive oil

1 pound tomatoes, cored, cut into 3/4-inch dice, juices reserved

1/2 cup chopped fresh Italian parsley

1/4 cup coarsely chopped assorted fresh herbs (such as chives, dill, chervil, and tarragon)

2 tablespoons drained capers

For salad:

Prepare barbecue (medium heat). Brush both sides of bell peppers, squash, onion, and bread slices lightly with olive oil; sprinkle with salt and pepper. Grill vegetables until tender and brown, about 4 min.

per side for peppers squash and 3 minutes per side for onion. Grill bread until browned and crisp, turning occasionally, about 4 minutes. Cool slightly. Rub bread with cut sides of garlic. Tear bread into 3/4-inch pieces; place in very large bowl. Cut grilled vegetables into 1-inch pieces; add to bread in bowl.

#### For dressing:

Whisk first 3 ingredients in small bowl to blend. Gradually whisk in 1/3 cup oil. Season dressing to taste with salt and pepper.

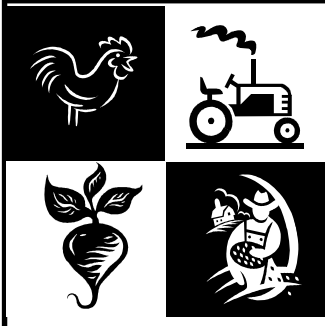
Add dressing, tomatoes with juices, and all remaining ingredients to salad; toss. Let stand 20 minutes. Season with salt and pepper.

## Words to Live By

*“Creativity involves breaking out of established patterns in order to look at things in a different way”*

- Edward de Bono





# Cure Organic Farm Newsletter

Distribution Week #14  
September 3rd, 2008

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
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This newsletter is also  
available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## Notes From the Field

Around this time of the season the light in the field changes from the intense white sunlight to more of a golden light that seems softer. This is the first sign of autumn's coming. The crew is silently waiting for our morning start time to change from 6am to 7am as we are now in the fields before the sun is up; all of us bundled in our warmest work clothes that have been neglected for the past few hot months of summer. Even the geese are teasing us as they call out over head when flying over en-route to their winter home. Everything is welcoming the fall....including the crop fields.

Out in the fields this time of year is almost frantic while every heat loving vegetable is working hard

to become as ripe as possible with the goal of producing and curing its seed for the following season before the cold weather comes. September is the harvest month, with peppers turning red, countless lemon cucumbers, potatoes of every variety and finally tomatoes and more tomatoes. Enjoy the summer's harvest now, as the first frost is not far off.

This is the 14th week of the CSA season. We have 6 more weeks of CSA distribution. In that six weeks we will have tomatoes, cherry tomatoes, cucumbers, peppers, eggplant and basil until the first of October. New fall crops in the field that we will be harvesting later this month and next are chard, kale, radishes, turnips, braising greens, head lettuce, onions, leeks and

Winter squash. Plenty to enjoy as the season cools down. Our winter crops are just about all planted and the lists are growing for the projects that need to be done as the field work slows down. For now though, those projects will just have to wait....there is just too much to harvest!

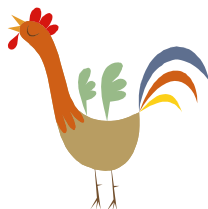


## Chicken & Turkey

We will begin taking orders for Wisdom Farm's whole chickens once again next week. The chickens will be delivered on the last CSA pick-up on Oct. 15th. The chickens are frozen and usually weigh between 4-5 pounds for \$2.90 per pound.

Wisdom Farm also raises turkeys for the holiday season. Their turkeys are hormone and antibiotic free and are raised, like their chickens with plenty of room to roam and dirt to scratch in. The turkeys

Come whole and frozen and weigh between 15-25 pounds. They are available on a pre-order base and cost \$3 pound. The turkeys will be available for pick-up the week before thanksgiving here at the farm. Place your orders next Wednesday for both Wisdom Farm Turkey and Chicken.



### Purple Potatoes

While the purple potatoes are really beautiful and fun to cook with, we've noticed that they tend to be a bit drier than other varieties that we are growing. We've found that these purple potatoes are best used in recipes that help hydrate them. They are great for potato salad, mashed potatoes, and hash browns. If you have a hankering for roasted potatoes or pan seared/sautéed potatoes try the red "Sangre" potatoes this week.



### In your share this week:

Tomatoes

Basil

Head Lettuce

Eggplant

Cucumbers

Summer Squash

Peppers

Potatoes

### Fruit Share

Peaches

**Recognize the head lettuce?** That's right! You are truly enjoying the fruits of **your** labor with this exquisite head lettuce. CSA members planted this head lettuce in July for one of the CSA work days and it is absolutely gorgeous! Well done. Hope you enjoy.



### Coming Next Week :

Head Lettuce

Radish

Peppers

Tomatoes

And so much more....