

Cure Organic Farm Newsletter

Distribution Week #14
September, 2nd, 2009

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

Too Many Cucumbers?

We have had a great cucumber year, and in the CSA spirit of 'share the bounty' we've passed them on to you. If the lemon or slicing cucumbers are starting to accumulate in the drawer of your fridge, think about making some pickles. You can make fresh pickles in just a few days or you can actually can them to last well into the fall.

There are many types of Pickles. Fresh-pack (or quick process) pickles are cured for several hours in a vinegar solution or are immediately combined with hot vinegar, spices, and seasonings. Examples include dills, bread-and-butter pickles and pickled beets. Fermented pickles are vegetables soaked in a brine solution for 4 to 6 weeks. During this time, lactic acid bacteria, naturally present on the surface of vegetables, grows. Other microbes are

inhibited by salt. The color of the vegetables changes from bright green to olive/yellow-green, and the white interior becomes translucent. Examples include dill pickles and sauerkraut. Refrigerated dills are cucumbers marinated for 1 day to 1 week in a and spice brine (in the fridge) and then stored in the refrigerator for up to 2 months.

To make pickles: Choose firm, fresh cucumbers. Wash them and slice them to your desired Shapes. Wash and prepare your jars per the guidelines of the canning jar package (sterilizing). Fill clean jars with cucumbers, garlic, dill, hot peppers, carrots, salt...what ever it is you enjoy. Add 1/4 to 1/3 c. apple cider vinegar, filling the rest of the jar with fresh water to full.

Canning Classes

The Cooperative Extension is offering its annual canning and preserving classes. Learn the basics of home canning jams, jellies, tomatoes, saladas and pickles at high altitude. Open to all regardless of age or food preserving experience.

Two Opportunities!
Sat. Sept. 12th or Sat. Sept. 19th, 9:00 to noon, at Boulder County Extension Office, 9595 Nelson Rd., Longmont, CO

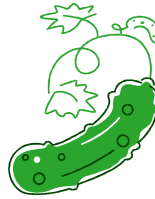
Cost: \$20.00 / person; includes fact sheets, safe tested canning recipes and a jar of peach jam. * Master Gardeners and 4H volunteers cost is \$15/person.

Workshop will include the opportunity to actually make your own jar of peach jam.

*Pre-registration is required due to space. September 12th registrations

are due Thursday, September 10th. September 19th

Canning master, consider taking the preserving and canning class offered through Cooperative Extension...read the details below.



Annual Fall Pig Roast Celebration

While there are still six weeks left in the CSA season we are beginning to plan our fall celebration and pig roast and thought we'd let you know so you can save the date.

We hope you will save the date to celebrate the season with us on Sunday, October 4th from 3 to 8 pm. We'll provide the pork sandwiches and veggie soup, you bring a dish to share. Come visit around the fire, paint pumpkins, lay horse shoes and enjoy the fall evening.

registrations are due Thursday, September 17th.

For more information or setting-up a class contact Ann Zander

azander@bouldercounty.org
303-678-6238

Colorado State University,
U.S. Department of Agriculture



In your share this week:

Potatoes

Head Lettuce

Carrots

Bok Choy

Cucumbers

Sweet Red Pepper

Zucchini & Summer Squash

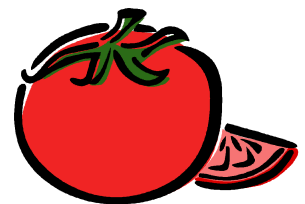
Green Bell Peppers

Tomatoes

Basil

Fruit Share

Peaches



Coming Next Week...

Cucumbers

Sweet Corn

Eggplant

Carrots

Tomatoes

And so much more.....

Recipes

Grilled Potato and Summer Squash Salad with Marjoram-Lemon Vinaigrette

[Bon Appétit](#) | August 2006

3 tablespoons fresh lemon juice
2 tablespoons minced shallot
1 tablespoon plus 2 teaspoons chopped fresh marjoram
1 teaspoon finely grated lemon peel
1/4 cup plus 3 tablespoons extra-virgin olive oil
1/2 pound small potatoes, unpeeled, halved lengthwise
1 pound assorted summer squash (such as zucchini and yellow crook-neck), cut on diagonal into 1/3-inch-thick slices
1 large red bell pepper, cut into 1-inch-wide strips

Whisk lemon juice, shallot, 1 tablespoon marjoram, and lemon peel in small bowl. Gradually whisk in 1/4 cup oil. Season vinaigrette with salt and pepper.

Prepare barbecue (medium heat). Place potatoes in large saucepan; add enough cold salted water to cover. Boil just until almost tender, about 4 minutes. Drain. Transfer potatoes to medium bowl. Add 1 teaspoon marjoram and 1 1/2 tablespoons oil; sprinkle with salt and pepper and toss to coat.

Combine squash and bell pepper in large bowl; add remaining 1 teaspoon marjoram and 1 1/2 tablespoons oil. Sprinkle with salt and pepper; toss to coat.

Arrange potatoes in single layer in grill basket. Grill until tender, 5 minutes per side. Transfer to large bowl. Grill squash and bell pepper until tender, turning occasionally, 10 minutes. Transfer squash to bowl with potatoes. Cut bell pepper into 1-inch pieces; add to vegetables. Add vinaigrette; toss. Season with salt and pepper. Serve warm or at room temperature.



Cherry Tomatoes Stuffed with Marinated Feta

[Bon Appétit](#) | July 2009

1 7- to 8-ounce package feta cheese, cut into 1/2-inch cubes
2 tablespoons extra-virgin olive oil plus additional for drizzling
1 tablespoon minced shallot
1/2 teaspoon chopped fresh oregano
1 pound large cherry tomatoes
12 pitted Kalamata olives, halved lengthwise



salt and pepper.

Cut 12 tomatoes crosswise in half. Scoop out tomato pulp with melon baller or small spoon. Place tomatoes, cut side up, on serving plate. Sprinkle with salt and pepper. Stuff hollowed cherry tomatoes with marinated feta. Slide in olive half alongside cheese. Drizzle with additional olive oil. *DO AHEAD: Can be made 6 hours ahead. Cover and chill. Can also be adapted for regular field slicing tomatoes.*

Toss cubed feta, oil, shallot, and oregano in small bowl. Season with

Rustic Bread Salad

[PARADE](#) | August 2002

1 thin French bread, halved length-

wise and cut into 1-inch cubes
7 tablespoons extra-virgin olive oil
Salt and pepper, to taste
1/2 cucumber, peeled
1 small red bell pepper, diced
2 celery ribs, cut into 1/2-inch dice
2 carrots, cut into 1/2-inch dice
1/3 cup diced red onion
8 ripe plum tomatoes, cut into 1/2-inch pieces
1 cup halved yellow cherry or pear tomatoes
8 whole fresh basil leaves, coarsely torn
8 whole fresh mint leaves, coarsely torn
3 tablespoons red-wine vinegar
2 hard-cooked eggs, chopped
Preheat the oven to 350°F. Toss the bread cubes with 3 tablespoons of the olive oil, the salt, and pepper. Spread the bread cubes in a single layer on a baking sheet and bake until slightly toasted and golden, about 15 minutes, shaking the pan occasionally. Set aside. Halve the cucumber lengthwise and cut into 1/2-inch pieces. Place in a large bowl along with the red pepper, celery, carrots, onion, tomatoes, basil, and mint. Season with salt and pepper. Add the bread cubes. Drizzle the salad with the remaining 4 tablespoons of olive oil and the vinegar. Toss the salad and garnish with the chopped eggs.

Words to Live By

"Never does nature say one thing and wisdom another"
- Juvenal

