

Cure Organic Farm Newsletter

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Fall In The Air

Every morning we begin our day here on the farm at the picnic tables next to the green house. We have a morning meeting where we talk about what we will be doing that day, how everyone is feeling and any other exciting stories that can't wait to be told until we get into the field. Lately when we meet at 6am it has been in the dark. Now when we meet in the dark all of us are in our winter hats, gloves and sweaters. Fall is happening here at the farm and I guess it is time to move our start time to 6:30am, which will feel luxurious!

The evening lows are now in the 40's. This means that the basil, melon, pepper and tomato days are numbered. Now is the time to can and freeze any of these crops you are hoping to savor throughout the winter! From the field Fall represents herself with new crops. Turnips, radish, car

Holiday Turkeys

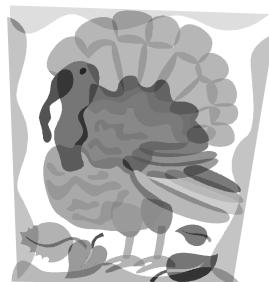
Wisdom Farm is now taking orders for Thanksgiving Turkeys. Their turkeys will weigh between 15-25 pounds and cost \$2.50 per pound. We will have them here at the farm frozen and available for you to pick them up the week before Thanksgiving. Be sure to sign up soon, as they have a limited number available.

rots and beets once again appreciate the cooler temperatures. Potatoes, leeks, winter squash and onions beg us to make soup. Swiss Chard, kale, head lettuce and bok-choy no longer have to fight to grow in the heat, and become abundant with the cool evenings. Needless to say, the summer's bounty gradually leads us into the fall and a change on vegetables on our tables.

In the fall we also begin the season's clean up. We get to more projects that have been on hold for the summer, begin removing and storing irrigation from beds that we are no longer using, and continue to dream of what to do differently or in addition for next season. And of course we celebrate the season....

Our annual Pig Roast and fall celebration will be Sunday, October 7th from 3-8pm. Mark your calendars! Each season we host a pig roast (yes, Alfalfa &

Sign up sheets are available at your pick-up location and will continue through October 3rd.



Sugar) for our CSA members, volunteers and everyone else in the community who helps make the farm a success each season. We spend 5 months of the year enjoying food from the farm, but don't have the opportunity until now to share it with one another. We will provide the pork sandwiches and a wonderful fall soup, you bring a dish to share or dessert! Each year we look forward to celebrating the season with you and your family!

CSA pick-ups continue through October 17th. **Attention members who pick-up at the market!** Members who pick up at the farmers market on Wednesday evenings need to make arrangements to pick their shares up at the farm pick-up beginning October 10th and October 17th. The Wednesday evening farmers market ends before our CSA season does. The last farmers market pick-up will be Oct. 3rd. So mark your calendar to pick your last two shares of the season up out here at the farm. Pick-up at the farm is on Wednesday evenings from 4-7pm. We are located at 7416 Valmont Road. Contact Anne at the farm if you will need to make other arrangements.

In your share this week:

- Melons
- Lemon & Slicing Cucumbers
- Swiss Chard
- Basil
- Summer Squash
- Bell & Jalapeno Peppers
- Slicing Tomatoes
- Cherry Tomatoes
- Fruit Share**
- Peaches

Farmers Market Pick-up Members... please return your boxes. We are running low on boxes to pack your shares in. To ensure that we have a box for everyone, please return your boxes at each pick-up so we can reuse them.

Thanks!

Coming Next Week...

- Potatoes
- Tomatoes
- Peppers
- Basil
- Turnips
- And so much more....

Recipes

Baked chard with tomatoes, garlic and Parmesan

1 bunch chard with stems
Salt
1 tbsp. extra virgin olive oil, plus extra for baking dish
2 medium garlic cloves, minced
2 cups chopped tomatoes
1 tbsp. minced basil
Freshly ground black pepper
1/2 C grated Parmesan cheese

Preheat oven to 400 degrees F. Bring several quarts of water to a boil in a large pot. Add chard stems and salt to taste. Cook until stems are almost tender, about 10 minutes. Drain.

Meanwhile, cook oil and garlic in a medium skillet over medium heat until garlic is golden, about 2 minutes. Add tomatoes and simmer

until sauce is almost dry, about 5 minutes. Stir in basil and salt and pepper to taste.

Cover bottom of a lightly greased 8-inch square baking dish with a single layer of chard, cutting stems as necessary to make them fit. Spoon a little tomato sauce over chard and sprinkle with a little cheese. Repeat this process two more times, alternating direction of stems for each layer and using remaining tomato sauce and cheese.

Bake until chard is very tender and top layer is lightly browned, about 25 minutes. Remove pan from oven and let settle for 5 minutes. Cut into squares and serve.

Cucumber Almond Couscous Salad

1 1/2 tsp. salt, divided
3/4 C plus 2 tbsp. couscous
1 C slivered almonds
1 tbsp. canola oil
3 C cucumbers, peeled
1/2 C thinly sliced green onions
3 tbsp. olive oil
3 tbsp. lemon juice
2 tsp. basil
1/2 tsp. pepper
Bring 2 C water to simmer in a small sauce-pan. Add 1/2 tsp. of salt and couscous. Cover and simmer 4-5 min. Sauté almonds in canola oil until lightly browned, stirring constantly to prevent burning. Immediately transfer almonds to a small dish to cool. In a large bowl, combine all remaining ingredients. Add couscous and almonds. Chill and serve.

Peperonata

1 tbsp. olive oil
4 tsp. minced garlic (about 4 large cloves)
2 large onions, chopped (about 2 C)
2 fresh chili peppers (red or green), halved lengthwise, seeded and sliced
6 sweet peppers (any color), cut into strips
3 tomatoes, cored and coarsely chopped
1/4 tsp. salt, or to taste
freshly ground pepper, to taste

In a large skillet that has a cover, heat the oil for 10 seconds, and add the garlic and then the onions and

chili peppers. Sauté the vegetables 1 minute. Add the sweet pepper strips, stir, cover and simmer over low heat, stirring occasionally, for about 10 minutes or until the peppers are soft but not brown. Add the tomatoes, and cook the mixture, stirring often, over moderately low heat, without covering the pan, for another 5 minutes. Season with salt and pepper to taste. Serve hot, chilled, or at room temperature.



Tomatoes: Here are some simple preparations:

1. Cut them in thick slices, then top each slice w/a slice of fresh mozzarella and a basil leaf (or more than one leaf if the slices are big).
2. Toss cut up tomatoes w/a little olive oil, balsamic vinegar and fresh basil, onion and cucumber.
3. Cut up tomatoes and marinate in a dressing of oil, vinegar, salt, pepper & a few cloves crushed fresh garlic. Zing!

Words to Live By

“ Let us never forget that the cultivation of the earth is the most important labor of man. Man may be civilized in some degree without great progress in manufactures and with little commerce with his distant neighbors. But with out cultivation of the earth he is, in all countries, a savage. Until he gives up the chase, and fixes himself in someplace, and seeks a living from the earth, he is a roaming barbarian. When tillage begins, other arts follow. The farmers, therefore, are the founders of civilization.”

-David Webster

