



Cure Organic Farm Newsletter

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Celebrating the Fall Equinox

September 23rd marks the Fall Equinox and the official beginning of Fall. It refers to the time that occurs twice a year when the nighttime is equal to the daytime -- each being 12 hours in duration. The seasons of the year are caused by the 23.5° tilt of the earth's axis. Because the earth is rotating like a top, it points in a fixed direction continuously -- towards a point in space near the North Star. But the earth is also revolving around the sun. During half of the year, the southern hemisphere is more exposed to the sun than is the northern hemisphere. During the rest of the year, the reverse is true. At noontime in the Northern Hemisphere the sun appears high in the sky during summertime and low in the sky during winter. It is highest at the summer solstice (about June-21) and lowest at the winter solstice (about December-21). The half-way points in the year are called the equinoxes. It is time of the year when the sun rises exactly in the east, travels through the sky for 12 hours, and sets exactly in the west. Everywhere on earth experiences close to 12 hours of daylight, and 12 hours of nighttime.

The equinox is a time of multi-faith celebration of peoples around the world. Common celebration themes that show up across the world are balance

ance, harvesting, hunting, and remembering and honoring the dead. In **ANCIENT BRITAIN:** both the solstices and equinoxes were the highly sophisticated preoccupation of the mysterious Megalithic peoples who predated Celt, Roman and Saxon on Europe's Atlantic fringe by thousands of years. Stonehenge and other stone structures were aligned so that the solstices and equinoxes could be determined. **ANCIENT IRELAND:** To celebrate spring and fall equinox a cluster of megalithic cairns are scattered through the hills at Loughcrew, about 55 miles North West of Dublin in Ireland. Loughcrew Carin T is a passage tomb which is designed so that the light from the rising sun on the spring and summer equinoxes penetrates a long corridor and illuminates a back stone, which is decorated with astronomical symbols. **CHRISTIANITY:** The Christian Church replaced earlier Pagan solstices and equinox celebrations during Medieval times, with Christianized observances. Replacing the fall equinox is Michaelmas, the feast of the Archangel Michael, on SEP-29. His feast was celebrated with a traditional well-fattened goose which had fed well on the stubble of the fields after the harvest. In many places, there was also a tradition of special large loaves of bread made only for that day. By Michaelmas the harvest had to be

completed and the new cycle of farming would begin. It was a time for beginning new leases, rendering accounts and paying the annual dues. **CHUMASH:** This is a Native American tribe from Southern California. They celebrate their fall equinox sun ceremony during their month of Hut ash (September). It takes place after the harvest is picked, processed and stored. *stokakunupmawa* is a ritual name for the Sun. According to traditional Chumash lore, all humans were known as children of the Sun, or 'sons of *Kakunupmawa*. The spiritual thoughts of the tribe would become focused the importance of unity in the face of winter confinement, death and rebirth. **FRANCE:** A new calendar was adopted at the time of the French Revolution in the late 18th century. The first day of the year, the 1st of Vendemiaire (the grape-harvest month), was the date of the fall equinox in the Northern Hemisphere. The year was divided into twelve months of 30 days each. That left five or six surplus days which were celebrations ending the year, in honor of virtue, genius, work, opinion, prizes and revolution.

So, however you choose to celebrate and honor the passing of the season into fall, be sure to take the time to enjoy a great late summer meal with loved ones and appreciate the wonders of the natural world!

In your share this week:

- Potatoes*
- Lemon Cucumbers*
- Bok Choy*
- Turnips*
- Bell & Jalapeno Peppers*
- Eggplant*
- Slicing Tomatoes*
- Cherry Tomatoes*
- Fruit Share**
- Peaches*

Attention Farmers Market Pick-up Members....the Wednesday evening Farmers Market closes October 3rd. Your CSA pick-up will continue through October 17th. The last two CSA pick ups will be available at the farm only. Please plan on coming out to the farm to pick up your share on October 10th and October 17th from 4-7pm. Please contact us at the farm if you have questions before then!

Coming Next Week...

- Bok Choy*
- Tomatoes*
- Basil*
- Braising Mix*
- And so much more....

Recipes

Turnip Ideas

*Many cookbooks suggest they are good mashed like potatoes, or with potatoes. So pull out your favorite mashed potatoes recipe and make it with half turnips, half potatoes (try it with our fingerlings).

*Try them raw! Slice or sliver them in salads or vegetable platters. Serve with a favorite dip.

*Add turnips to stir-frys for a nice crunch and a perky flavor.

*Bake 'em! Scrub and remove tops/tails from baby turnips and put in a baking pan with chunks of carrots, onions and potatoes, drizzle with olive oil, season with salt and pepper, cover with foil and bake at 350 degrees until tender, about 45 minutes.

*Turnip greens are especially good cooked with other greens, like collards, in water flavored with salt pork or a ham bone. They are traditionally seasoned with sprinklings of oil, vinegar, hot sauce or ground red pepper, and sugar

Pan-browned Fingerling Potatoes and Garlic

Fingerling potatoes (lots!)
1 large garlic bulb (at least) or several garlic cloves
olive oil
salt & pepper

Scrub/wash potatoes and slice into approximately 1/4" slices (fingerlings slice neatly into nice little bite-sized disks!). Coarsely chop garlic. Put a generous amount of oil (about 4 tbsp.) into a large skillet. Toss in chopped garlic

and heat over medium heat until it starts to sizzle. Add sliced potatoes and stir to coat well with oil and garlic bits. Salt and pepper generously, turn heat to low and cover. Let potatoes cook for 5 minutes, then uncover and turn with a spatula. Cover again and let cook another 5 minutes. Continue the pattern of cooking and turning at 5 minute intervals until the potatoes and garlic bits are nicely browned (at least 20 minutes -- more if you like 'em real brown). These are great for breakfast, but I imagine they'd be good for dinner too!

Babaghanoush

Babaghanoush is a middle-eastern roasted, kind of smoky eggplant dip. Generally it is served cold, with bread (pita) or veggies for dipping, but I particularly love it when it's still slightly warm, just after I have finished making it.

1 large or 2 medium globe eggplants
Juice of 1/2 a fresh lemon
1/2 tsp. salt
1 or 2 cloves of garlic
2 to 3 tbsp. tahini
1/8 tsp. or so ground cumin
Roast eggplant whole over a gas or BBQ grill, or under a broiler, turning

once or twice, until skin has blackened and eggplant has gone limp. Remove from heat to a plate or bowl and allow to cool enough so you can handle without burning yourself. Cut off stem, and peel and discard blackened skin. Coarsely chop and then mash eggplant pulp in a bowl with a fork (adding back in any juice that escaped while cooling), until just a little lumpy. Mash garlic with salt, pounding to a puree. Add to eggplant mixture. Alternately add tahini and lemon juice, blending each time. Blend in cumin. Taste for seasoning, and add more lemon juice or salt or tahini to suit your taste. Serve it garnished with parsley sprigs, and tomato

slices if you like, or as a dip with pita, baguette or cut vegetables.



Words to Live By

The Sun has climbed the hill, the day is on the downward slope.

Between the morning and the afternoon, stand I here

with my soul and lift it up.

My soul is heavy with sunshine, and steeped with strength.

The sun beams have filled me like honeycomb,

It is the moment of fullness,

And the top of the morning.

- D.H. Lawrence



Annual Pig Roast & Fall Celebration

Save the date and come on out and join us to celebrate another great season around the bon fire and picnic tables.

Sunday October 7th from 3-9pm at the farm

You bring a side dish or dessert to share. We'll provide the sausage, pulled pork sandwiches & vegetable soup with Hugo's help.