

# Cure Organic Farm Newsletter

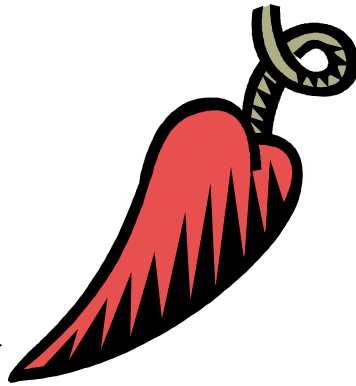
Distribution Week #16  
September 16, 2009

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

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

## Roasted Chilies

The smell of roasted chilies for me, is the smell of fall. Our good friend and neighbor farm Red Wagon grows and roasts a wide variety of hot peppers. When Wyatt mentioned yesterday that he had more peppers than he knew what to do with, I told him we were happy to enjoy some of his roasted chilies. We recommend peeling the peppers and adding them to any of our favorite soups, burritos or sautéed dishes. They are a real treat. Thanks Red Wagon Farm!



## 4 More Weeks

CSA shares continue through October 14th. Members who pick-up at the farmers market, please make necessary plans to pick your last CSA share of the season up on Oct. 14th out here at the farm. The Wednesday evening markets end a week before our share does, so please come on out here to the farm to pick up your last share.

**Reminder to Save the Date** to join us on Sunday, October 4th for our annual pig roast and harvest celebration. The pig roast is from 3-8pm. We'll provide the pork sandwiched and tomato vegetable stew, you bring a side dish or dessert to share.

## No Summer Squash?

That's right, with fall just around the corner, you may have noticed the supply of our good old friend zucchini is dwindling. Even though we may not quite be ready to say goodbye to the warm days (and nights) or our delicious bunches of basil and handfuls of tomatoes, we can delight in what's to come!

Just around the corner we will start to have the warm sweet flavor of roasted winter squash, the huge dish of

roasted beets, onions, carrots, and celeriac. And of course potatoes!

For our winter share folks all of these items will become familiar and loved in the weeks to come. For those of you who missed the winter share this year, don't despair! Our self-serve farm stand is open daily until Thanksgiving! So when you are in desperate need of parsnips you know where to come.

September is the month to celebrate the Harvest

With great excitement, we invite you to join us for an evening of beautiful food and beautiful wine.

This event is a benefit to raise money for Cure Organic Farm's education program and kitchen.

**Potager Restaurant  
Infinite Monkey Winery  
Cure Organic Farm**

5 courses made with locally grown food from Cure Organic Farm,  
5 wines made by Ben of Infinite Monkey Theorem Winery  
prepared by a team from Potager Restaurant at the winery

**Sunday, September 27**

Infinite Monkey Theorem Winery

931 W. 5th Ave.

Denver, Colorado

wine and winery tour:

5:00pm

dinner: 6:00pm

\$150 per person

space is limited and reservations are required.

call Potager Restaurant to make a reservation

303-832-5788

## In your share this week:

*Eggplant*

*Head Lettuce*

*Carrots*

*Roasted Chilies*

*Potatoes*

*Colored Peppers*

*Cherry Tomatoes*

*Green Bell Peppers*

*Heirloom Tomatoes*

*Red Slicing Tomatoes*

## Fruit Share

*Pears*



## Coming Next Week...

Sweet Corn

Basil

Tomatoes

Peppers

And so much more....

# Recipes

## Spicy Sweet Corn and Poblano Soup

[Gourmet](#) | July 1997

3 large garlic cloves, unpeeled  
vegetable oil for coating garlic  
1/4 teaspoon coriander seeds  
1/4 teaspoon cumin seeds  
3 medium sweet onions such as Vidalia, Walla Walla, or Maui  
2 tablespoons plus 1 teaspoon peanut or vegetable oil  
1/2 fresh jalapeño chili  
2 fresh poblano chilies, [roasted and peeled](#)  
3 ears corn  
6 cups chicken broth  
1 cup heavy cream  
12 long fresh coriander sprigs  
2 to 3 tablespoons fresh lime juice, or to taste  
1 red bell pepper, [roasted and peeled](#)  
Preheat oven to 350°F.

Coat garlic lightly with vegetable oil and

wrap in foil. Bake garlic 30 minutes, or until soft.

In a dry small heavy skillet toast coriander and cumin seeds over moderately high heat, stirring, until fragrant and several shades darker. In an electric coffee/spice grinder grind seeds to powder.

Chop onions and in a 6-quart heavy kettle cook in 2 tablespoons oil over moderate heat, stirring, until softened. Reserve about one third onions in a small bowl. Wearing rubber gloves, slice jalapeño and chop roasted poblanos (about 1 cup). Remove kernels from ears of corn (about 2 cups), reserving cobs. To onions in kettle add jalapeño and 1 cup corn kernels and cook over moderate heat, stirring, 2 minutes. Add ground spices, 1/2 cup poblanos, and salt and pepper to taste and cook, stirring, 2 minutes. Cut reserved corn cobs into thirds and add with broth to corn mixture. Simmer soup, uncovered, 30 minutes.

In a small heavy skillet sauté remaining kernels in remaining teaspoon oil over moderately high heat, stirring, just until tender.

Discard corn cobs from soup. Squeeze garlic pulp from skins and stir with cream into soup. Pour soup through a sieve into a bowl and in a blender purée solids with just enough liquid to make smooth.

Tie long coriander sprigs in a bunch with kitchen string. Transfer purée and remaining liquid to kettle with tied coriander and lime juice and cook over moderate heat, stirring occasionally, just until heated through. Chop roasted bell pepper. To soup add bell pepper, remaining poblanos, reserved onions, and sautéed corn and cook over moderate heat, stirring, until heated through. Discard tied coriander.

Serve soup garnished with coriander.

## Chiles Rellenos

[Gourmet](#) | September 1995

eight to ten 7-inch green chiles (Anaheims, *poblanos*, or Big Jims), roasted and peeled, seeds intact, stems attached (procedure follows)  
3/4 pound grated mild Cheddar (about 3 cups)  
1/2 cup all-purpose flour  
2 1/2 teaspoons salt  
1/2 teaspoon freshly ground black pepper  
vegetable shortening for frying  
4 large egg yolks, beaten  
4 large egg whites, beaten until foamy  
1/4 pound grated sharp Cheddar

(about 1 cup)

### Preparation

Preheat broiler.

Carefully cut a lengthwise slit in each chile and stuff with some Cheddar. Combine flour, salt, and pepper and dredge chiles.

In a large saucepan, heat 1/2 inch shortening to 375°F. on a deep-fat thermometer. Fold yolks into egg whites. Working with 2 chiles at a time, using a slotted spoon, dip chiles into eggs and fry, turning occasionally, until golden, no more than a couple of minutes. With a

slotted spoon transfer chiles (careful — they are delicate!) to paper towels to drain.

Arrange chiles on a flameproof plate and sprinkle with sharp Cheddar. Broil chiles just long enough to melt cheese and serve immediately, accompanied by salsa if desired.

### How to Roast Peppers

Using a long-handled fork, char peppers over an open flame or on a rack set over an electric burner, turning, until skins are blackened, 4 to 6 minutes. (Alternatively, broil peppers on rack of a broiler pan under a preheat broiler about 2 inches from heat, turning every 5 minutes, 15 to 20 minutes, or until skins are blistered and charred.) Transfer peppers to a bowl and let stand, covered, until cool enough to handle. Keeping peppers whole, peel them, starting at blossom end. Cut off tops and discard seeds and ribs.

## Words to Live By

*“Cooking is like love. It should be entered into with abandon or not at all.”*

~Harriet Van Horne

