



# Cure Organic Farm Newsletter

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www.cureorganicfarm.com/  
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## Raising Animals on The Farm

This has been the first year that we have raised two pigs for meat for our own consumption, and to share with our community at the fall celebration. What a journey it has been.

Many of you who pick-up your CSA shares out here at the farm take the time to go visit both the pigs and chickens, giving them the attention that they have come to expect as well as some carrot tops or other treats from your share. This has helped us to provide the love and care that all animals need, especially ones that in turn directly feed and nourish us.

We decided to raise pigs for meat this year as part of our own movement towards understanding the real value of food. We believe in raising and providing the most nutritious food possible for our family and for

our community. We believe that the only way to do this is to have a direct connection by raising our own food. In raising the pigs, this means making the decisions on how the pigs are fed, how their pasture is kept & that there is plenty of room for them to root, that they are appreciated and loved, and raised in their most natural habitat. We believe that the quality of any meat is related directly to the lifestyle of the animal from which it comes. And this season we have invited you to be a part of our animal husbandry practices.

Here in America we are extremely fortunate to have the food choices available to us that we do. Raising and sharing food is one of the most intimate relationships we create with one another. Sharing the knowledge of how food is raised and teaching others about the

importance of their food choices helps to ensure and enrich our own health and that of the ecosystem.

This is the first season that we will be providing all of the food directly from the farm for our annual fall celebration and pig roast. Hugo from The Kitchen will be grilling the pork shoulders and hams early that day so that everything will be ready by 3pm. We will have our first of the seasons dry bean chili as well as a vegetable ragu of tomatoes, winter squash and peppers. We hope that you will join us in celebrating what a wonderful season this has been, and accept our thanks for helping to make it all possible.



## Wisdom Farm Poultry

Our scheduled delivery of Wisdom Farm chicken has been delayed by 2 weeks. Due to unexpected orders Jay and his family have fallen a bit behind in filling orders. We can expect our chicken order to be ready on Wednesday, October 11th. If you would like to add to your order or to place one, please sign-up at your pick-up location.

## Honey Harvest

Hopefully all of you have taken the opportunity over the course of the season to observe the small apiary of Honey Bees that live here on Cure Organic Farm. We have four honey bee hives that help ensure that all of our open pollinated crops receive adequate pollination each season, and also provide us with wonderful honey as the cold months are rapidly approach.



On Monday, we harvested all of our honey. We have about 15 gallons from this season. All of our honey has been filtered and is raw. Pick some up to enjoy yourself, or as a gift.

6 oz.-\$6.00 pint- \$8.00 quart- \$15.00

## In your share this week:

*Braising Mix*

*Peppers*

*Eggplant*

*Onions*

*Brussels Sprouts*

*Delicata Winter Squash*

*Cherry Tomatoes*

*Potatoes*

### Fruit Share

*Pears*

### \*Important Notice\*

The last Wednesday evening Farmers Market is October 4th. Please plan to pick your CSA shares up at Cure Organic Farm at 7416 Valmont Road between 4-7pm on October 11th and October 18th.

### Save The Date!!!!

Our annual fall celebration & pig roast is scheduled for Sunday, October 8th from 3-10pm. We hope that you all will join us.

### Coming Next Week...

Kale

Leeks

Butternut Squash

Tomatoes

And much more!

## Recipes

### Stuffed Delicata Squash

3 delicata squash  
2 tbsp. olive oil  
6 shallots  
1 apple  
1/2 C finely chopped parsley  
1 tbsp. fresh tarragon  
2 tbsp shoyu [or soy sauce]  
1/2 C chopped walnuts  
1 tsp. dark sesame oil

Preheat your oven to 350 degrees F. Split the squash lengthwise almost all the way through, so that the halves of the squash open like a book. Remove the seeds. Rub the skin of the squash with the sesame oil. Mince the shallots, apple, parsley, walnut pieces and fresh tarragon together. In a bowl, mix the

minced ingredients with the olive oil and shoyu. Fill the cavities of the squash evenly to the top of the squash. Then, with toothpicks, skewers or a straightened paper clip, fasten the two halves together. Wedge the squashes cheek-to-jowl in the baking sheet. Add 1/4 C of water to the bottom of the baking dish. Bake for 50 minutes.

### Bengan Bharta

medium globe eggplants [or more, if you use the small asian type], halved lengthwise  
1/3 C vegetable oil  
2 lg. onions, coarsely chopped  
3 tbsp. finely chopped peeled ginger  
1 lb. tomatoes, coarsely chopped  
2 tsp. ground cumin

onions, thyme and 2 tsp. salt; sauté until onions are translucent, about 10 minutes. Increase heat to medium-high and sauté until onions are tender and begin to color, about 8 more minutes. Remove from heat and add remaining 6 tbsp. butter, the water, wine and sugar and stir/swirl to combine. Bring to a boil, then cool to lukewarm.

Combine potatoes, apples, remaining 2 tsp. salt and onion mixture in a large bowl; toss gently to blend. Transfer to prepared baking dish, spreading evenly. Cover dish with parchment paper, then cover with foil. Bake until potatoes are tender, about 55 minutes. Uncover and

1 1/2 tsp. sweet paprika  
1 tsp. ground coriander  
1/2 tsp. cayenne pepper  
1/3 C chopped fresh cilantro  
Preheat oven to 360 degrees F. Oil a rimmed baking sheet; place eggplant halves, cut side down, on sheet. Roast eggplant until flesh is soft, . Then proceed with recipe. Cool slightly. Using spoon, scoop pulp from eggplant halves into a medium bowl; mash. Discard skins. Heat oil in heavy large skillet over medium-high heat. Add onions and sauté until golden brown, about 6 minutes. Add ginger and stir 1 minute. Add tomatoes and next 4 ingredients; sauté 5 minutes to blend flavors. Add eggplant and stir until slightly thickened, about 5 minutes. Remove from heat. Stir in cilantro. Season with salt and pepper. Serve warm.

### Apple, Potato and Onion Gratin

12 tbsp. butter, divided  
2 lbs. onions, sliced  
2 tbsp. fresh thyme  
4 tsp. salt, divided  
2/3 C water  
2/3 C dry white wine  
4 tsp. sugar  
2 lbs. potatoes, cut into 1/4" thick slices  
2 lbs. tart apples, peeled, halved, cored and cut into 1/4" thick slices

Preheat oven to 400 degrees. Butter 13x9x2-inch glass or ceramic baking dish. Melt 6 tbsp. butter in a large skillet over medium heat. Add

bake until top browns and juices bubble thickly, about 20 minutes longer. Let stand 15 minutes before serving.



## Words to Live By

Every morning I wake torn between a desire to save the world and an inclination to savor it. This makes it hard to plan the day.

-E.B. White

