

Cure Organic Farm Newsletter

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

A Renaissance of Local With BVR

In an earlier newsletter this season we shared Boulder Valley Relocalizations (BVR) mission statement, goals and upcoming events with you. This local group is focused on building community self-sufficiency and strengthening the local economy through partnership, collaboration and engagement. Their biggest event of the season is scheduled for this weekend, Sept 28-Sept. 30 at Planet Bluegrass in Lyons. This will be a county-wide community festival, conference and expo, the first of an annual tradition, providing opportunities for involvement for local citizens, organizations, and businesses. The entire event will be an uplifting celebration of local food, local energy, local economy, local culture and local community. You and your family won't want to miss this event.

The Renaissance of Local festival will include live music, great food from local growers and chefs, special activities for children and families, in a spirited community-oriented atmosphere.

The (nearly) Zero Waste event will be powered where possible with energy produced on-site (e.g., solar, wind, biodiesel generators), along with demonstrations of renewable energy alternatives. Includes a juried art show of Colorado artists.

The highlight of the festivities is the conference itself. A packed three-day schedule of unique local and national leaders, as well as local panelists, covering the major themes of the BOULDER COUNTY GOING LOCAL! Campaign: BUY LOCAL FIRST!, EAT LOCAL!, GROW LOCAL!, LOCAL ENERGY!, and LOCAL CURRENCY! A headline keynote by Paul Hawken, Natural Capital Institute. There is also scheduled a special segment featuring Post Carbon Institute authors Richard Heinberg (debuting his latest book, *Peak Everything: Waking up to the Century of Declines*), **Julian Darley** (*High Noon for Natural Gas: The New Energy Crisis* and the forthcoming *Relocalize Now! Getting Ready for Climate Change and the End of Cheap Oil*), and **Daniel**

Lerch (debuting his new book, *Post Carbon Cities: Planning for Energy and Climate Uncertainty*). For a full list of speakers and presenters check out www.boulderrelocalization.org/news/index.htm

This 3 day local event will come to its culmination with a harvest celebration and feast in the Slow Food spirit. Gathering together with local farmers, food purveyors, restaurateurs, and wine producers, Sunday afternoon, Sept. 30. This feast will be centered around locally produced foods paired with locally produced wines, and served community-style on what may be the world's longest banquet table!

Need Tickets? Tickets for the festival/conference cost \$20 per day at the gate of \$15 in advance, or \$35 in advance for a 3 day pass. The Slow Food Feast on Sunday costs \$25 per person. Tickets are available at the Boulder Theater or on BVR's website mentioned above.

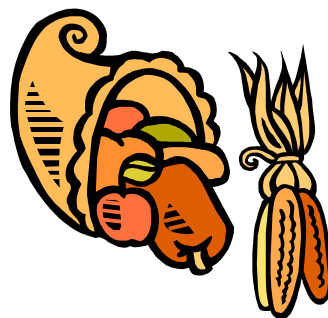
This is promising to be a great community event and a wonderful way to celebrate the season, each other and our community.

Annual Pig Roast at COF

Save the date and come on out and join us to celebrate another great season around the bon fire and picnic tables. It takes each and every one of us to make this farm a success each season, so let's celebrate together!

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.



In your share this week:

Braising Mix

Winter Squash

Bok Choy

Sweet Peppers

Hot Peppers

Basil

Tomatoes

Cherry Tomatoes

Fruit Share

Apples

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...

Leeks

Tomatoes

Winter Squash

Potatoes

And so much more.....

Recipes

Autumn Minestrone

Makes 12 cups, serves 6 to 8.

- 2 tablespoons vegetable oil
- 1 cup chopped onions
- 2 garlic cloves, minced
- 2 1/2 cups peeled and cubed winter squash
- 1/2 cup diced carrots
- 2 1/2 cups cubed potatoes
- 1 teaspoon oregano
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 6 cups water
- 4 cups chopped braising mix
- 1 1/2 cups cooked or canned beans

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, carrots,

potatoes, oregano, salt, pepper, and water and cook for 10 minutes or until the potatoes are almost done. Add the braising mix and beans and simmer for another 5 to 7 minutes, until the kale is tender and the beans are hot. Serve immediately.

What do I do with Braising Mix?

These greens are delicious when lightly sautéed with garlic and olive oil, or with ginger and lemon. Watch them close because they cook very quickly. They are also great thrown in soup or wilted on pasta. Here at the farm you can usually spot someone just enjoying braising mix as a raw salad with a bit of fresh lemon juice.



Apple "Pizza"

- 1 frozen puff pastry sheet (from a 17 1/4-oz package), thawed
- 2 tablespoons fine dry bread crumbs
- 1 1/2 tablespoons unsalted butter
- 1 1/2 lb apples (3 medium), halved lengthwise, cored, and thinly sliced crosswise
- 1/4 cup sugar
- 1/8 teaspoon salt
- 1 cup grated sharp or extra-sharp white Cheddar (3 oz)

Put oven rack in middle position and preheat oven to 400°F.

Roll out pastry sheet into a 15- by 12-inch rectangle on a lightly floured surface with a floured rolling pin. Transfer to a baking sheet lined with parchment paper, then prick pastry all over with a fork. Sprinkle bread crumbs over pastry.

Heat butter in a small saucepan over moderate heat, swirling pan, until golden brown, about 1 minute.

Pour butter over apples in a bowl, then add sugar and salt and toss to coat. Spread apples evenly over pastry, leaving a 1-inch border on all sides. Fold in edges over apples, pressing down firmly on corners and sides. Bake until apples are tender, 35 to 40 minutes. Sprinkle cheese over apples and bake until cheese is golden and bubbling, 5 to 9 minutes more. Serve warm.

Makes 6 to 8 dessert servings.

Words to Live By

Seasons

“To be interested in the changing seasons is...a happier state of mind than to be hopelessly in love with spring.”

-George Santayana

