



Cure Organic Farm Newsletter

Distribution Week #18

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Time for Winter Squash

Frosty mornings are a good indication that it is time to harvest the winter squash. Like summer squash, winter or hard squashes are true natives of the "New World" and are ubiquitous throughout both North and South America.

Winter Squash will store at room temperature for several months, which is one of the reasons that this plant has been a staple of both native and early pioneer diets. All squashes are members of the *Curcubita* family that produces varieties of every color, texture, shape, size, and range of flavors. This season we are growing Butternut, Delicata and Sweet Dumpling

squashes.

Butternut Squash is a seasonal favorite for its very sweet orange flesh, although it is often available year round. You can recognize it by its pinkish beige skin color and elongated shape that develops into a bulb at one end.

Delicata, also called Sweet Potato Squash, is elongated, about 5" to 8" (12.5 to 20 cm) in length. The color is creamy with dark green or orange stripes. Choose firm, unwrinkled squashes. The color inside is a deep yellow, the flavor deliciously sweet. Delicata squash is a great addition to any meal, roasted in the oven and served with butter and brown sugar.

Sweet Dumpling looks like a squat round version of the Delicata squash with similar coloring. The very sweet, moist, yellow-orange flesh makes this squash a seasonal favorite. This variety is popular for stuffing and to use as a creative container for serving soups, dips, and sauces.



Squash Tidbit

"The apple of God," an expression of Ancient American Indians, tells us that as far back as 3,000 BCE squash was elevated to the highest status. The belief was that the squash seeds would increase fertility if they were planted close by, and indeed those with large squash fields did produce large families. With such strong faith in the powers of squash, the early Native Americans made this vegetable an important staple in their diet.

Annual Fall Celebration

For 20 weeks of the season we share the food from the fields with one another, but seldom do we enjoy a meal together. Our annual fall celebration provides us with the opportunity to enjoy a feast together, each others company and of course the farm which makes it all possible. On our outdoor wood fired grills we will be cooking pork and a vegetarian stew. We've got tables, chairs, and all the necessary utensils for a picnic. So, how does it work?

When: Sunday October 8th, 3:00-10:00 pm.

Where: Cure Organic Farm-7416 Valmont Road

What to bring: A side dish or beverage to share if you like. Warm clothes or what ever will help make you comfortable at the farm. A picnic blanket or lawn chairs might be nice. Friends or family whom you want to share the farm with are welcome!

Come celebrate with us, rain, snow or shine!

Wisdom Farm Poultry

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.

In your share this week:

Kale

Leeks

Garlic

Butternut Squash

Dill

Radish

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.

Observe yourself living

Coming Next Week...

Braising Mix

Turnips

Winter Squash

Tomatoes

And much more!

Recipes

Winter Squash Ideas

1. Pureé roasted butternut squash with orange juice and a touch of ginger.
2. Season chunks of roasted pumpkin with walnut oil, brown sugar & ground ginger. Toss with dried cranberries.
3. Mash winter squash with apple butter and a little chicken broth. Top with crispy bits of bacon and fresh thyme.
4. Pureé roasted pumpkin with chicken broth and a little garlic; use it as a sauce for pasta or ravioli.
5. Cut in half and bake face down in a touch of water until soft. Scrape seeds out and add butter and brown sugar.

Potato-Leek Soup

- 3 med. potatoes
- 2 large leeks (3 or 4 small)
- 2 cans chicken (or West brae Un-Chicken) broth
- butter for sautéing
- white pepper
- nutmeg
- milk or cream

Scrub and dice potatoes (leave on skin). Trim off roots and green leaves from leeks, keeping only white and pale green part of stalks. Chop leeks. Simmer potatoes in broth about 20 min., until tender. Sauté leeks in butter until translu-

Potato-Kale Soup

- 2 tablespoons butter
 - 1 1/2 C finely chopped onion
 - 3 garlic cloves, chopped
 - 7 C broth
 - 1 C chopped carrots
 - 4 C coarsely chopped potatoes
 - 1 large precooked sausage (your choice), chopped
 - Salt
 - 1 bay leaf
 - 6 C chopped fresh kale (about 1/4 pound)
 - 1 tsp. dried basil
 - 9 tbsp. (2 oz.) Gruyere cheese
- Melt butter in large saucepan over medium heat. Add onion, cook 8 minutes or until tender, stirring frequently. Add garlic; cook 30 seconds, stirring constantly. Stir in broth, pota-

cent. Combine leeks, potatoes and broth in a blender and puree, thinning w/milk or cream as desired. Return to pan and heat through, adding white pepper & nutmeg to taste.

Macedonian New Potato Salad

- 1 1/2 lbs. small red potatoes
- 1/2 C thinly sliced scallions
- 1/2 C thinly sliced radishes
- 1/2 C halved olives
- 6 lettuce leaves
- 1/2 C crumbled feta cheese (optional)
- salt and pepper

toes, sausage, carrot, salt and bay leaf; bring to a boil. Cover and reduce heat and simmer about 15 minutes or until potatoes are tender. Stir in kale and basil. Cover and simmer 10 minutes or until kale is tender. Discard bay leaf. Partially mash potatoes with a potato masher until thick and chunky. Ladle into bowls and top with cheese (1 1/2 tbsp. per bowl).
Makes about 6 servings (1 1/2 C each)

vinaigrette ingredients:
2 tbsp. white wine vinegar
1 tsp. grated lemon zest
2 tsp. lemon juice
2 tsp. dijon mustard
2 tbsp. chopped fresh basil
1/2 tsp. chopped fresh oregano
2 tbsp. chopped parsley
1/4 C olive salt and pepper

Steam or cook potatoes until just tender. While potatoes are cooking, prepare dressing: combine all ingredients except oil, then whisk in oil gradually, blending until thoroughly combined. Drain potatoes, cut in half, and toss with dressing. Let it cool. Add scallions, radishes, and olives and toss together. Add n a bed of lettuce leaves and garnish with feta and salami.

Words to Live By

To be of the earth is to know
the restlessness of a seed
the darkness of being planted
the struggle towards light
the pain of growth into the light
the joy of bursting and bearing fruit
the love of being food for someone
the scattering of your seeds
the decay of the seasons
the mystery of death
and the miracle of birth.

-John Soos

