

Cure Organic Farm Newsletter

Distribution Week #18

September 30, 2009

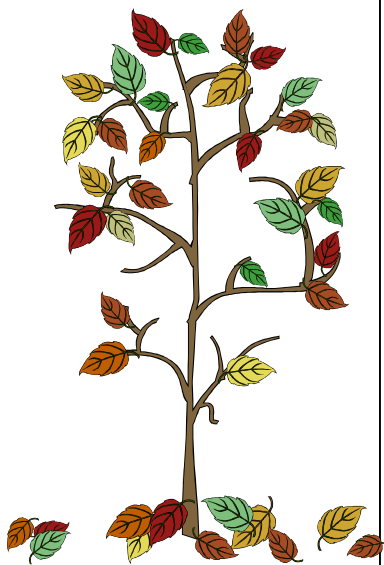
7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

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Fall Vegetables Still To Come

While tomatoes are the token vegetable of the summer, winter squash holds the fame for the fall. There are many varieties of winter squash. Out in the fields still to enjoy this season are Brussels sprouts, parsnips, and beets. While the cool fall evenings are beginning, we have covered many of our crops in the hope of extending the season. Turnips, carrots as well as braising mix and head lettuce still are growing strong.

A reminder that this share continues through Oct. 14th. Members who pick-up at the farmers market, please make arrangements to ick your share up here at the farm on Oct. 14th.



Pig Roast This Weekend

All season long we look forward to the pig roast. What an amazing experience to celebrate the season together with food from the farm that each one of us have played a roll in supporting. We are all so looking forward to sharing the afternoon with you.

The pig roast preparations begin today as this morning we took the pigs in to be butchered. What a special and intense experience it is to raise and care for animals that will directly nour-

ish our community. On Friday with the help of our good friend Hugo, we will prepare the cuts of meat, make bacon and sausage and truly get to know and appreciate these pigs.

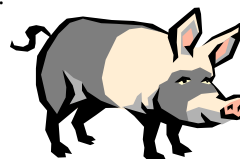
The pig roast and fall celebration begin at 3pm on Sunday Oct, 4th here at the farm. We'll make the pork sandwiches, veggie stew and provide the beverages. You bring a side dish or dessert to share. Bob Munson will be providing pumpkins for the kids to paint and the last ears of corn for the season.

Cooking Winter Squash

Winter squash is one of those festive foods which while adding a touch of fall to your home as a decoration, can also be the focus of you dinner. The most basic way to prepare all winter squash and pie pumpkins is to carefully cut the squash in half, lace each half face down in a baking dish with enough water to steam the squash up. Bake at 350 for about 30 minutes, or until soft. Scoop out the seeds and set aside to dry for a fantastic treat later. Add butter, honey or maple syrup as a topping and enjoy.

In your share today you will be enjoying and experimenting with spaghetti squash. This squash is bright yellow on the exterior with fine strands of light yellow winter squash on the inside. To prepare follow the instructions above. When scooping the squash out once cooked, try adding fresh tomatoes, sautéed peppers and onions for a new type of pasta primavera. Hope you enjoy these tastes of the new season.

Chances are it will rain, as it is almost a Cure Farm tradition at this point! Hope to see you, rain or shine.



In your share this week:

Carrots

Spaghetti Squash

Pie Pumpkins

Onions

Peppers

Kale

Cherry Tomatoes

Heirloom Tomatoes

Red Slicing Tomatoes

Fruit Share

Apples & Pears

Wisdom Farm chickens coming next week. Sorry for the delay, but please plan on picking up your chickens next Wednesday, Oct. 7th. Still time to order if you haven't yet!

Coming Next Week...

Brussels Sprouts

Carrots

Tomatoes

Winter Squash

And so much more.....

Recipes

Braised Chicken with Green Peppers and Tomatoes

[Bon Appétit](#) | May 2005



- 4 tablespoons extra-virgin olive oil
- 2 1/4 pounds skinless boneless chicken thighs (about 12)
- 1 large onion, minced
- 3 garlic cloves, minced
- 2 tablespoons minced fresh Italian parsley
- 2 green bell peppers, cut into 1-inch squares
- 6 whole tomatoes, chopped
- 1 cup dry white wine

Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Sprinkle chicken with salt and pepper. Working in batches, cook chicken until golden brown, about 4 minutes total, adding more oil as needed.

Transfer to platter (reserve skillet). Add onion, garlic, and parsley to same skillet; sauté until onion is soft, scraping up browned bits, about 4 minutes. Add green peppers, tomatoes, and wine; return chicken to skillet. Cover; simmer over medium-low heat 30 minutes. Uncover; cook until chicken is tender and sauce is reduced, about 15 minutes. Season with salt and pepper.

Cherry Tomato and Lemon Salad

[Gourmet](#) | May 2005

- 2 large lemons
- 1 tablespoon sugar
- 1 lb cherry or grape tomatoes (3 cups), halved or, if large, quartered
- 3 tablespoons chopped fresh chives
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Finely grate enough [zest](#) from 1 lemon to measure 2 teaspoons. Trim ends of both lemons, then stand lemons on a cut side and cut peel, including all white pith, from lemons with a sharp paring knife (discard peel). Cut segments free from membranes, then cut segments crosswise into 1/4-inch pieces. Toss lemon segments gently with sugar in a bowl.

Stir in remaining ingredients and zest, then let stand, covered, at room temperature 15 minutes (to allow flavors to develop).



Pumpkin Soup with Honey and Cloves

[Bon Appétit](#) | October 1995



- 2 tablespoon butter
 - 2 large carrots, chopped
 - 2 celery stalks, chopped
 - 1 large onion, chopped
 - 1 2-pound pumpkin peeled, seeded, chopped (about 6 cups)
 - 6 cups (or more) chicken stock or canned low-salt broth
 - 5 whole cloves
 - 1/2 cup whipping cream
 - 2 tablespoons honey
- Melt butter in Dutch oven over medium-high heat. Add carrots, celery and onion; sauté until tender, about 8 minutes. Add pumpkin, 6 cups stock and cloves. Cover and simmer until

pumpkin is very tender, about 25 minutes. Discard cloves. Purée soup in batches in blender. Return to Dutch oven. Stir in cream and honey. Bring to simmer. Season to taste with salt and pepper.

Spaghetti Squash with Pomodoro Sauce

[SELF](#) | November 2002

- 1 spaghetti squash (about 1 1/2 lb)
- Vegetable-oil cooking spray
- 2 cloves garlic, peeled and minced
- 1 small onion, finely chopped
- 2 tsp olive oil
- 2 pounds diced tomatoes great (try cherry tomatoes)
- 3 tbsp tomato paste

- 1 tsp white wine vinegar
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp red pepper flakes

Fresh basil

Preheat oven to 375°F. Halve squash lengthwise and scoop out seeds. Coat a baking sheet with cooking spray; lay halves, flesh side down, on sheet. Bake 35 minutes or until you can easily pierce shell. While squash bakes, sauté garlic and onion in oil over medium heat 5 minutes. Add remaining ingredients except fresh basil and cook, stirring occasionally, for 30 minutes. Lower heat if sauce begins to boil. Remove squash from oven. Scrape crosswise to pull strands from shell. Place in nonmetal serving bowl. Pour sauce over squash and garnish with basil.

Words to Live By

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of the wild things
who do not tax their lives with forethought of grief.
I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

-Wendell Berry

