

Cure Organic Farm Newsletter

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

Notes from the field

One of the most common questions people ask during this part of the season is “what do you do in the winter?” While we defiantly do take some time to just relax and enjoy each others company, a lot of the time is spent in planning out the next season.

It is no secret that farming is unpredictable and risky. Taking the time to make crop plans, and a greenhouse seeding plan allows us to have a sketch of the season before we are knee deep in it. The crop plan includes how many plants we will need in order to reach our desired harvest, and also helps us to predict when

we need to plant the seeds in order to have a variety of crops available for our customers each week. Planning out the season in the winter months both inspires us for the coming season, and provides a holistic panoramic view of the season ahead.

Winter months are also the inventive months. All of the ideas that arise during the season that we just can't get to resurface during the winter. We use the time to fix tools that are broken, create new cultivation systems for the tractors and design and build fences for the animals.

While lists for next

seasons crop plans and sketches of cultivation tools litter my desk, we are still scrambling to finish harvesting all of the crops from this season. Racing the first hard frost to harvest heirloom tomatoes, red and green tomatoes, braising mix, greens and potatoes is how we fill our days currently. With the snowy peaks off in the distance and the cold morning dew covering the plants we know that the first hard frost is only days away.



CSA 2007 Registration

In effort to finish one season before jumping into the next, we will begin registration for the 2007 CSA in January 2007. In late December we will send you the 2007 CSA information via post mail. Current CSA members, including fruit share only members will receive the opportunity to sign up first, before we will accept registration from the general public. To our delight CSA memberships are becoming more popular and the memberships are filling up more quickly than they use to. So I encourage you to sign up early as we will be offering 125 CSA shares next season. Please help us make sure our current mailing list has all of your correct information by reviewing it when you pick up your share. Any requests for specific crops next season? Now is the time to let us know so we can work it into the plan!

Fall Festival Fun

Thanks to all of you who shared your Sunday afternoon and evening with us at the Fall Festival. What a beautiful fall day it was. We had a blast sharing everyone's delicious potluck goodies, huddling around the fire and celebrating the wonderful community that helped make this year so tremendous.

In your share this week:

Braising Mix

Turnips

Carrots

Winter Squash

Onions

Heirloom Tomatoes

Tomatoes

Fruit Share

Apples

The Boulder Farmers Market will continue each Saturday from 8-2 pm through November 4th. Come down to the market to enjoy the last of the seasons finest & freshest produce available. It is located on 13th street between Arapahoe and Canyon.

Coming Next Week...

Carving Pumpkins

Braising Mix

Kale

Winter Squash

Tomatoes

Turnips

Carrots

Garlic

And much more!

Recipes

Honey-Peppered Turnips

1 tbsp. unsalted butter
2 tbsp. honey
1 bunch turnips, cut into 1/4" cubes
1/2 tsp. freshly ground black pepper
Salt
Chopped fresh parsley

Melt the butter with the honey in a medium saucepan over medium-low heat. Stir in the turnips and pepper. Cook, covered, until tender, about 12 minutes. Add salt to taste and sprinkle with parsley.

Butternut Squash and Carrot Purée with Maple Syrup

4 tbsp. butter
1 onion, chopped
3 carrots, peeled and thinly sliced
one 3 1/2 lb. butternut squash, peeled, seeded, and cut into 1/2" pieces
1 C fresh orange juice
3 tbsp. pure maple syrup
1 onion, chopped
3 carrots, peeled and thinly sliced
one 3 1/2 lb. butternut squash, peeled, seeded, and cut into 1/2" pieces
1 C fresh orange juice
3 tbsp. pure maple syrup

Roasted Tomato Soup w/Garlic

3 lbs. tomatoes, halved
olive oil, salt & pepper
3 tbsp. minced garlic
1 1/2 tbsp. minced fresh* rosemary
1 1/2 tbsp. minced fresh* thyme
* (or 1 1/4 tbsp. dried)
1/4 tsp. crushed dry red peppers
6 cups chicken or veggie broth (two 14.5 oz. cans works fine)
6 tbsp. chopped fresh basil

Lightly coat tomatoes w/olive oil and sprinkle w/salt & pepper. Roast tomatoes cut side up on baking sheet in 400 degree oven until brown & tender, about 1 hr. Cool slightly, then process in food processor until slightly chunky (or chop by hand). In a large pot, sauté garlic in olive oil until fragrant. Add tomatoes, and everything else but

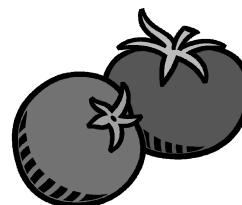
the basil and simmer uncovered until soup thickens slightly, about 25 min. Remove from heat, stir in basil, and season to taste w/salt & pepper.



Melt 2 tbsps. of the butter in a large pot over medium heat. Add onion and sauté until just tender, about 8 minutes. Stir in 1 tbsp. butter, add carrots and sauté until coated, about 1 minute. Add last tbsp. butter and squash and sauté until it begins to soften, about 8 minutes. Pour orange juice over vegetables. Cover and simmer until they are soft, about 25 minutes. Uncover and simmer until all liquid evaporates, about 5 minutes. Stir in maple syrup. Cool slightly. Working in batches, purée mixture in processor until smooth. Season to taste with salt and pepper.

Tomato-Garlic Braising Mix Greens

Sizzle some garlic in hot oil in a skillet or wok; add braising mix greens and some chopped tomatoes and heat through. Serve over cooked lentils and rice (If you use a rice cooker, drain a can of lentils and add on top of rice for last 5 min. of cooking time and they'll heat while the rice finishes cooking. When done, stir lentils in).



Words to Live By

"The future depends on reconnecting with the natural world: knowing our food, regenerating our land, and strengthening our communities. We cannot isolate one aspect of our life from another."

– Wendell Berry

