



Cure Organic Farm Newsletter

Distribution Week #20

October 14th 2009

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

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

Pumpkins, A Fall tradition

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C. References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was changed by the French into "pompon." The English changed "pompon" to "Pumpion."



American colonists changed "pumpion" into "pumpkin."

Native American Indians used pumpkins as a staple in their diets centuries before the pilgrims landed. They also dried strips of pumpkin and wove them into mats, and would roast

long strips of pumpkin on the open fire and eat them. When white settlers arrived, they saw the pumpkins growing and pumpkin soon became a staple in their diets. As today, early settlers used them in a wide variety of recipes from deserts to stews and soups. The origin of pumpkin pie is thought to have occurred when the colonists sliced off the pumpkin top, removed the seeds, and then filled it with milk, spices and honey. The pumpkin was then baked in the hot ashes of a dying fire.

Pumpkins are popular at [Halloween](#) when they are carved into [Jack-o'-lanterns](#). The practice was brought to the United States by Irish immigrants who originally carved tur-

nips into Jack-o'-lanterns. In America, pumpkins were more plentiful and cheaper than turnips, and so came about the switch from turnips to pumpkins. How ever you choose to celebrate the changing of the seasons, Fall would not be complete with out a few pumpkins in your home.



The Season's End

At the beginning of each CSA year I always wonder how we will feed all of the families for five months off of these 6 acres that we farm. To be honest, I am always a bit nervous! With careful planning and a lot of hard work from committed interns and dedicated volunteers, together somehow we pull it off.

Many Thanks to all of you who keep this farm alive from season to season with your continued support. With out people like you

who truly care about where and how their food is grown there would be no place for our family farm in this time of globalized food markets. Here's wishing you a healthy winter, and hopes that we may fill your table with food from our fields once again next season.

All the best,
Farmer Anne



Farm Stand Open Until Thanksgiving

Weather permitting, our self serve farm stand will continue to be open daily from 10am until dusk until Thanksgiving Day. Stop by to pick up:

- Carrots
- Onions
- Winter Squash
- Potatoes
- Beets
- Parsnips
- Greens
- Honey
- Apples

In your share this week:

Carrots or Beets

Acorn Squash

Butternut Squash

Onions

Peppers

Turnips

Carving Pumpkins

Tomatoes

Fruit Share

Apples & Plums

Think Thanksgiving Turkey's

We are taking orders for Wisdom Farm's turkeys. Turkey's weigh between 15-20 pounds and cost \$3 per pound. Order your turkeys now for pick-up here at the farm
November 18th.



Winter Share Begins Next Week

Turnips

Greens

Potatoes

Apples

And so much more

Recipes

Butternut & Barley Pilaf

2 teaspoon oil, olive, extra virgin
1 medium onion, chopped
14 ounce) broth, reduced-sodium chicken, or vegetable broth
1 3/4 cups water
1 cup barley, pearl
2 cups squash, butternut, cubed and peeled (3/4-inch cubes)
1/3 cup parsley, flat-leaf, chopped
1 teaspoon lemon zest
1 tablespoon lemon juice
1 clove garlic, minced
1/4 teaspoon salt, or to taste
pepper, black, coarsely ground, to taste
Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add broth, water, barley and squash; bring to a simmer, reduce

heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed, about 45 minutes. Add parsley, lemon zest, lemon juice, garlic, salt and pepper; mix gently.

Glazed Baby Turnips and Carrots

[Gourmet](#) | April 1994

1 pound baby turnips
3/4 pound baby carrots
1 1/2 tablespoons unsalted butter
1/2 teaspoon sugar
Trim baby turnips and carrots, leaving about 1/2-inch stems if green were attached, and peel if desired. If using regular turnips, peel and cut into 1-inch pieces. In a steamer set over boiling water steam turnips and carrots separately, covered, until just tender, 6

to 8 minutes. Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled.

In a large heavy skillet cook vegetables in butter with sugar and salt and pepper to taste over moderately low heat, stirring, until heated through and glazed, about 4 minutes



Acorn Squash with Wild Mushroom Cranberry Stuffing

[Bon Appétit](#) | October 1995

1 1 1/2- to 1 3/4-pound acorn squash, halved lengthwise, seeded
1/2 cup dried cranberries
1/4 cup hot water
4 tablespoons (1/2 stick) butter
4 ounces fresh wild mushrooms (such as shiitake), stemmed, chopped
1/4 cup chopped onion
1 teaspoon dried rubbed sage
1 cup fresh whole wheat breadcrumbs

Preheat oven to 425°F. Place squash cut side down in 8x8x2-inch glass

baking dish. Cover dish tightly with plastic wrap. Microwave on high 10 minutes. Pierce plastic to let steam escape. Uncover and turn squash halves cut side up. Season cavities with salt and pepper.



Combine dried cranberries and hot water in small bowl. Melt 3 tablespoons butter in heavy medium skillet over medium heat. Add mushrooms, onion and sage

and sauté until beginning to soften, about 5 minutes. Add breadcrumbs and stir until crumbs brown lightly, about 3 minutes. Mix in cranberries with soaking liquid. Season to taste with salt and pepper.

Mound stuffing into squash halves. Dot with remaining 1 tablespoon butter. Bake until heated through and crisp on top, about 10 minutes.

Words to Live By

"You work that you may keep pace with the earth and the soul of the earth. For to become idle is to become a stranger unto the seasons, and to step out of life's procession, that marches in majesty and proud submission towards the infinite."

-Kahlil Gibran

