

# Recipes

## Turnip Gratin

2 tablespoons unsalted butter  
2 1/2 pounds medium turnips,  
trimmed and left unpeeled  
1 tablespoon chopped thyme  
1/2 tablespoon chopped savory  
1 1/2 teaspoons kosher salt  
Rounded 1/8 teaspoon cayenne  
1 cup heavy cream  
1 cup grated Parmigiano-Reggiano

Preheat oven to 450°F with rack in middle. Melt butter in an ovenproof 12-inch heavy skillet, then cool. Slice turnips paper-thin with slicer, then arrange one third of slices, overlapping tightly, in skillet, keeping remaining slices covered with dampened paper towels. Sprinkle with about a third of thyme, savory, kosher salt,

and cayenne. Make 2 more layers. Add cream and cook, covered, until center is tender, 20 to 25 minutes. Sprinkle evenly with cheese, then bake, uncovered, until golden and bubbling, 10 to 15 minutes. Let stand 5 minutes before serving.

## Glazed Baby Turnips & Carrots

1 bunch baby turnips  
1 bunch 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. Cut turnips and carrots

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.

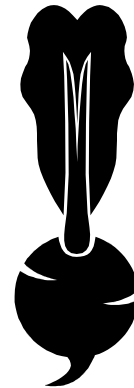


## Easy Strawberry Freezing

To freeze berries: remove strawberry tops and lay whole berries on a sheet of waxed paper on a cookie sheet. Freeze solid, then remove berries to a Ziploc bag and return to the freezer. They will last months this way. I don't generally wash them before I do this (one of the 'bennies' of eating organic!), but if you prefer to, be sure to blot them dry before you freeze them.

## Strawberry storage tips

Different weather conditions will make a huge difference in the storability of strawberries. In the cooler weather, they can be red, ripe and firm, and store well for a week. But in the summer heat they can become far more fragile, requiring immediate processing or they can go bad on you. I highly recommend processing them in some way as soon as you get them home. Your best options for fragile-berries are to freeze them, make jam or pie, or cut them up, sprinkle with sugar, stir, cover and refrigerate. They will still need to be consumed within a few days though.

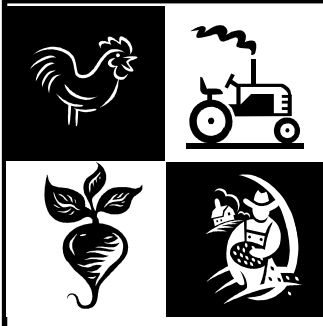


## Words to Live By

"Humans — despite their artistic pretensions, their sophistication and their many accomplishments — owe their existence to a six-inch layer of topsoil and the fact that it rains."

- source unknown





# Cure Organic Farm Newsletter

Distribution Week #2

June 11th, 2008

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

## From The Roots Up

By the time all of the produce in your share reaches your table it has gone through the incredible process of germinating, photosynthesizing, and many of them set flowers for fruit. What is at the heart of growing these crops? The soil. Good soil management is key to growing healthy plants and providing food that is rich in nutrients and full of flavor.

Today scientists are discovering that soil is filled with life. Every cubic inch teems with billions of microorganisms that play many different parts in the soils' cycle of fertility. Worms, ants and termites, springtails, protozoa, fungi, and bacteria ranging from the visible to the unimaginably minute perform important functions, and as a farmer I sometimes see my focus on growing soil as more important than growing crops. The healthier the life of my

soil, the healthier the crops I can grow. It is the soil microorganisms that drive most of the activity in the soil, and that ultimately becomes responsible for nutrient mobility. So as soils become depleted by overuse – sterilized and contaminated by pesticides and synthetic fertilizers, etc. – the soil life is reduced, limiting the microorganisms' activity, which in turn limits the nutrient and mineral availability to the plants... and ultimately to all of us. While this is the most important element of keeping the farm healthy, it is also the most difficult to work into the crop plan.

Each season we have been adding compost to all of our fields with the hopes of giving back as much as we take from the soil each year. Knowing that green manures and cover crops help to create a healthy soil ecosystem and also help to reduce erosion we gave it a try. Last fall we planted peas to

over winter, utilizing the moisture from the winter's snow to germinate and grow. We had a beautiful crop of field peas, some of which we just finished plowing under. These peas produce nodules on their roots that fix nitrogen into the soil. Their greens are also fabulous at increasing the organic matter in the top layers of the soil once it is turned in.

For those of us who like to think of the origin of things, be sure to remember the soil's part in creating your meal. In our eyes, a little extra effort goes a long way.



## Coffee Share

Each season we work with other local producers to bring their products to our CSA. This year we are excited to be working with conscious coffees to bring you a coffee share.

Last week we received some great feedback and ideas regarding the coffee share. It seems as though a pound a week is a bit much,

but a pound every other week would be about right. So, here's how it will work:

**Coffee Share**– 1 pound every other week. Choose light roast, dark roast or decaf.

**Cost**- \$90 for the season (9 pounds of coffee for the 20 week season)

**Sign Up**– Email us to sign up, or simply pick up a registration form at the CSA pick-up, fill it out and send it to us with a check.

For details on Conscious Coffees check out the spring newsletter on our newsletter page at [www.cureorganicfarm.com](http://www.cureorganicfarm.com)

## In your share this week:

*Salad Mix*

*Braising Mix*

*Turnips*

*Bok Choy*

*Carrots*

*Walla Walla Onions*

### Fruit Share

*Strawberries*



### Our Farm Stand

Our Farm Stand is now open daily from 10am to 7pm. It is self serve, so stop on out and help your self to what ever is available, just deposit your check or cash in the cash box.

### Coming Next Week

*Braising Mix*

*Kale*

*Carrots*

*Snap Peas*

And so much more.....