

Cure Organic Farm Newsletter

Distribution Week #2

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This newsletter is also available online at:
www.cureorganicfarm.com/
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Greens Galore

“What am I going to do with all of these greens?” asked the CSA member. “Eat them” replied the farmer!

June is a stellar month for greens. Especially with the cool rainy spring we have been fortunate to enjoy this year. Spring crops tend to be light and have extremely good cleansing properties for your digestive system. This is nature’s way of cleaning the body after a heavy winter’s diet of rich and starchy foods.

A anthropologist once told me that it was common for our ancestors to eat up to six pounds of leaves per day. Imagine them walking along from one place to another, just picking and eating leaves as they went. Can you imagine eating a grocery bag full of greens each and every day? Few of us even eat the minimum USDA recommendations of 3 cups of dark green vegetables

CSA Work Day

Now don’t get nervous...this is intended to be fun! Each season we invite CSA members to join us out in the fields to connect with where your food comes from. Saturday June 27th will be our first workday of the season from 8-11 am.

CSA members join us in the fields to help weed,

per week. And yet, these veggies deliver a bonanza of vitamins and minerals. Dark green leafy vegetables are, calorie for calorie, perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of



phytonutrients including beta-carotene, [lutein](#), and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects. Dark green leaves even contain small amounts of [Omega-3 fats](#).

The star of these nutrients is Vitamin K. A cup of most

transplant or harvest..In previous years we have harvested the garlic crop, transplanted head lettuce and fall greens, picked beans, skirted fleece, and of course weeded. We will let you know what is on the agenda as the date gets closer. The whole family is welcome, there is

cooked greens provides at least nine times the minimum recommended intake of Vitamin K, and even a couple of cups of dark salad greens usually provide the minimum all on their own. So, we know that we should eat more greens, but how?



With the help of a food processor you can effortlessly start adding greens to your favorite meals, without anyone even knowing it. Take a handful of braising mix and pulse them in a food processor. Now you can add this to your pasta sauces, rice or couscous dishes or even ground meat when making hamburgers. Toss a handful of pulsed greens to a stir-fry after it has finished cooking, just to warm them slightly or add to soups just before serving. If you don’t need to be so mysterious, sautee some garlic in olive oil and add the greens. Tossing until they become bright, just 2 or 3 min. Sauteed greens are a great side for any meal.

everyone! Please sign up at your CSA pick up to let us know you are coming. Look forward to seeing you out in the fields!



In your share this week:

Salad Mix

Braising Mix

Turnips

Bok Choy

Red Beets

Green Garlic

Fruit Share

Strawberries

Add a Coffee Share

We are fortunate to be able to offer CSA members a coffee share with Conscious Coffees, a fair trade organic coffee roaster committed to supporting communities not commodities. The coffee share is one pound every other week offering a variety of different types and roasts of beans, for \$10 per week. Order decaf or regular. Sign up now to receive your first coffee share next week!



Coming Next Week...

Head Lettuce

Garlic Scapes

Radish

Sugar Snap Peas

And so much more....

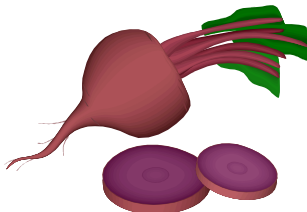
Recipes

Roasted Beet Salad

1 bunch beets
1/4 cup sliced natural almonds
3 tablespoons olive oil
1 tablespoon minced green garlic
1 tablespoon fresh lemon juice
1 1/2 tablespoons red-wine vinegar
1/4 teaspoon sugar
1/2 teaspoon salt
1 large Asian pear or sweet apple
3 cups lettuce greens

Preheat oven to 425°F. Wrap beets in foil and roast in middle of oven until tender, about an hour. Un-wrap beets and cool. While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (nuts will get darker as they cool).

Transfer almonds with a slotted spoon to a small bowl and season with salt. Stir together green garlic, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl. Slip skins from beets and halve large beets. Cut beets into 1/4-inch-thick slices and add to dressing, tossing to coat. Quarter and core pear/apple and cut into julienne strips. Arrange beets on a platter and drizzle with any dressing remaining in bowl. Top with greens, then pear/apple. Sprinkle with almonds.



Bok Choy Simple Suggestions

You only need just barely cook it, as any residual heat will continue to cook it further. Add it at the last minute to soups and sautés for this very reason, and if you're chopping it up first, add the stems first and the leaves for just barely the last minute, just until wilted. Try grilling them! Make sure you've done your best to wash any grit out from in between the leaves, then trim the base (but otherwise leaving the heads whole), and slice in half lengthwise, maybe sprinkling with a little salt and pepper. Grill a minute or so on each side, just enough to wilt-crisp the leaves and make grill marks on the stems! Serve with some nice fish.

Mozzarella, Greens, and Garlic Bruschetta

1/2 to 1 pound braising greens
1/2 green garlic bulb, minced
mashed to a paste with 1/4 teaspoon coarse salt
2 tablespoons olive oil
1/4 cup coarsely shredded mozzarella cheese
1 crusty Italian baguette
1 garlic clove
1/4 cup extra-virgin olive oil
Chop greens coarse. In a large heavy skillet cook garlic paste in oil over moderately low heat stirring, 1 minute. Add greens and salt and pepper to taste and sauté over



moderately high heat, stirring, until wilted and tender, about 3 minutes. Pour off any excess liquid. Transfer greens mixture to a bowl and cool to warm. Stir in mozzarella and mound about 1 tablespoon on oiled side of each toast. Prepare grill or preheat broiler. With a serrated knife cut bread into 1/2-inch-thick slices. Grill slices about 4 inches over glowing coals 1 to 1 1/2 minutes on each side, or until golden brown and crisp outside but still soft inside. Alternatively, slices may be broiled in batches under a broiler about 4 inches from heat 1 to 1 1/2 minutes, or until golden. Rub toasts with garlic on one side and lightly brush same side with oil.

Foolproof Universal Greens Recipe

3 Tbsp cooking oil
4 oz onion
1-2 fresh chiles
1 lb any kind of greens
3/4 to 1 tsp salt
1/4 tsp turmeric
2 Tbsp unsweetened dried coconut, or 1 1/2 Tbsp brown sugar
Heat oil in a large wok or frying pan over medium-high heat. When hot, put in the onion and green chile. Stir and fry until the onion has browned a bit, about 5-10 minutes. Add the shredded greens, salt, and turmeric. Stir and cook until the greens have wilted somewhat. If the bottom of the pan appears dry, add a little water. Cover, lower the heat, and cook 10 minutes, or until the greens are tender. Uncover, add the coconut or brown sugar, and stir. Turn off the heat and serve.

Words to Live By

*"Adopt the pace of nature:
her secret is patience"*

-Emerson

