

Cure Organic Farm Newsletter

Distribution Week #3
June 20th, 2007

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This newsletter is also
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Give Kale A Chance

Kale. What is it and what do I do with it? Oh yeah, and why do I want it? These are the basic questions, and in this short but sweet newsletter I am hoping to give kale the appeal that it may fail to have, on its own and thus prevent dozens of bunches ending up on the trade table at the farm's pick-up. So before you trade it, read on. It is delicious and nutritious!

Kale is in the Brassica plant family & comes in many different varieties, textures and colors. The beautiful leaves of the kale plant provide an earthy flavor and more nutritional value for fewer calories than almost any other food around. It has a mild cabbage flavor and aroma when cooked. When cooking kale use the low and

slow motto. Low heat for a longer period of time allows kale's naturally sweet flavors to come out while still maintaining good texture and not turning mushy.

Kale is a great food if you're looking to sustain your health and enjoy a delicious food at the same time. Kale is an excellent source of vitamin C, just one cup of this cooked vegetable supplies 88.8% of the daily value for vitamin C. It is filled with cleansing ability, lowers cataract risk, promotes lung health, protects against rheumatoid arthritis, is a very good source of fiber, calcium, & is vitamin E-rich which slows the loss of mental function. Really, the question should be why wouldn't I want it? Recipes on the back.



Wisdom Farm Whole Chickens

As detailed in last weeks newsletter, Wisdom Farm whole frozen chickens are available on a pre-order basis. Chickens will weigh between 4-5 pounds and cost \$2.40 per pound. We will be distributing your pre-ordered chickens at the July 4th pick-up. To order a chickens, simply sign up on the order form at your CSA pick-up or send us an email at the farm. We will be offering Wisdom's chicken once each month through October.

While we aren't sure what the project will be for July 21st yet, in other seasons work days have included green house seeding, transplanting, harvesting garlic & beans, cleaning onions, and of course weeding! We look forward to working with you out in the fields.

CSA Work Day

Each season we try to schedule a CSA work day once a month for the month's of July, August and September. The CSA work day is intended to give members the opportunity to get into the field with the farmers to work on a project together. Not only does this bring good conversation and helping hands into the field, but also gives all of the farmers a chance to connect with CSA members a bit deeper. Intern, for members this is an opportunity to connect with the land in a new

Way, and truly enjoy the fruits (or vegetables as it may be) of your labor.

Saturday, July 21st from 8-11am will be our first work day of the season. You, your family members, children, friends, neighbors, etc....are all invited to attend. Water, sunscreen, and clothes/shoes that can be dirty are all good things to be prepared with. We will provide the mid-morning snack! Sign up will be available at next week's pick-up.

In your share this week:

- Salad Mix
- Kale
- Green Onions
- Carrots
- Sugar Snap Peas
- Garlic Scapes
- Fruit Share**
- Cherries

Wednesday, July 4th pick-up

Mark Your Calendars!

The July 4th pick-up time at the farm will be from 1-4:30pm only.

The Farmers Market pick-up will be at it's regularly scheduled time-4-7pm. If you would like to change your pick-up location for the July 4th pick-up, please contact us here at the farm. We hope that by hosting a pick-up earlier in the day you will be able to fully celebrate the 4th of July!

Coming Next Week...

- Salad mix
- Carrots
- Beets
- Snow Peas
- And so much more.....

Recipes

A Few Quick Kale Serving Ideas:

Sauté kale with fresh garlic and sprinkle with lemon juice and olive oil before serving.

Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and chopped walnuts.

Combine chopped kale, pine nuts and feta cheese with whole grain pasta drizzled with olive oil.

The taste and texture of steamed kale makes it a wonderful topping for homemade pizzas.

Cold Carrot Soup for a Hot Summer Night (serves 5)

3 cups sliced carrots
1 large onion, chopped
2-3 tbsp. butter
1 tsp. curry powder
1 strip lemon peel
1 can Westbrae "Un-Chicken" broth
1 cup buttermilk (or cream)
salt and pepper
fresh parsley for garnish (optional)

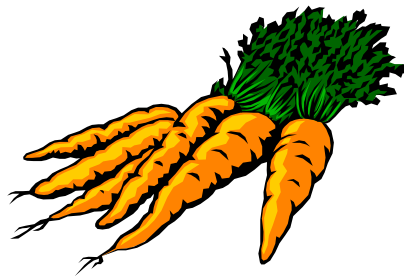
Sauté onions and carrots in butter 5-10 min. until onions are lightly browned. Add curry powder and lemon peel and cook 5 min. longer.

Pasta with Kale & Feta

6 tbsp. olive oil
2 C chopped onions
1 bunch COF kale
3/4 - 1 lb. pasta (penne, shells)
1/2 - 3/4 lb. feta cheese, crumbled
pepper, salt and parmesan cheese to taste

Heat olive oil and cook onions over med. heat for 10 minutes. Add greens, stir until greens begin to wilt. Cover and cook 10 to 15 minutes on medium heat. Cook pasta, drain, then add along with feta to the sautéed greens. Mix to combine, season with salt* and pepper to taste, then serve hot accompanied by parmesan cheese.

Add broth plus half a can of water. Bring to a boil, cover and simmer 20-30 min. until carrots are tender. Refrigerate at least 4 hours (or overnight, then it only takes minutes to finish the next day!) Puree cold carrot mixture in a blender, add buttermilk, salt and pepper to taste. Ladle into bowls and garnish with parsley.



Sugar Snap Peas with Toasted Sesame Seeds

serves 6

1 lb. sugar snap peas, stringed
1 tsp. toasted sesame seeds
1 tsp. oriental sesame oil

Steam peas until crisp/tender, about 3 minutes. Transfer to a bowl, toss w/seeds & oil. Season w/salt. (easy, huh?)

Baked Salmon in Garlic Scape purée

Take 10-12 garlic scapes- chopped, juice from 1 lemon, 1/2 tsp of salt and about 1/2 tsp. ground black pepper. Blended it all with enough olive oil to make a paste. Placed a salmon fillet on a piece of foil, slathered it with the green garlic goo, wrapped it up and baked until done. Yummy!

* This scape puree also keeps well in your fridge or freezer. Try it as a sandwich spread.

Words to Live By

What Zapata Said

The land, like the sun, like the air we breathe,
Belongs to everyone—
And to no one

-Edward Abbey

