



Cure Organic Farm Newsletter

Distribution Week #3

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Farming, Always A Season Ahead

No matter how much attention I give to living in the moment, a farmer's lifestyle truly demands that you live in the future. Let me explain. A farm, in my opinion is a man made ecosystem, an agro-ecosystem that is created and managed based on observations from what is happening in the field. We create a planting plan around specific dates that work for crops to grow and thrive, with the goal of harvesting one succession after another. For example, harvesting the last of the salad mix, just as the first beds of head lettuce are ready to be harvested. While this planning is essential, we never know what the seasons will be like until we are experiencing them.

As I mentioned in last week's newsletter, this has been a phenomenal spring for early crops. The lettuce (as you see today) is unbelievably stunning and we

have an extraordinary crop of sugar snap peas. The front range has not seen a spring like this since the late 90's and the cool season crops are loving it. Walking through the field it is hard to believe that we are in the high plains desert.

Back to the future. By Mid-May on the farm all of the spring crops are in, growing and being harvested; we are focusing on the summer crops. The crops that demand warmer days and nights to put on new growth and fruit. The first week of June we finish planting thousands of tomatoes, and hundreds of eggplants and peppers. The push is on to add successive plantings of snap beans. All of these crops to be harvested in July and August. We are working within the fastest growing part of the



season as we lead up to the summer solstice with the longest daylight hours available. Now is the time to plant for harvesting in August. This week we've seeded chard, kale, broccoli, cauliflower and head lettuces for the fall. Each season has a flavor all of its own. The seasonal flavor is what brings me back to the present.

Here is the magical subtlety of this type of farming and eating, we return to a sense of seasons, and we return to the rhythms of nature. And the best part about it is that it is not forced. It feels right to eat a zucchini in July and not December. And the more of those "feel right" food moments that we have, the more connected we feel. More connected to our surroundings, each other and maybe to ourselves. That is the magic of food—one taste and it brings us back to this present moment.

Garlic Scapes

There are two types of garlic available in the marketplace, hard neck & soft neck. Hard neck garlic is praised for it's flavor only storing for 4-5 months after harvest. Soft neck garlic is a bit more mild but will store for up to a year after harvest. We grow a hard neck variety by the name of German Porcelain. Garlic Scapes come from hard neck garlic only.

Garlic scapes are the flower/seed stalk that shoots up from the garlic bulb. We harvest them when begin to curl. If not harvested they will eventually straighten out and bloom. Harvesting the scape forces the plant's energy to focus on the bulb, encouraging it to grow bigger and better. Garlic scapes tend to be a

bit more mild than a fresh clove & can be used the same way. Enjoy them as their season is far to short!



In your share this week:

Head Lettuce

Kale

Radish

Spring Onions

Garlic Scapes

Sugar Snap Peas

Fruit Share

Strawberries

Join us in the fields for the first **CSA Work Day** on Sat. June 27th from 8-11am. Come on out and help plant fall lettuce and do some weeding. Please let us know your coming when you pick up your share so we can plan accordingly.



Coming Next Week...

Head Lettuce

Rainbow Chard

Garlic Scapes

Sugar Snap Peas

And so much more.....

Recipes

Red Leaf, Radish, and Pine Nut Salad

1/4 cup extra-virgin olive oil
1/4 teaspoon grated lemon zest
1/4 teaspoon grated orange zest
1 tablespoon fresh lemon juice
1 tablespoon fresh orange juice
1 large head red-leaf lettuce torn into pieces
6 radishes, cut into thin wedges
1/4 cup pine nuts (about 1 ounce), toasted

Whisk together oil, zests, juices, a rounded 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl until salt has dissolved. Add lettuce and radishes and toss. Serve topped with pine nuts.

Kale with Garlic and Bacon

1 bunch kale
5 bacon slices, cut into 1/2-inch pieces
2 garlic cloves, finely chopped
• 3/4 cup water
Slice kale into strips. Cook bacon over moderate heat, stirring occasionally, until crisp, then transfer to paper towels to drain. Pour off and discard all but 2 tablespoons fat from pot, then cook garlic in remaining fat over moderately low heat, stirring, until pale golden, about 30 seconds. Add kale (pot will be full) and cook, turning with tongs, until wilted and bright green, about 1 minute. Add water and simmer, partially covered, until just tender, 6 to 10 minutes. Toss with bacon and salt and pepper to taste.

Lacinato Kale and Ricotta Salata Salad

1 bunch kale
2 tablespoons finely chopped shallot
1 1/2 tablespoons fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper
4 1/2 tablespoons extra-virgin olive oil
2 ounces coarsely grated ricotta salata (1 cup)

Working in batches, cut kale crosswise into very thin slices. Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well. Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then season with salt and pepper.

Sautéed Radishes and Sugar Snap Peas with Dill

1 tablespoon butter
1 tablespoon olive oil
1/2 cup thinly sliced shallots
1/2 pound sugar snap peas trimmed, strings removed
1 bunch thinly sliced radishes
1/4 cup orange juice
1 teaspoon dill seeds
1 tablespoon chopped fresh dill

This side dish would pair beautifully with roast lamb or salmon. To remove strings from fresh peas, just snap off the stem end and pull string lengthwise down each pod. Melt butter with oil in large nonstick skillet

over medium heat. Add shallots and sauté until golden, about 5 minutes. Add sugar snap peas and radishes; sauté until crisp-tender, about 5 minutes. Add orange juice and dill seeds; stir 1 minute. Season with salt and pepper. Stir in chopped dill. Transfer to bowl; serve.

Pasta with Sugar Snap Peas, Asparagus and Parmesan

1 pound asparagus, trimmed, cut into 1 1/2-inch pieces
1/2 pound bow-tie pasta
1/2 pound sugar snap peas or snow peas, trimmed
3 tablespoons olive oil
1/2 cup freshly grated Parmesan cheese)

Additional freshly grated parmesan cheese

Add asparagus to large pot of boiling salted water. Cook until just crisp-tender. Transfer to bowl of cold water using slotted spoon. Cool asparagus us slightly and drain. Add pasta to same pot of water and boil until just tender but still firm to bite. Add sugar snap peas and boil 2 minutes. Add asparagus and heat through. Drain well. Return pasta-vegetable mixture to pot. Add oil and toss to coat. Add 1/2 cup cheese. Season with salt and pepper. Serve immediately, passing additional cheese separately.

Words to Live By

If spring came but once a century instead of once a year, or burst forth with the sound of an earthquake and not in silence, what wonder and expectation there would be in all the hearts to behold the miraculous change.

- Henry Wadsworth Longfellow

