

Cure Organic Farm Newsletter

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

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www.cureorganicfarm.com/
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Storage Tips For Fresh Produce

Picking up your share of the early season vegetables is often dominated by the color green. Greens, greens and more greens are the abundance of June, with different root crops and peas to add detail to your dinner table. Storing your produce properly is just as important as all of the details involved in growing and harvesting it. Hopefully some of the following tips will keep your produce full of nutrients and looking beautiful until you are ready to use it.

Salad greens & cooking greens: All of these greens bruise fairly easily, remember to handle them carefully. We do wash all of our greens immediately after harvest. Damp or dry greens can be stored successfully inside of a plastic bag in your refrigerator. Wet greens will spoil quickly, so make sure to dry off any excess water by using a salad spinner or just paper towels. Salad greens will keep up to a week and braising

greens a bit longer. If bunched greens are looking limp, trim the ends, like a bouquet of flowers and soak them in cool water for a bit, they should re-hydrate nicely.

Root Crops: For longer storage, remove the tops about an inch from the root and place roots in a plastic bag in the fridge. Beet tops are wonderful steamed or sautéed, so be sure to store them separately. Most roots will store for 3-4 weeks this way, but may lose some of their sweetness. If they become limp, re-hydrate by soaking in cool water. Fresh from the farm carrots & beets usually do not need peeled as they are very tender, remember there is a lot of nutritious in the skin.

Peas, fava beans & snap beans: All of these legumes should be eaten as soon as possible, with in 4-5 days of harvest to truly appreciate their sweet flavor and

ure. Store all legumes in a plastic bag, as the fridge draws the moisture out of them. Fava beans will store for 2 or more weeks this way. Once they are shelled their storage is only about a week (more on fava's next week).

Fruit share members, believe it or not, fruit is best stored and served at room temperature. The fridge slows the continued maturity of most fruits and also stunts the amount of sugars that the fruits produce. If you will be enjoying your share sooner than later, try leaving them out on your table or counter and see if you notice a difference.



CSA Work Day

Our first CSA work day is Saturday, July 21st from 8-11am. We hope that you will sign up to join us in the fields with your family & friends!

In your share this week:

Head Lettuce

Braising Mix

Beets

Carrots

Snow Peas

Garlic Scapes

Fruit Share

Cherries

Apricots

Wednesday, July 4th pick-up

Reminder that the July 4th CSA pick-up time will be 1-4:30 at the farm or at the regular scheduled time at the farmers market from 4-7pm. Please contact us at the farm if you have any conflicts.

Wisdom Farm Chicken

Be sure to place your order today for Wisdom Farms whole chickens. Chickens will be available at next weeks pick-up (July 4th)

Coming Next Week...

Head Lettuce

Carrots

Fava Beans

Garlic

And so much more.....

Recipes

Glazed Baby Beets

- 1 bunch baby beets
- 2 cups apricot juice
- 3 tablespoons balsamic vinegar
- 2 tablespoons honey

In a large sauté pan, add the beets and the apricot juice. Cover and cook on medium high for 10 minutes. Add the vinegar and honey and cook for another 10 minutes. Pull off of the heat and keep covered for an additional 5 minutes.

Snow Pea Stir-Fry

- 1 tablespoon vegetable or peanut oil
- 1 onion, thinly sliced
- 1 tablespoon finely chopped fresh ginger
- 1 large sweet red pepper, seeded and sliced in strips
- 1 tablespoon soy sauce
- 1 pound snow peas
- 1 teaspoon toasted sesame seeds
- 1/2 teaspoon lemon pepper, optional

Heat oil in a wok or frying pan over a high heat, and then add the onion and stir-fry for 2 minutes. Add ginger and sweet pepper, and cook for 3 to 4 minutes more. Stir in the soy

Beet Green Gratin

- 1 tablespoon butter
- 12 ounces sliced mushrooms
- 2 cloves garlic, minced
- 1 pound beet greens, cleaned and picked
- Kosher salt and fresh ground black pepper
- 4 egg yolks, beaten
- 1 cups ricotta
- 1/2 cup grated Parmesan
- 1/2 teaspoon salt
- 3/4 cup crumbled crackers

Preheat the oven to 375 degrees F. Melt the butter in a saucepan. Add the mushrooms and garlic and sweat. Add the beet greens and mix well. Remove pan from heat. Season with salt and pepper. In a separate bowl, combine the egg yolks, ricotta, Parmesan

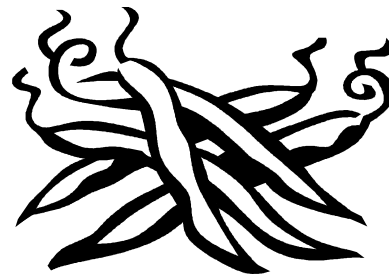
sauce and snow peas, and stir-fry for 1 minute. Sprinkle with the sesame seeds and lemon pepper, if using, and serve at once.

Candied Carrots

- 1 bunch young carrots, with tops
- 1/4 cup extra-virgin olive oil
- Sea salt and freshly ground black pepper
- 4 tablespoons (1/2 stick) unsalted butter
- 1 orange, halved
- 1 tablespoon brown sugar
- 1 teaspoon ground cumin

Preheat the oven to 350 degrees F.

cheese, and salt. Combine everything and put into a lightly oiled 9 by 11-inch baking dish. Top with the crumbled crackers and bake for 30 minutes covered. Uncover and bake for an additional 15 minutes.



Cut off all but 1-inch of the carrot tops, leaving a little green. Put the carrots in a large shallow pan, add the oil, and season with salt and pepper. Turn to coat the carrots. Stick them in the oven and bake for 30 minutes, until the carrots are fork-tender. In the meantime, melt the butter in a skillet over medium-low heat. Swirl the pan around and cook until the butter begins to become brown and nutty. Squeeze in the juice from the orange halves, add the brown sugar and cumin, and continue to cook for 2 minutes or until syrupy. Remove the carrots from the oven and arrange them on a platter. Drizzle the orange brown butter over the carrots and serve.

Words to Live By

I like to wash,

By way of experiment,

The dust of this world

In the droplets of dew.

-Basho