

Cure Organic Farm Newsletter

Distribution Week #4

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

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Animals on the Farm

Diversity is the key to having a healthy farm and I believe what is good for the land is also good for the community. While the majority of our efforts each day go to raising crops, the animals on the farm play an important role as well. While each of them offer some sort of food for our community, they also help with pest management and fertility on the farm.

200 chickens and 20 ducks live on the farm, offering both chicken and duck eggs to CSA members. Currently 100 hens are laying eggs and are living in mobile chicken coops at an adjacent field. These producing hens are a year and a half old. The 100 hens living here at the main farm were just hatched this past February, and we are patiently waiting for them to reach five months of age and begin laying— in July. We have 7 varieties of chickens, all laying brown eggs

CSA Work Day

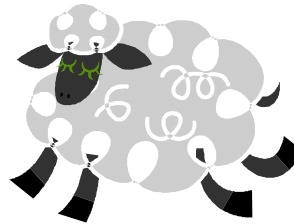
The season's first CSA work day is this Saturday, June 27th. We invite you to join us in the field with your friends and family from 8-11am. Many hands make for light work and it is a great way to connect with the place your food comes from.

This Saturday we will be transplanting the next crop of head lettuce and fennel,

with the exception of one, the auracana laying blue/green eggs. While the eggs are fantastic, the chickens & ducks also add to the whole farm system by eating bugs, grass, crop residues and adding their manure and bedding to the compost pile.

This year we have six pigs on the farm. We have three Hampshire (black w/ pink shoulders), one Yorkshire (all pink) and two York/Hamp mix (pink with blue/black spots). We raise the pigs for meat; two of the pigs are raised for the harvest celebration and pig roast on the farm in the fall while the other four we will butcher and have individual cuts available for CSA members to purchase. The piglets come to us from a family near Niwot that raises show pigs through the 4H program. They come to live with us when they are about 6 weeks old, weighing 25-35 pounds. They will grow to

setting up irrigation, trellising tomatoes and of course hand weeding. The chickens, ducks and pigs enjoy having visitors also.



over 300 pounds by the end of September. They live outside and spend their days rooting around in the ground and eating crops destined for the compost.

Our flock of sheep has continued to grow this season. We have twelve Ramboulett sheep and nine new lambs born this season. The sheep graze in a pasture tucked behind our vegetable field east of 75th on Valmont. The sheep offer us their wool and meat. We are anxiously awaiting the first of our wool, roving, batts and yarn to arrive from the fiber processor in Loveland. We will have lamb available in August.

Take some time to visit the animals and appreciate them for all that they offer. Besides, what is a farm without animals?

Grab your gloves and a water bottle, closed toe shoes and your farm clothes and join us for the morning.

In your share this week:

Head Lettuce

Salad Mix

Rainbow Chard

Baby Beets

Broccoli

Fresh Garlic

Sugar Snap Peas

Fruit Share

Strawberries

Volunteer Day

Need more of a good thing? Every Thursday from 9-noon is volunteer day. Volunteers join us in the field to work on what ever project is planned for the day, and go home with food from the fields. We'd love to have you join us on Thursday mornings!



Coming Next Week...

Head Lettuce

Braising Mix

Carrots

Snow Peas

Cherries

And so much more.....

Recipes

Beet and Beet Green Risotto with Horseradish

1 small onion
1 pound red beets with greens
4 cups water
1/2 stick unsalted butter
1 cup Arborio or long-grain rice
1/2 cup freshly grated Parmesan (about 1 1/2 ounces)
1 tablespoon horseradish

Finely chop onion and trim stems close to tops of beets. Cut greens into 1/4-inch-wide slices and chop stems. Dice beets. In a small saucepan bring water to a simmer and keep at a bare simmer. In a 3-quart heavy saucepan cook onion in butter over moderate heat until softened. Add beets and stems and cook, stirring occasionally, 5 minutes. Stir in rice. Add 1 cup simmering water and cook, stirring constantly and keeping



at a strong simmer, until absorbed. Continue cooking at a strong simmer and adding water, about 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding next. After 10 minutes, stir in greens and continue cooking and adding water, about 1/2 cup at a time, in same manner until rice is tender and creamy-looking but still al dente, about 8 minutes more. (There may be water left over.) Remove pan from heat and stir in Parmesan. Serve risotto topped with horseradish.

Broccoli, Beet and Feta Pasta

broccoli cut into bite-sized pieces
a few beets, cut crosswise into strips
penne pasta
onion, garlic, olive oil



toasted walnuts (optional)
feta cheese
salt and pepper

Cook beet strips in a saucepan of boiling salted water until tender. Boil your penne pasta. Meanwhile, in a large skillet, sauté onions and garlic in olive oil until translucent or even longer, if you like them a little caramelized. Add broccoli for last few minutes of cooking. When the pasta is done, drain well then add to skillet and stir/toss to combine. Add crumbled feta cheese to mixture and stir/heat until feta melts and makes it all creamy. Add salt to taste, and I like to add a generous amount of fresh ground black pepper. Drain and add beets last, stirring just to mix (so the beets' color doesn't overpower it all). Stir in optional toasted walnuts and serve.

Double-Dutch Mac and Cheese with Chard

6 tablespoons butter, divided
1 cup chopped onion
2 garlic cloves, minced
1/4 cup unbleached all purpose flour
3 cups reduced-fat (2%) milk
2 cups (packed) coarsely grated aged Gouda cheese plus 1/2 cup finely grated (about 10 ounces total)
2 cups (packed) coarsely grated Edam cheese, divided
1/4 teaspoon cayenne pepper
1/8 teaspoon ground nutmeg
1 1/2 pounds Swiss chard, stems and center ribs removed
12 ounces elbow macaroni
1 cup fresh breadcrumbs made from

crustless sourdough bread
1 teaspoon cumin seeds (optional)

Melt 3 tablespoons butter in large pot over medium heat. Add onion; sauté until translucent. Stir in garlic, then flour; stir constantly 1 minute. Gradually whisk in milk. Cook, whisking occasionally, until mixture begins to boil, about 5 minutes. Add 2 cups coarsely grated Gouda and 1 cup Edam. Stir until cheeses melt, about 2 minutes. Stir in cayenne and nutmeg. Season sauce with salt and pepper. Preheat oven to 350°F. Butter 13x9x2-inch baking dish. Cook chard in large pot of boiling salted water until tender, about 1 minute. Using slotted spoon, transfer chard

to plate; cool. Reserve pot with water. Squeeze water from chard; chop finely. Return water in pot to boil. Add macaroni; cook until tender but still firm to bite, stirring occasionally. Drain. Stir macaroni into warm cheese sauce. Place half of macaroni in dish; smooth top. Top with 1 cup Edam cheese, then chard. Top with remaining macaroni mixture; spread evenly. Melt 3 tablespoons butter. Place breadcrumbs in medium bowl. Drizzle butter over; toss. Add 1/2 cup finely grated Gouda and sprinkle with salt and pepper; toss. Sprinkle breadcrumb mixture over mac and cheese. Sprinkle cumin seeds over, if desired. Bake mac and cheese until breadcrumbs are golden and edges are bubbling, about 40 minutes. Let stand 10 minutes.

Words to Live By

Nature does not hurry, yet everything is accomplished.

- Lao Tzu

