



# Cure Organic Farm Newsletter

Distribution Week #5

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This newsletter is also available online at:  
www.cureorganicfarm.com/  
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## Wisdom Farm Natural Poultry

In previous newsletters this year we have mentioned that we will be collaborating with other farms in the area to bring their farm fresh products to you.

Jay and Cindy Wisdom own and operate a small poultry farm located in Haxtun Colorado. Their philosophy in raising the healthiest poultry possible is to give their birds full access to the outdoors, plenty of exercise, and fresh pasture. They are fed a simple diet of corn and soy meal, 100% free of antibiotics or growth hormones. When their poultry reach the right size, they hand catch the birds and process them

on their farm in their USDA approved facility. After processing the birds are immediately chilled, bagged and frozen. It doesn't get much fresher than this!

This season we will be offering Wisdom Farm's whole chickens for \$2.30 per pound. The average weight per bird is about 4-4.5 pounds. Please place your chicken order with us (how many you would like) either at your CSA pick-up location or by sending us an email. **Whole, frozen chickens will be available at the July 19th CSA pick-up** for you to choose from, and pay for at that time.

Wisdom Farm will also be offering holiday tur-

keys. Believe it or not we need to begin ordering turkeys now as they raise them specific to orders. Please sign-up at your CSA pick-up location if interested. Turkeys will be available the beginning of November. Average weight is 15 to 40 pounds, and the cost is \$2.10 per pound.



## In your basket this week:

- Carrots*
- Beets*
- Basil*
- Chard/Kale*
- Turnips*
- Fava Beans*
- Garlic*
- Fruit Share**
- Cherries/Apricots*

## CSA Work Day July 15th

Come on out to the Farm Saturday, July 15th from 8-11am and join us in the fields. Bring your friends and family to help out and visit the pigs and chickens.

## Garlic Season

We have just begun to pull all of the garlic from the field to dry. This season we are growing a hard neck variety called German Porcelain. This variety will store for about 6 months, and has excellent flavor.

Garlic cloves are planted in October to utilize the fall and winter moisture. Through-

out the cold months the bulb sends down roots and begins to send up leaves and a stalk. As



the temperature and daylight increase, the clove grows into a bulb. The leaves on a garlic plant symbolize the

layers of skin around the bulb of garlic. As the leaves begin to turn yellow and die back we stop watering the garlic. This is a sign that the skin has formed and is drying.

We planted nearly 5000 cloves of garlic last fall. We hope it will find a familiar place on your table and will help to keep you healthy this season!

## Coming Next Week...

- Basil*
- Carrots*
- Fava Beans*
- Summer Squash*
- And much more!

## Recipes

### **CREAMY CARROT & RICE CASSEROLE**

2 1/2 c. Vegetable or Chicken stock  
1/2 pound carrots chopped  
1/2 c Heavy cream  
1/2 c milk  
1Tbs. Butter  
2Tbs. Flour  
1/4 tsp. nutmeg  
1/4 tsp cayenne pepper  
3/4 c. uncooked short grain white rice.

Preheat oven to 375. Lightly coat a 6-cup baking dish with butter. Bring stock to a boil. Add carrots and reduce the heat to simmer, cook uncovered until tender-about 10 minutes. Drain carrots reserving the stock,

and let cool. Transfer the cooked carrots to a food processor. Add cream; process until smooth. Heat milk in a small pot, stirring occasionally, do not boil. Melt butter in a medium pot. Stir in the flour; cook, stirring constantly for 2 min. Gradually whisk in the hot milk and then the stock. Add the carrot puree, nutmeg and cayenne to taste. Turn heat up high and bring to a boil. Add the rice and season with salt and pepper. Cover, reduce the heat to low and cook for 12 minutes. Transfer the ingredients to a prepared baking dish and bake for 15 min. Enjoy!



### **STORING GARLIC**

Garlic will store the best in a cool dark place, like a drawer or kitchen cupboard. The garlic in your share today needs to continue to dry for best long term storage. Be sure to trim off the top for best results.

### **BEETS WITH GARLIC-WALNUT SAUCE**

1 bunch beets, trimmed, greens reserved  
7 to 8 tablespoons water  
1 large russet potato, peeled, cut into 1 1/2-inch pieces  
1/2 cup walnuts, toasted, cooled  
1/2 cup fresh breadcrumbs made from crustless French bread  
3 tablespoons fresh lemon juice  
5 garlic cloves  
1/4 cup plus  
2 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar  
2 tablespoons drained capers

Cook beets in large pot of boiling salted water until tender when pierced with skewer, about 30 minutes. Drain. Cool slightly. Peel and cut beets into 1/4- to 1/2-inch-thick slices; set aside. Combine beet greens and 3 tablespoons water in large skillet. Cover and cook over medium-high heat until greens are wilted, about 1 minute; set aside. Cook potato in small saucepan of boiling salted water until tender, about 15 minutes. Drain. Return to saucepan and mash.

Blend walnuts, breadcrumbs, 2 tablespoons lemon juice, garlic, and 2 Tbs. water in processor until

smooth. Transfer to bowl. Mix in 1/2 cup mashed potato, 1/4 cup olive oil, and 1 tablespoon lemon juice. Season with salt and pepper. If thick, thin sauce with 2 to 3 tablespoons water.

Spoon sauce onto center of platter; drizzle with 2 tablespoons oil. Surround with beet greens and beet slices; drizzle with vinegar. Sprinkle with capers. Enjoy!

## Words to Live By

The most exciting happiness is the happiness generated by forces beyond your control.

-Ogden Nash

