

# Cure Organic Farm Newsletter

Distribution Week #5

July 1st, 2009

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This newsletter is also available online at:  
www.cureorganicfarm.com/  
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## Growing the Community

The agriculture community here in Colorado is both thriving and growing with a wide range of crop availability and new farmers increasing the acreage available for direct markets. As part of the CSA our goal is to help connect the community of food producers with our CSA members. I think we all agree that buying our food as directly from the producers as possible is truly the best way to ensure the safety, flavor of our food and support our local economy.

In addition to the fruit share and coffee share we also work with cattle & sheep ranchers and poultry producers here in Colorado. These farmers offer beef, lamb and whole chickens to CSA members on a pre-order basis. In the next coming months we will be taking orders for both beef from Lasatr

ranch as well as whole frozen chickens from Wisdom Farm.

Are you ready for some Colorado fruit? Does a bear sleep in the woods? The majority of the fruit in our fruit share comes from First Fruits Organic Farms located in Paonia, CO. First Fruits is owned and operated by brothers Kris and Kevin Kropp and their respective families. The Kropps believe that growing fruit organically is the way nature intended, for a healthy environment and for healthy children. They grow several varieties of cherries, apricots,

nectarines, plums, peaches, apples and pears. They make the drive twice a week over the mountains to bring Boulder valley their exquisite fruit at the boulder farmers market on Wednesday evenings and Saturday mornings. At the market in addition to what ever fruit is in season they have apple cider, dried fruit and jams, of course all made with fruit from their orchards. They'd love to meet you and hear how much you love and appreciate their fruit. Stop by and say Hi.



## Wisdom Farm Natural Poultry

Jay and Cindy Wisdom own and operate a free range, naturally fed poultry farm in Haxtun, Colorado. They raise chickens for eggs and meat as well as turkeys. Wisdom Farm works with our CSA to offer members whole, frozen chickens once a month. CSA members pre-order as many chickens as they want and pay for them here at the farm when you pick them up at a regular CSA distribution. The chickens usually weigh about 4-5 pounds and cost \$3.00 per pound.

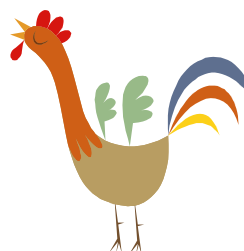
We are now taking orders for whole chickens, which will be available for pick up on Wednesday July 15th.

Wisdom Farm's chickens are not certified organic...they are fed corn, soy and a mix of other cereal grains like oats and wheat. They have free range the barn and the barn yard daily. Jay and Cindy process all of their own birds on their farm in a USDA certified and

**Thank You, Thank You** to everyone who joined us on Saturday in the fields. The fall crop starts are now thinned, the green house cleaned out, more head lettuce & fennel planted, tomatoes weeded & trellised and the animals well fed and loved!

Thank You!

inspected facility. They are at the Saturday Farmers Market in Boulder, so be sure to stop by and say hi and ask them directly and questions you might have about their farm.



## In your share this week:

*Head Lettuce*

*Braising Mix*

*Carrots*

*Fennel*

*Broccoli*

*Snow Peas*

**Fruit Share**

*Bing Cherries*

## Attention Farmers Market Members Pick-up

Please, please, please return your CSA share boxes each week. Re-using your boxes keeps the price of your share the same as members who pick-up out here at the farm. If we have to buy additional boxes (we allow for 2 boxes per member) the cost of the share will have to increase. Please return your boxes to be re-used.

Thanks!

## Coming Next Week...

Head Lettuce

Carrots

Shallots

Fava Beans

And so much more.....

# Recipes

## Couscous with Fennel and Pine nuts

- 1 1/2 tablespoons butter
- 2 cups (more or less) fresh fennel bulb, cut into cubes
- 1/2 teaspoon fennel seeds, coarsely ground in mortar with pestle or in spice mill
- 2 cups low-salt chicken broth
- 1 cup water
- 2 cups couscous (about 12 ounces)
- 1/4 cup pine nuts, toasted
- 3 tablespoons chopped fresh chives

Melt butter in large saucepan over medium heat. Add fennel cubes and fennel seeds; sprinkle with salt and pepper. Sauté until fennel cubes are almost tender, about 5 minutes. Add broth and 1 cup water; bring to boil. Stir in couscous. Remove from heat; cover and let stand until liquid is

absorbed, about 10 minutes. Fluff with fork; stir in nuts and chives. Season with salt and pepper.

## Snow Peas with Toasted Almonds

- 1 tablespoon unsalted butter
- 1/4 cup sliced almonds
- 1/2 pound snow peas, trimmed
- 2 teaspoons minced shallot or garlic
- 1 teaspoon fresh lemon juice

Melt butter in medium skillet over medium heat. Add almonds and cook until golden and fragrant and butter begins to brown, stirring frequently, about 1 1/2 minutes. Add snow peas and shallot; sauté until snow peas are crisp-tender, 1 1/2 to 2 minutes. Remove skillet from heat; add lemon juice. Season to taste with salt and serve.

## Braising Mix with Bacon & Chilies

- 1/2 pound braising mix- whole or chopped
- 3 sliced bacon
- 2 Tablespoons fresh or canned hatch/poblano chilies
- Olive oil, salt & pepper to taste

Cook bacon over medium heat in skillet until crisp. Remove bacon from skillet, let cool and break into pieces. Pour off excess bacon grease, leaving ample amount in the pan to cook the chilies and greens. Add in chilies and sauté for 2-3 minutes. Turn heat down to low and add braising greens, continually stirring until color intensifies- about 1-2 minutes. Remove from heat, add bacon pieces, toss and serve.

## Carrot, Snow Pea, and Red Pepper Julienne in Honey Vinaigrette

- 3 medium carrots, cut into strips
- 1/4 pound snow peas, trimmed and cut into strips
- 3 tablespoons seasoned rice vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1 small red bell pepper, cut into strips

In a large saucepan of boiling salted water blanch carrots 1 minute. Add snow peas and cook mixture 10 seconds more. In a colander drain carrots and snow peas and rinse under cold water. Drain carrots and snow peas well.



In a bowl stir together vinegar, mustard, and honey and add carrots, snow peas, and bell pepper, tossing to coat. Season salad with salt and pepper. Serves 2.

## Buttered Snow Peas, Broccoli and Carrots

- 3 to 4 carrots, cut in cubes (about 1 cup)
- 1/2 pound broccoli, chopped
- 1/4 pound snow peas, trimmed, discarding the strings, and cut cross wise on the diagonal into 1/2-inch pieces (about 1 cup)
- 2 cloves garlic or shallots
- 1/2 onion, diced
- 3 tablespoon unsalted butter



In a large skillet melt butter adding the onion and garlic/shallots. Sautee until translucent. Add the carrots and cook, until they are crisp-tender. Add the snow peas, and broccoli. Continue sautéing until broccoli and peas are bright green, about 3-4 minutes. Add salt and pepper to taste.

*Farmers Note\** This is fantastic over fresh pasta, rice pilaf or just as a side dish. Don't hesitate to toss in some braising mix at the tail end of the cooking process!

## Words to Live By

*Hope lies in dreams in one's imagination and in the courage of those who dare to make dreams into reality.*

-Jonas Salk

