



Cure Organic Farm Newsletter

Distribution Week #6

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www.cureorganicfarm.com/
csanewsletters.htm

Connecting with the land

For thousands of years men and women have learned to cultivate the land in order to build communities and sustain themselves. Food, fiber, and forage were the bounty that local ecosystems provided to nourish, clothe and shelter the communities that cultivated the land together, with their own hands. In the last century we have shifted away from the small family farm to a more complicated pre-packaged food distribution system.

We believe that people miss the flavor and freshness that comes with just harvested vegetables, and the connection that happens as we celebrate each new crop. Maybe some folks miss working with the soil or the sweet sent in the air while you are harvesting carrots. What ever the reason, as a

whole we are beginning to embrace a movement that recognizes the relationship between food, land and people.

For the past 9 years I have been fascinated with farms, farming, and coaxing the reluctant to come out and experience the land. Our way of farming is not just about growing vegetables. It is also about building relationships between the farm and the people who receive our food. The farm is a source of life, an opportunity for expression and a place to watch the mysteries of nature unfold.

Our hope is that at each CSA pick-up you take home more than just the vegetables in your share. We hope that you take home a connection to the land, to the animals, to the farmers, and your experiences here at the farm. Enjoy the knowledge that together,

our food choices make a positive impact on the environment, the local economy and on all our collective health.



Wisdom Farm Natural Chicken

This is just a reminder that we will be offering Wisdom Farm's whole chickens for \$2.30 per pound at the next CSA pick-up, July 19th. The average weight per bird is about 4-4.5 pounds. Please place your chicken order with us by Friday, July 14th for pick-up on Wednesday July 19th.

CSA Work Day—Garlic Harvest

Our first CSA work day is this Saturday, July 15th from 8am to 11am. Please let us know if you are planning on joining us out in the fields Saturday morning.

Our plan is to finish harvesting the garlic, seeding flats of broccoli, cauliflower, and head lettuce to

be harvested this fall and of course there is always weeding that needs to be done!

Good things to bring with you are a water bottle, sunscreen, sun hat and gloves. We have received just over 3 inches of rain since July 4th, so the fields are a bit muddy.



In your basket this week:

Carrots

Green Beans

Italian Parsley

Summer Squash

Broccoli or Cauliflower

Fava Beans

Garlic

Fruit Share

Cherries

Fresh Fruit

It is almost peach season! Fruit shares are still available for those of you who would like to add fruit to your weekly pick-up. As extra fruit is available, we will have fruit for sale at the farm pick-up.

Wisdom Farm Turkeys

It is time to order your holiday turkeys. Please email us at the farm if you are interested in one for this year.

Coming Next Week...

Basil

Carrot

Head Lettuce

Summer Squash

And much more!

Recipes

Vegetable Stir-fry with Garlic-Miso Sauce

3 tbsp. vegetable oil
6 large garlic cloves coarsely chopped
1 tbsp. yellow miso
1 tsp. oyster sauce
1/2 tsp. sugar
1 lb. assorted vegetables (such as broccoli, green beans, cauliflower, summer squash, onions, zucchini -- be creative!)
1 tsp. Chili powder or 1 fresh chilly thinly sliced

Heat oil in heavy large skillet over high heat. Add garlic and saute a minute or two until it just starts to turn golden. Add miso, oyster sauce and sugar and stir to blend.

Roasted Garlic

Slice the top off of the whole bulb of garlic, so the tips of the cloves are exposed. Place it in a small baking dish or wrap it in foil (you can do as many heads as you like), drizzling the head with a little olive oil, and optionally sprinkling with herbs, salt, and then bake in a pre-heated oven at 375 for 45 minutes or until the cloves have the consistency of soft butter.

Add roasted garlic to mashed potatoes, or roast garlic cream gravy; or you can spread the roasted garlic onto grilled fish, meats or vegetables... the possibilities are endless!

Words to Live By

From a Sundown Legend

Weep, all you little rains;
Wail, winds, wail....

-Edward Abbey
Earth Apples

Add veggies & jalapeno and sauté until vegetables are crisp-tender, about 12 minutes. Serve with steamed rice.

Fava Bean Crostini

1 C shelled, cooked and peeled fava beans
1 garlic clove, smashed
2 tsp. finely chopped thyme
Juice of 1 lemon
2 tbsp. parmesan
1/2 C feta cheese
1/2 C extra-virgin olive oil
Salt and freshly ground pepper
12 half-inch-thick slices of baguette

Preheat the broiler. In a food processor, puree the beans with the garlic, lemon juice, thyme, cheeses. With the machine on, add the olive oil in a thin stream and process until smooth.

Scrape the fava bean puree into a medium bowl and season with salt and pepper. Brush the bread slices on both sides with olive oil. Arrange the slices on a baking sheet and broil for 1 minute per side, or until golden and crisp. Spread the crostini with the fava bean puree and arrange on a platter. Top with crumbled feta.

Green Beans with Pecans, Lemon & Parsley

1-2lbs. green beans, trimmed, halved crosswise
5 tbsp. butter
3/4 C chopped pecans
4 tsp. minced lemon peel (zest)
1/3 C. finely chopped Italian parsley

Cook beans in boiling salted water about 5 minutes or until just tender. Drain and pat dry. Melt butter in a deep skillet over medium heat. Add pecans; sauté until nuts are crisp and butter is lightly browned, about 3 minutes. Add beans; toss and heat through. Mix in lemon peel; cook 1 minute. Mix in parsley, season with salt & pepper and serve!

Baked Summer Squash

2-4 zucchinis
olive oil
oregano
tomato sauce
onion and garlic
grated cheese

Slice zucchinis in half lengthwise and scoop out centers. Sauté centers with onion and garlic in a little oil. Add oregano and tomato sauce. Place zucchinis in a shallow oiled pan, sides touching. Fill them with sautéed mixture. Bake at 350 degrees for 15 to 20 minutes. Sprinkle with cheese and bake 10 to 15 minutes more. Serve hot.

