

Cure Organic Farm Newsletter

Distribution Week #7

July 19, 2006

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

This newsletter is also available online at:
www.cureorganicfarm.com/
csanewsletters.htm

Green Bean Bliss

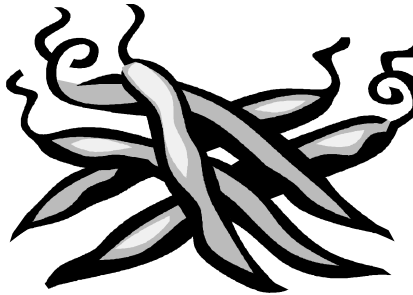
Ah green bean season. The season where hours are spent in one bed picking little green treasures, one at a time, during the hottest part of the afternoon. Green bean season is a sure sign of summer. It is official, summer is here. The snap bean plants are knee high and filled like we've never seen before with purple, pink and light yellow flowers. Each promising to become either a green, purple or yellow wax snap bean.

Green beans are among the most widely used garden vegetable in the US. They are native to Central America and Andean region of South America. Bean seeds from archaeological sites in Peru and Mexico have been radiocarbon dated to 3000 B.C and 5000 B.C., respec-

tively. The Bean has long been cultivated in North America, and is known as one of the *Three Sisters* by Native Americans, accompanying corn and squash.

Growing snap beans has many benefits on the farm. The most significant (other than tasting great) is what they contribute to the soil's health. Like all legumes, snap beans fix nitrogen into the soil, making it available for the next crop. Usually we follow a bean planting with a leafy green like lettuce or chard.

It appears as though we have a great crop of green beans this season. This translates into a ton of picking for us and a ton of cooking, eating and storing for you!



Storage Tips:

- Refrigerate in a plastic bag. Beans will maintain their integrity very well for one week to ten days.
- Beans are easily frozen. Blanch in boiling water for two minutes, rinse in cold water to stop the cooking process, drain, and pack into an airtight container (i.e. zip lock bag)

In your basket this week:

Carrots

Green Beans

Basil

Summer Squash

Cauliflower

Swiss Chard

Head Lettuce

Fruit Share

Apricots

Wisdom Farm Turkeys

It is time to order your holiday turkeys. Please sign up at your pick-up or email us at the farm if you are interested in one for this year. Turkeys range in size from 15lbs to 40lbs and cost \$2.10 per pound. Turkeys will be delivered here to the farm in early November.

CSA Work Day A Success

Many thanks to those of you who joined us last Saturday for a day in the fields. The first CSA work day was a success.

All of the garlic is now harvested and drying in the barn. We will finish cleaning it and begin distributing it for the remainder of the season. It looks like we will have enough beautiful bulbs to use for our own seed this fall. All of the

purple beans that CSA members harvested on Saturday morning we were able to sell that afternoon at the Boulder Farmers Market. Thank you, Thank you, Thank you for helping us pick snap beans, as those rows are quite long and abundant with beans!

Mark your calendars, our next CSA work day will be the last Saturday in August. We hope that you

will come out and join us in the fields.



Coming Next Week...

Basil

Beets

Carrot

Head Lettuce

Summer Squash

And much more!

Recipes

Crispy Green Beans

1 to 2 lbs green beans
olive oil
lots of chopped fresh garlic
sea salt

Arrange the green beans in a single layer on baking sheets. Drizzle with olive oil and coat the beans. Sprinkle with garlic and sea salt to taste. Bake 40 to 45 minutes in a 375 degree oven. They come out looking ugly, but they are delicious!

Creamy Cauliflower and Penne

1 cauliflower head, cut into florets
1 lb. penne pasta
1/3 C extra virgin olive oil
4 garlic cloves, thinly sliced
1/2 C dry white wine
1 1/2 tbsp. chopped fresh oregano
1/4 C kalamata olives, pitted and

Chard and Caramelized Onions

1 lg. yellow onion, sliced
2 tbsp. olive oil
1 tsp. brown sugar
1 bunch Swiss chard, rinsed & chopped
1/4 C kalamata olives, coarsely chopped
2 tbsp. capers
salt, pepper and lemon to taste
In a cast iron skillet cook onions in olive oil over medium-high heat until they begin to brown. Stir in brown sugar and continue cooking for a few minutes until brown and tender. Add chard and olives to the pan and cook until the chard is slightly wilted. Stir in capers and salt and continue cook-

1 tsp. crushed red pepper flakes
4 fresh parsley sprigs, chopped
Salt and freshly ground black pepper
1/4 C (1 oz.) shredded Asiago or Parmesan cheese

Bring a large pot of salted water to boil over high heat. Add the cauliflower and cook for 5 minutes, or until tender. Remove with a slotted spoon to a medium bowl, reserving the water. Cook the pasta. Drain and place in a large serving bowl. Meanwhile, in a large skillet, heat the oil over medium-high heat. Add the garlic and cauliflower and cook for 5 minutes, stirring and breaking the cauliflower into bite-size pieces. Add the wine, oregano, olives, and red-pepper flakes and cook for 3 minutes, or until the cauliflower is very tender. Add the parsley and season with the salt and

ing until chard is completely wilted, about 3 minutes. Season with black pepper and squeeze lemon over top before serving.

Zucchini Pancakes

1 lb. zucchini, coarsely grated
3 tsp. parsley, minced
1/2 C grated cheese (soy cheese works fine too)
1/4 C flour
2 eggs, lightly beaten
Salt & pepper
4 tbsp. butter, margarine or oil

Combine all ingredients except butter. Heat butter or oil in a large skillet over medium heat.

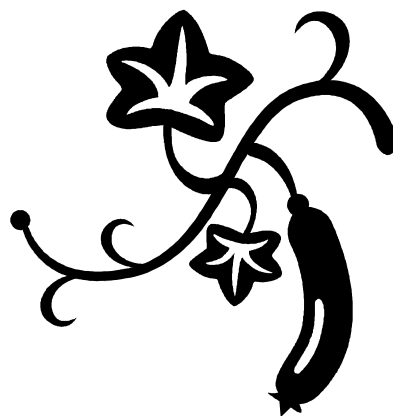
black pepper. Pour over the pasta and toss to coat well. Top with cheese.

Pesto

1/2 C firmly packed basil leaves
1 tbsp. pine nuts
1 small clove garlic, minced/crushed
1 1/2 tbsp. grated parmesan
3 tbsp. good olive oil, salt to taste

Roast pine nuts in a dry skillet over medium heat, shaking pan and stirring often, until they just begin to brown and become fragrant. Remove from pan and cool a bit. Place all ingredients but oil in a food processor and process quickly to make a coarse, grainy paste. With motor running, pour in olive oil slowly. Season to taste with salt. Can be used immediately, or refrigerated

Drop spoonfuls of mixture into skillet and cook until golden brown. Turn pancake over and brown other side. Serve hot.



Words to Live By

Hay for the Horses

He had driven half the night
From far down San Joaquin
Through Mariposa, up the
Dangerous Mountain roads,
And pulled in at eight a.m.
With his big truckload of hay
behind the barn.
With winch and ropes and hooks
We stacked the bales up clean
To splintery redwood rafters
High in the dark, flecks of alfalfa
Whirling through shingle-cracks of light,

Itch of haydust in the
sweaty shirt and shoes.
At lunchtime under Black oak
Out in the hot corral,
---The old mare nosing lunchpails,
Grasshoppers crackling in the weeds---
I'm sixty-eight" he said,
"I first bucked hay when I was seventeen.
I thought, that day I started,
I sure would hate to do this all my life.
And dammit, that's just what
I've gone and done."

-by Gary Snyder