



Cure Organic Farm Newsletter

Distribution Week #7

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What to do with Fennel

The exchange table at the farm pick up is a great tell-tail sign of what CSA members are enjoying and what they just do not know what to do with. Fennel is often traded out before it is given a chance....so before you trade that fennel in, read on.

Fennel's aromatic taste is unique, strikingly reminiscent of licorice or anise; fennel is crunchy and slightly sweet, adding a refreshing contribution to the ever popular Mediterranean cuisine. Fennel is composed of a white or pale green bulb from which closely superimposed stalks are arranged. The stalks are topped with feathery green leaves near which flowers grow and produce fennel seeds. The bulb, stalk, leaves and seeds are all edible. Fennel belongs to the *Umbelliferae* family and is therefore closely related to parsley, carrots, dill and

coriander.

Fennel is an excellent source of vitamin C. As a very good source of [fiber](#), fennel bulb may help to reduce elevated cholesterol levels. And since fiber also removes potentially carcinogenic toxins from the colon, fennel bulb may also be useful in preventing colon cancer. In addition to its fiber, fennel is a very good source of [folate](#), and [potassium](#), a mineral that helps lower high blood pressure.



The three different parts of fennel—the base, stalks and leaves—Fennel can be cut in a variety of sizes and shapes, depending upon the recipe and your personal preference. The best way to slice it is to do so vertically through the bulb. If your recipe requires chunked, diced or julienned fennel, it is best to first remove the harder core that resides in the center before cutting it. The stalks of the fennel can be used for soups, stocks and stews, while the leaves can be used as an herb seasoning.

Quick Fennel Ideas:

sautéed fennel and onions make a wonderful side dish or combination with summer squash. Combine sliced fennel with avocados, and oranges for a delightful salad. Add sliced fennel to sandwiches (excellent in tuna salad). Grill or bake fish with the fennel bulb.

Garlic Harvest

Each Thursday morning we are happy to have volunteers join us in the field to work on whatever project we need to do that day. Last Thursday volunteers helped to harvest all of the garlic, which you will be enjoying in your share today and through the season ahead.

There are two main types of garlic available, hard-neck and soft-neck. Soft-neck garlic tends to store much

longer, up to a year and is a bit more mild in flavor. It is often seen in beautiful garlic braids. Hard-neck garlic will store 6-7 months and is credited for its phenomenal flavor.

We grow a hard-neck variety by the name of German Porcelain. This year's crop is exquisite. We will save nearly 30 pounds of this season's garlic to be used as seed which will be planted in the fall for next

season. You may like to save a couple of cloves to be planted in the fall to start your own garlic crop. Store your garlic in a cool, dark, dry place. The fridge is not ideal, garlic bulbs prefer a dark drawer or a to be in a paper bag in a cupboard. Hope you enjoy!



In your share this week:

Rainbow Chard

Basil

Beets

Fava Beans

Garlic

Fennel

Zucchini

Fruit Share

Rainier Cherries

Need more of a Good Thing?

Our self-serve farm stand is open daily from 10am to 7pm. If you need additional veggies or more of First Fruits cherries, come on out and visit the farm stand. This time of the season we have fresh flowers, beets, carrots, greens, beans, squash and more each day.



Coming Next Week...

Green Beans

Basil

Carrots

Summer Squash

And so much more.....

Recipes

Beet Salad with Oranges, Fennel, and Feta

4 large red beets, all but 1 inch of tops trimmed
5 tablespoons extra-virgin olive oil, divided
4 oranges
1 small fresh fennel bulb, trimmed, quartered, cored, cut into paper-thin strips
1/4 cup finely chopped fresh mint
1/4 cup finely chopped fresh Italian parsley
1/4 cup hazelnuts, toasted, husked, halved
1 small shallot, finely chopped
1 tablespoon balsamic vinegar
Coarse kosher salt
Freshly ground white pepper
1 1/2 cups coarsely crumbled feta cheese

Preheat oven to 400°F. Place all beets in 9x9x2-inch metal pan. Drizzle 3 tablespoons oil over; sprinkle with salt and pepper and toss to coat. Cover pan with foil and roast beets until tender, about 1 hour. Uncover and cool completely. Peel beets, cut into 1/2-inch cubes, and place in large bowl, each color on opposite side; sprinkle with salt and pepper. Cut all peel and pith off oranges. Working over medium bowl to catch orange juice, cut between membranes, releasing segments. Add 1 cup orange segments, fennel, mint, parsley, hazelnuts, and shallot to bowl with beets. Transfer 2 teaspoons orange juice to



small bowl; whisk in vinegar and remaining 2 table-

spoons olive oil. Season dressing to taste with salt and white pepper. Stir into beet mixture. Mound salad on large platter. Drain remaining orange segments; arrange on salad. Sprinkle with cheese.

Fava Bean Ideas:

Add cooked & shelled fava beans to summer squash stir fry. Grill whole fava beans brushed with olive oil, then shell & eat like edamame. Add cooked & shelled fava's to a cold couscous salad with fresh basil, chopped fennel, carrots and dices roasted beets....a little feta cheese is a great addition.

Zucchini and Fresh Herb Fritters

from Vegetarian Cooking for Everyone by Deborah Madison

Salt and freshly milled black pepper
2 lbs. zucchini or summer squash, coarsely grated
2 eggs, beaten
1 bunch scallions, thinly sliced (including about 1" of the greens)
1 C dried bread crumbs
2 garlic cloves, finely chopped
1/2 C chopped parsley
1 tbsp. chopped fresh basil
1 tsp. chopped fresh mint
olive oil, as needed

Lightly salt the zucchini and set aside in a colander to drain for 30

minutes. Meanwhile, mix the remaining ingredients together except for the oil and pepper. Quickly rinse the squash and squeeze out the excess water, then stir into the batter. Taste for salt and pepper. Film a large skillet with olive oil (don't use too much). When hot drop the batter -- 1/4 cup makes a fritter about 3 1/2 inches across-- and cook over medium heat until golden on the bottom. Turn and cook the second side. Serve hot.

Basil Beets

4 medium beets, including greens
1 C fresh basil leaves, shredded
4 tbsp. butter
1 tbsp. olive oil
1 clove garlic, crushed

salt and pepper to taste
Cut leaves from beets, leaving about 1" of stems at top of beets (save leaves). Steam, boil, pressure cook or roast beets until done, then cube. Sort through leaves; wash well and cut off stems. Steam leaves in salted water until tender, up to 5 minutes or so. Set aside. In a pan add butter and shredded basil. Add olive oil, garlic, salt and black pepper. Simmer gently a minute or two. Arrange beet leaves on a serving platter. Spoon beet cubes onto leaves. Drizzle all with the basil butter oil.

Words to Live By

"Humans – despite their artistic pretensions, their sophistication and their many accomplishments – owe their existence to a six-inch layer of topsoil and the fact that it rains."

- author unknown

