



Cure Organic Farm Newsletter

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New Brand, Local Fair Trade

The fair trade movement began in the mid 1980s in the Netherlands with the internationally traded commodity, coffee. Stemming out of relationships between Dutch coffee roasters and Mexican coffee farmers, a labeling initiative began, and the first fair trade label was created, called Max Havelaar.

These roasters and farmers wished to address issues of economic disparity which have persisted since the days of colonialism, when economic systems were set up that kept small producers and laborers in colonized countries poor, while sending the majority of profits back to European nations. This first labeling initiative in Holland spurned other similar organizations in other countries which eventually grew into the Fair Trade Labeling Organization (FLO). This organization still governs international fair trade standards today.

FLO is made up of farmer groups, industry members, and consumers that come together to set the standards by which fairly traded products are marketed, and also to certify participating farmers cooperatives. Operating under FLO are 19 countries that have national initiatives, of which Trans Fair USA is a member. Trans Fair USA is the United States only fair trade certifier. This has created some conflict. Unlike organic certification, in which there are multiple regional independent U.S. certifiers, there is only one in this

country for fair trade. Up until very recently the fair trade label has been applied mostly to commodity products grown in tropical regions which are then purchased in northern regions.

A movement has begun in the United States to apply the principals of fair trade to locally produced goods. Some farmers are working together with trade unions, retailers, farm worker organizations and activists to help write the standards by which local produce is fairly traded, and to create a network of farmers and retailers that sign a fair trade pledge.



There were two groups of people in the U.S. that fairly simultaneously began exploring the idea of creating a set of standards and label for domestically produced, fairly traded goods. One group began in the Twin Cities, where the co-op movement has a long history, and another at a CSA Farm called Peace Work Farm in upstate New York.

Local Fair Trade Network (LFTN) began in 2002 in the Twin Cities as a result of co-op workers who were disturbed that the number of locally produced goods in their stores was on the decline, while representation by

large corporations were rising because of the number of small organic companies that were being bought out by large multinationals. LFTN decided their focus would be to create a fair trade label, and create a network of farmers and retailers that adhered to the fair trade standards, that could supply their stores with products from around the US.

At about the same time the *Agricultural Justice Project* began on the east coast lead by Elizabeth Henderson. This group began as a reaction to the lack of social justice standards in the USDA organic rule. They have decided to focus on writing local fair trade standards which incorporate social justice issues when trading domestically produced goods. Working closely together, the goal is to provide a list of regional farmers/suppliers, of whom all adhere to the Local Fair Trade standards, including organic and social justice principals, and can provide direct sales to retailers.

LFTN has launched its local fair trade label, and has a list of participating farms and retailers on their website. It is currently the only organization of its kind in the country, and the first to get local fair trade products into stores. For more information about the Local Fair Trade Network, visit www.localfairtrade.org. Encourage your local food co-op or grocer to sign the fair trade pledge, and continue to enjoy the many benefits of eating seasonally, locally and directly from the farm.

In your basket this week:

Carrots
Green Beans
Basil
Summer Squash
Cauliflower
Beets
Head Lettuce
Fruit Share
Peaches

Tree Ripened Peaches

Finally, it is Peach season. There is nothing quite like biting into a fresh, juicy peach on a hot day. We will have extra Peaches available for \$2 a pound at the farm CSA pick-up each week.



Coming Next Week...

Basil
Beets
Carrot
Chard/Kale
Summer Squash
And much more!

Recipes

Chilled Curried Carrot Soup

2 tbsp. unsalted butter or olive oil
1 lb. carrots, thinly sliced
1 med. onion, chopped
1 lg. shallot, sliced
2 cloves garlic, chopped
1 heaping tbsp. minced fresh ginger
1 tsp. ground coriander
3/4 to 1 tsp. curry powder
3 C broth (veggie or chicken)
1/2 C coconut milk
1 tbsp. fresh lime juice
fresh cilantro leaves for garnish
toasted pepitas or pine nuts for garnish

Heat butter or oil in a big pot over medium heat. Add carrots, onions, shallots and cook about 6 minutes,

stirring occasionally. Add garlic, ginger, coriander, curry and salt. Cook until fragrant for another minute. Pour in broth, cover partially and bring to a boil. Reduce the heat and simmer gently until veggies are very soft, 25-30 minutes. Cool, then puree. Stir in coconut milk and lime juice. Season to taste with salt and pepper. Let chill, serve with the garnish. You may need to add more liquid if it's too thick

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 peel and cube. Sort through leaves, keeping fresh-looking ones; 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 and enjoy!



Zucchini-Granola Cookies

3/4 cup butter or margarine
1 1/2 cup brown sugar
1 egg
1 tsp. vanilla
grated rind from one orange (optional)
3 cups grated zucchini
3 cups flour
1 tsp. baking soda
1 tsp. salt
3 cups granola cereal
1 cup butterscotch or chocolate chips (optional)

Cream butter and sugar in a large bowl. Add egg, vanilla, orange rind and zucchini. In a separate bowl,

combine flour, soda and salt. Add this to zucchini mixture, along with granola, and stir. Add chips if using at this point (dough should be sticky). Drop by spoonfuls on greased cookie sheet. Bake at 350 degrees for 12 - 15 min. Remove to rack or brown paper to cool.



Beet-carrot-apple-raisin-walnut salad

Here is a quick, easy light salad suggestion....try it with lettuce or without

Grate up a few carrots and a raw beet. Add cut up apple, a handful of raisins, and some nuts (toasted if you have the time and inclination! A few minutes in the toaster oven does the trick). Stir in a dollop of mayo or if you prefer olive oil and balsamic vinegar, incorporate everything and serve! You can enhance the mayo with a little lemon juice, honey and cinnamon for added yum.

Words to Live By

Summer on the Farm

On the broad, flat plains of Kansas, Demeter sweats, shuffles, bent double with her hoe. In her wake are live things

boiling from the ground. A riot of vegetables, cucumbers tomatoes and sweetpeas, all jostling

towards the sun. The vines writhe, seething across the earth. The goddess with the hoe squints backwards. Soon

she will take her knife, loosen the soil, free them from the hollowed ground. It will feel like giving birth.

Persephone, sullen, curled in a window seat, stares glaze-eyed at the burgeoning garden and craves pomegranates in the middle of July.

Catherine Osborne

