

Recipes

Potato and Green Bean Salad

from "Jane Brody's Good Food Book"
serves 6

1 lb. green beans, cut and steamed until tender-crisp; keep warm
8 med. potatoes, peeled (optional) and cooked until just soft, then cubed (appx. 4 C); keep warm
2 scallions, sliced

dressing:

2 tbsp. olive or salad oil
2 tbsp. white wine vinegar
1 lg. clover garlic, crushed
1 sm. red onion, thinly sliced into rings
1/2 tsp. oregano
1/2 tsp. salt
1/8 tsp pepper, or more, to taste

Place beans, potatoes & scallions in a medium bowl. Combine all dressing ingredients in a jar. Shake well & pour over the vegetables. Toss gently, mixing well. Cover and refrigerate for several hours or overnight.

Crispy Kale or Kale Chips

Heat the oven to 400, then cut out the stems from the kale, lay the leaves on an ungreased cookie sheet, spray briefly with olive oil from a misto-type oil sprayer, (or just toss in a bowl with olive oil before cooking) sprinkle some salt over the leaves and bake them for about 10 minutes (being watchful so they don't char). They aren't pretty, but they're crispy, and look pretty impressive piled on a plate.

Pasta with Greens and Feta

6 tbsp. olive oil
4 C chopped onion
7-8 cups (packed) bitter greens (kale, chard, spinach or any combination thereof), coarsely chopped
3/4 - 1 lb. pasta (penne, shells)
1/2 - 3/4 lb. feta cheese, crumbled
pepper, salt and parmesan cheese to taste
Heat olive oil and cook onions over med. heat for 10 minutes. Add greens, stir until greens begin to wilt. Cover and cook 10 to 15 minutes on medium heat. Cook pasta, drain, then add along with feta to the sauteed greens. Mix to combine, season with salt* and pepper to taste, then serve hot accompanied by parmesan cheese.



Zucchini-Carrot Muffins

makes 24

1 1/2 C whole wheat flour
1/2 C unbleached white flour
4 tbsp. powdered milk
1 tbsp. baking powder
1/2 tsp. sea salt
1/2 tsp. allspice
1/2 tsp. nutmeg
1 tsp. cinnamon
3 eggs
1/4 C safflower oil
1/2 C mild honey
4 heaping tbsps. orange or ginger marmalade
1 tsp. vanilla
1/2 C milk
1 C grated carrot
1 C grated zucchini

1/2 C chopped walnuts

Preheat oven to 375 degrees. Butter muffin tins. Sift together flours, powdered milk, salt and spices. Beat together eggs, oil, honey, marmalade, vanilla, and milk. Stir in grated carrot and zucchini. Quickly stir wet ingredients into dry, and fold in walnuts. Spoon into muffin tins, filling 3/4 full, and bake in preheated oven 20 minutes. Cool on a rack, or serve warm.



String Beans with Ginger

1/2 lb. fresh green beans
1 tsp. toasted sesame oil
1 tbsp. finely chopped fresh ginger
1 stalk lemongrass, finely chopped*
1 red chili pepper, seeded and minced**
1/2 C reduced-fat coconut milk
1/4 tsp. salt

Trim ends of green beans and cut into 2-inch pieces. Heat the oil in a large skillet and add the ginger, lemongrass, and chili pepper. Cook for 2 to 3 minutes. Add the green beans, coconut milk, 1/2 cup of water, and salt. Cover and cook over medium heat until the green beans are tender, about 10 minutes



Words to Live By

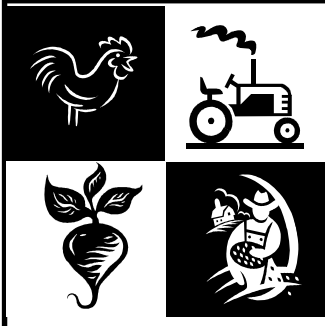
This Is Just to Say

I have eaten
the plums
that were in
the icebox

Forgive me
they were delicious
so sweet
and so cold

And which
You were probably
Saving
For breakfast

-William Carlos Williams



Cure Organic Farm Newsletter

Distribution Week #8

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www.cureorganicfarm.com—cureorganicfarm@yahoo.com

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www.cureorganicfarm.com/
csanewsletters.htm

Notes From The Field

The heat is on, and the summer crops are loving it. July is such an intense month with the temperatures hovering in the high 90's, little to no precipitation, weeding, harvesting and of course preparing the fields for the fall planting. It is our busiest month. July is also an in between month for harvesting crops. The spring plantings are finishing up and the summer crops are just beginning to come on. Summer squash, cucumbers, eggplant and peppers are flowering still and setting fruit. We have begun to harvest the earliest varieties of these crops, with more and more coming on each day.

As mentioned in a previous newsletter, one of our hoop houses is full of colored sweet peppers. There are peppers now hanging on the plants and we are eagerly waiting for them to ripen to their orange and red colors. I am guessing

they will be ripe in another two weeks.

The heirloom and cherry tomatoes are absolutely exquisite so far this season. The plants are strong and have thousands of little yellow flowers that are becoming mouth watering tomatoes. While most crops this season are about two weeks behind where they were last year, the tomatoes are about two weeks earlier. We are hoping that each week we will have some tomatoes available for the CSA. With 163 families, that is a lot of tomatoes!

This week we are enjoying our first crop of snap beans. A second planting will be ripe in August. Edemame will follow the green beans. Root crops will also make a come back in August. Beets, turnips, carrots and onions will be ready just in time for the cooling nights of late August. Here's to the season ahead!

Fall transplants are in the ground

Many Thanks to all of you who joined us on Saturday morning to plant the fall kale, chard, head lettuce and broccoli out in the field. We planted over 3000 plants and they are all doing well despite the dry soil, and intense heat. It is so much fun for us to have folks out in the field, and it is amazing what a group of people can get done

(especially with some great coffee from conscious coffees).

We will schedule another CSA work day in August and hope that you will consider joining us out here on the farm.



Hello Potatoes!!!



Potatoes are one of our favorite crops to grow here at the

farm. This season we are growing three varieties of fingerlings, our favorite red called Sangre, Yukon Gold, German Butterball and All Blues.

Today's harvest includes French fingerlings which are red, La Ratte fingerlings which are yellow and our favorite the Sangre red potato. All of these potatoes are considered "new potatoes". That is, they have not set their skins yet, so if not careful they will rub right off. With out their skins set, potatoes need to be refrigerated and do not store quite as long.

These new potatoes cook quickly, so are best just sliced and tossed in the skillet, or steamed lightly.

In your share this week:

Kale

Green Beans

Potatoes

Carrots

Garlic

Tomatoes

Fruit Share

Apricots

Cherries

Wisdom Farm's

Chickens

Next week we will be distributing the pre-ordered chickens from Wisdom Farm. Chickens will be available again in September. You can begin ordering them in August. Jay and Cindy have more chicken orders than ever expected and really appreciate the support and interest. They also raise Turkeys for the fall holiday season and we will begin taking orders for turkeys in August.

Coming Next Week

Potatoes

Carrots

Basil

And so much more.....