

Cure Organic Farm Newsletter

Distribution Week #8

July 22nd 2009

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

New Potatoes

Potatoes are one of my favorite crops to grow. We plant last season's potatoes in May, water, hill and cultivate until the plants are too tall to pass over with the tractor. Then the field starts to bloom and what a sight it is. Potato flowers open in waves according to their variety and range in color from pure white, to ivory, pale yellow, peach, pink, red, magenta, purple and blue. The flowers are a sign that the tubers are beginning to form off of the roots. As the flowers die back, the new potatoes continue to grow in size and their skins begin to form. We begin digging our

new potatoes just as the blossoms start to drop off.

Immature potatoes harvested during the spring or summer are called *new potatoes*, or sometimes creamers or fingerlings. New potatoes are not a separate variety of [potato](#), but younger versions of favorite varieties like Yukon Gold, Yellow Finn and Sangre. The skin of new potatoes is generally thinner and flakier than the skin found on older potatoes. New potatoes should be used fresh, and will not store for long periods of time. Because new potatoes are very small in size, they are well-suited to boiling and roasting. But watch these potatoes as they cook much more quickly than the average storage potato. Boiled new potatoes retain their shape and texture, and can be seasoned to match the overall tone of the [meal](#). Any way you use them, you will love them!



Flowers on the Farm


For our fourth wedding anniversary a friend told Paul & I that the key to a long and happy marriage was "to keep it new". Good simple advice that I believe can be used in all aspects of life, including decisions about the farm. While you may be aware that each season we try different crops and varieties of vegetables, this season we jumped in head first with growing flowers. Chloe spent the winter

months reading about different varieties, planting times and making the planting plan that you can enjoy blooming in the fields over at Tree House.

In the spirit of keeping it new, we are excited and curious about growing flowers commercially. While there is the added benefit to our honey bees and other pollinators on the farm, it also diversifies

Hot basil tip!

If you want fresh basil for cooking with, but it doesn't seem to last until you're ready to use it, try this: Pluck basil leaves from stalks, discard stalks and chop leaves (easiest way to do this is to 'stack' them first). Put the chopped basil into an ice cube tray (about 1 tbsp. per cube) and add just enough water to each 'cubicle' to cover the basil. Freeze. Pop cubes out and store in a ziplock bag in your freezer. Whenever you need basil for a sauce, simply toss a cube or 2 or 3 into whatever you're making. The water is inconsequential and will cook away as your sauce cooks.



In your share this week:

Green Kale

Basil

Carrots

Green or Yellow Wax Beans

Shallots

New Potatoes

Zucchini & Summer Squash

Fruit Share

Cherries

GMO SUGARBEET HEARING, July 23, 7:10 p.m. Boulder County Parks and Open Space Advisory Committee (POSAC) will hold a public hearing on the proposal from six farmers who want to grow Roundup-ready GMO sugarbeets on county open space land. Please attend to voice your opinion and get involved with agriculture issues on our public land. Boulder County Commissioners hearing room, County Courthouse, 1325 Pearl St.

Coming Next Week...

Cucumbers

Basil

Carrots

Summer Squash

And so much more.....

Recipes

Fettuccine with Pesto, Green Beans and Potatoes

[Bon Appétit](#) | March 2000

3 cups (packed) fresh basil leaves

3/4 cup olive oil

1/3 cup pine nuts

3 tablespoons walnuts

2 garlic cloves

1 cup freshly grated Parmesan cheese

8 ounces green beans, trimmed, and halved

8 ounces white potatoes, peeled, cut into 1/2-inch pieces

12 ounces fettuccine

Blend basil, 1/4 cup oil, pine nuts, walnuts and garlic cloves in processor until finely chopped. Add grated Parmesan cheese. With machine running, gradually blend in remaining 3/4 cup oil. Set pesto aside.



Cook green beans in large pot of boiling salted water until crisp-tender, about 4 minutes. Using 4- to 5-inch-diameter strainer, transfer beans to large bowl. Return cooking water to boil. Add white potatoes and boil until tender, about 7 minutes. Remove potatoes with same strainer and transfer to bowl with beans. Return cooking water to boil. Add fettuccine to same pot. Boil until pasta is just tender but still firm to bite, stirring occasionally. Drain pasta, reserving 1 cup cooking water. Return green beans, white potatoes and cooked pasta to pot. Add pesto and toss to coat. Gradually add enough reserved cooking water to coat pasta with moist sauce. Season to taste with salt and pepper. Serve immediately.



Buttered Green Beans and Carrots

2 pounds slender green beans, trimmed

8 ounces carrots, peeled, cut into matchstick-size strips

2 tablespoons (1/4 stick) butter

2 tablespoons olive oil

Cook green beans in large pot of boiling salted water until crisp-tender, about 6 minutes. Using slotted spoon, transfer green beans to bowl of ice water. Cook carrots in same boiling water until crisp-tender, about 1 minute. Transfer carrots to ice water with beans. Drain. Melt 2 tablespoons butter with 2 tablespoons olive oil in large pot over medium-high heat. Add vegetables and toss until hot, about 2 minutes. Season to taste with salt and pepper.

Grilled Zucchini and Summer Squash Salad with Basil Parmesan Dressing

4 medium-large zucchini, trimmed, halved lengthwise

4 medium-large yellow squash, trimmed, halved lengthwise

5 tablespoons olive oil

1/2 cup chopped fresh basil

1/3 cup freshly grated Parmesan cheese

2 tablespoons balsamic vinegar

Prepare barbecue (medium heat).

Place zucchini & squash on large baking sheet; brush all over with 3 tablespoons oil. Sprinkle with salt and pepper. Grill vegetables until tender and brown, turning occasionally, about 10 minutes. Transfer to

plate and cool. Cut vegetables diagonally into 1-inch-wide pieces. Place in large bowl. Add basil, Parmesan cheese, balsamic vinegar and remaining 2 tablespoons oil and toss to blend. Season to taste with salt and pepper and serve.

Roasted Potatoes, Shallots, and Kale with Caramelized Garlic Dressing

1 pound small red potatoes

1/2 pound shallots, cut lengthwise into eighths

1 tablespoon olive oil

4 large garlic cloves, unpeeled

1/2 pound kale

1 teaspoon red-wine vinegar

Preheat oven to 450°F. Quarter potatoes and in a bowl toss with shallots, 1 1/2 teaspoons oil, and salt and pepper to taste. Transfer mixture to a shallow baking pan. Wrap garlic tightly in foil

and put in pan with potatoes. In a large bowl toss kale with remaining 1 1/2 teaspoons oil and salt and pepper to taste until combined well. Arrange kale in one layer in another shallow baking pan. Roast kale, potato mixture, and garlic in middle and bottom thirds of oven, switching position of pans in oven halfway through roasting and stirring vegetables occasionally, until potato mixture is golden brown and tender, kale is crisp, and garlic is soft, about 15 minutes. Transfer vegetables (except garlic) to a bowl and season with salt and pepper. Carefully remove garlic from foil and peel. In small bowl with a fork mash garlic with vinegar until smooth and season with salt and pepper. Add dressing to vegetables and toss.



Words to Live By

"The senses can become tools of choice, defense, and pleasure; they give new 'sense' to our actions in the field."

- Carlos Petrini, from his book *Slow Food Nation*.

