



Cure Organic Farm Newsletter

Distribution Week #9

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

Going Local

More and more of us are thinking about our food choices and how they effect our health, the environment and the community as a whole. Here in Boulder, a group called Boulder Valley Re-localization is made up of citizens working together to prepare this community for greater self-sufficiency with food consumption and energy use.

The goal of this group is to learn to produce our essential needs locally, and create a network. They believe we need to dramatically reduce our consumption of fossil fuels and our waste outputs, and that we must join together to prepare our community to become as self-sufficient as possible, thus strengthening the local economy and developing relationships. Of course this all happens through community in-

volvement. For more info check out www.boulderrelocalization.org

By working with other farms we try to connect CSA members directly with a variety of food sources. Some of our favorite resources are listed below.

www.localharvest.org— a nation wide resource for local products

www.ebertfarms.com— raw cows milk through a cow share program

www.lasatergrasslandsbeef.com— Lasater free range beef

www.boulderfarmers.org— Boulder County farmers markets

Interested in buying Lasater Beef?

Here is how it works. Lasater offers a Family Sampler totaling 36 pounds. Included in the Family Sampler is 16 lbs. of ground beef. Approximately 8 lbs. of steak which may include two or more of the following cuts: Ribeye, New York, Top Sirloin, Sirloin Tip, and Round steak. Finally, 12 lbs. of roasts and assorted other cuts such as Short ribs, Brisket, and flank steak. The Family Sampler costs \$200. Hamburger is also available by the pound for \$5.00.

Sign up now for delivery on August 15th.



Sweet corn would take up a lot of space in order to provide our members with a good quantity. So, we work with our neighbors to bring you this seasonal highlight. Munson Farm Stand is open daily from 9-7pm. Be sure to stop in for more sweet corn, & melons this time of year, and for pumpkins and squash in the fall.

We hope you enjoy!

In your share this week:

Head Lettuce

Cucumbers

Basil

Garlic

Sweet Corn

Summer Squash

Potatoes

Fruit Share

Peaches

Next CSA Work Day

will be Saturday, August 18th from 8-11am. We hope that you will mark your calendars and join us for a morning in the fields!

Wisdom Farm Chicken

is available today for pick-up. Sign up for the **August 29th** delivery will begin next week. Only 2 more deliveries of Wisdom Chicken for this season. Delivery dates are Aug. 29th and Sept. 26th. Start to stock up now!

Coming Next Week...

Basil

Cucumbers

Sweet Corn

Summer Squash

And so much more.....

Sweet Corn from Munson Farm

Munson Farm is known throughout Boulder County for their unbelievably tasty sweet corn. How luck for all of us to be located across the street from their farm and their farm stand.

Bob Munson has been growing sweet corn since he was a young boy growing up in Illinois and has passed the tradition on to his own two sons, who now run the family farm here on Valmont and 75th.

Today there are two varieties of sweet corn for you to enjoy. The classic Peaches and Cream which is a bi-colored sweet corn, and a white sweet corn.

Why don't we grow sweet corn here at Cure Organic Farm? Well, we just don't have the space. With the series of succession plantings that we do from March through October, the 6+ acres we cultivate are quickly filled with a variety of vegetables.

Recipes

Zucchini and Fresh Herb Fritters

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.

Homemade Garlic-Basil "Fries"

Farm potatoes, washed and cut into quarters.
Farm garlic - 2-3 cloves, minced and then mashed with salt into a paste
Basil - slivered

Toss potatoes with a small amount of olive oil, salt & pepper in a bowl. Place on a baking sheet, cut side down, and

cover with foil. Bake at 450 degrees for 20 minutes. Uncover and continue to roast until done, about 20-30 minutes. Place mashed garlic and basil in bowl. Add hot potatoes and toss well. Season with more salt & pepper if needed.



Zucchini Stuffed with Corn and Cheese

2 narrow 6- to 7-inch-long zucchini or yellow squash
1 C corn kernels
1/2 to 2/3 C ricotta cheese
1 to 2 tbsp. chopped chives (optional)
Salt and freshly ground black pepper
3/4 C grated Cheddar cheese

Blanch squash in boiling salted water for 5 minutes. Place under cold water and drain. Halve and scoop out the seeds, forming cavities. Coarsely purée the corn and ricotta

cheese in a food processor or food mill. Add the chives (if you wish) and season with salt and pepper. Fill squash halves with the mixture, mounding slightly. Cover with grated cheese. Place in a buttered casserole and bake, covered, in a preheated 350 degree oven for 15 minutes. Uncover and bake 20 to 25 minutes or longer, until the squash is tender and the topping is browned.

Cucumber Salsa

Try this over grilled fish or chicken (or maybe over the zucchini fritters?!)

2 C finely chopped cucumber
3/4 C finely chopped red bell pepper
2/3 C finely chopped red onion
1/2 C chopped fresh cilantro
2 tbsp. red wine vinegar
2 tbsp. olive oil

Mix all ingredients in a large bowl. Season to taste with S&P. Can be prepared up to 4 hours ahead. Cover with plastic and refrigerate.

Words to Live By

"To live is not enough. We must take part and celebrate."

-Pablo Casals

