

Cure Organic Farm Newsletter

Distribution Week #9

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7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

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Lasater Grasslands Beef

We are pleased to offer you again, for the seventh season Lasater Grasslands Beef. Lasater Ranch is located on several hundred acres, south-east of Colorado Springs. This season we will be offering a 36lb family sampler consisting of assorted cuts, as well as brisket, filet mignon and ground beef. Place your order with in the next two weeks for delivery August 19th.

For more than half a century the Lasater Ranch has been a wildlife sanctuary. There is no poisoning, hunting, or trapping on the ranch. Like the bison, their cattle coexist with coyotes, deer, prairie dogs, pronghorn antelope, rattlesnakes, and other wildlife. Believing that working with nature is the best policy, many years ago Lasater Ranch implemented practices that helped restore the natural balance between animal species, domestic livestock, land and man. Grazing animals are vital to the environmental health of the Great Plains, and rightly-raised cattle can help sustain that health. Lasater cattle—like the roaming herds of bison once did—harvest grasses, till the soil with their hooves, fertilize the ground (via that most natural of processes) and then are moved to fresh pastures, leaving the grazed plants to fully recover. When the pastures are rested (typically 70 to 80 days), the grasses develop to their

full potential—growing extensive root systems that help them survive the dry land conditions and season of drought.

What about the beef? The vast majority of beef raised in America is finished off in feedlots. Lasater Grasslands Beef is different. Grass-fed beef is lower in fat and calories, and higher in important vitamins such as beta-carotene and vitamin E, than beef finished on grain. Research has shown that grass-fed beef can lower cholesterol levels.

Lasater Grasslands Beef is a tender product, though tenderness will vary depending on how it is cooked. You will not be able to cut it with a fork. Because their beef is leaner than corn fed beef, care must be taken not to overcook it. Their briskets and roasts, because they have little marbling, need to be cooked at high temperatures to break down the weave of the meat. Lasater Grasslands Beef cooks up to 50% faster than corn fed beef. If cooked to medium-well or well our beef will occasionally be tougher than generic beef. As these animals are raised in their natural environment and are healthy, it is safe to eat LGB rare to medium rare.

Here are the details:

The Family Sampler—\$200 This package offers 36 lbs of assorted cuts wrapped in white butcher paper, includ-

Lasater Beef Prices

Family Sampler - \$200
Filet Mignon - \$21 pound
Brisket - \$6 per pound
Ground Beef - \$4

Please place orders for delivery Aug. 14th

ing roughly 8 lbs of steaks, 12 lbs of assorted roasts and other cuts, and 16 1-lb packages of ground beef.

Ground Beef - \$4/pound

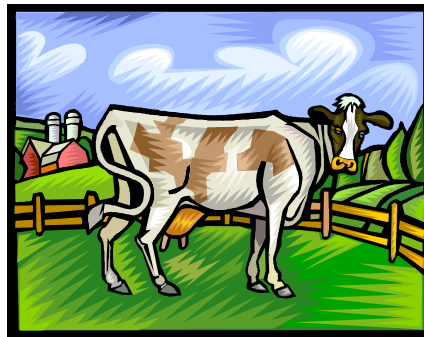
One pound packages wrapped in butcher paper. Please order by one pound increments.

Filet Mignon - \$21/pound

6-8 oz. filets individually wrapped. Please order by number of steaks you would like, each steak cost is approx. \$10.

Brisket - \$6 per pound

Approx. 3 pound roasts



In your share this week:

Beets
Basil
Carrots
Garlic
Cucumbers
Onions
Zucchini & Summer Squash
Fruit Share
Cherries

Wisdom Farm's Naturally Raised Chickens

It is time once again to sign up for your whole chickens from Wisdom Farm. Place your orders now for pick-up Wednesday August 12th. Chickens are frozen, weigh between 3-4 pounds and cost \$3 per pound. Order your chickens by email or sign up tonight.

Coming Next Week...

Cucumbers
Sweet Corn
Carrots
Summer Squash
And so much more.....

Recipes

Beet and Carrot Pancakes

Bon Appétit | March 1998

- 1 1/3 cups coarsely shredded beets
- 1 cup coarsely shredded carrots
- 1 cup thinly sliced onion
- 1 large egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup all purpose flour
- 3 tablespoons olive oil
- Low-fat sour cream



Preheat oven to 300°F. Place baking sheet in oven. Combine beets, carrots and onion in large bowl. Mix in egg, salt and pepper. Add flour; stir to blend well. Heat 1 1/2 tablespoons oil in heavy large skillet over medium heat. Using 1/3 cup beet mixture for each pancake, drop 4 pancakes into skillet.

Flatten each into 3-inch round. Cook until brown and cooked through, about 4 minutes per side. Transfer pancakes to baking sheet in oven; keep warm. Repeat with remaining beet mixture, making 4 more pancakes. Serve pancakes with sour cream.



almost smooth. Transfer to a bowl and stir in finely chopped mango and cucumber, onion, lime juice, and 2 cups cold water. Place bowl in a larger bowl of ice and cold water and stir until cool. Just before serving, stir in cilantro and 1 1/4 teaspoons salt.

Chilled Mango and Cucumber

Soup | *Gourmet* | August 2002

- 2 mangoes, peeled and pitted
- 2 seedless cucumbers
- 3 Tbs. finely chopped red onion
- 3 Tbs. fresh lime juice, or to taste
- 2 tablespoons chopped fresh cilantro

Finely chop 1 mango and 1 cucumber and set aside. Coarsely chop remaining mango and cucumber and purée with 1/4 cup water in a blender until

Pesto Goat Cheese Spread

Gourmet | September 2002

- 4 ounces soft mild goat cheese at room temperature
 - 2 ounces cream cheese at room temperature
 - 1/4 cup [pesto](#)
- Stir together all ingredients with salt and pepper to taste until smooth. Great with crackers or flat bread!

Summer Squash Sloppy Joes

Cookie | July 2006

- 1 pound ground lean beef or turkey
- 1/2 onion, finely chopped
- 1 carrot, chopped
- 1 1/2 cups summer squash, diced
- 1 6-ounce can tomato paste
- 3 garlic cloves, minced
- 1 tablespoon mild chili powder
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- Kosher salt and freshly ground black pepper to taste
- 3 ounces cheddar cheese, thinly sliced
- 6 hamburger buns

Preheat the broiler. In a large skillet over medium-high heat, sauté the

ground beef or turkey until browned, about 7 minutes. Add the onion and sauté 2 minutes. Add the carrot and sauté 2 minutes. Add the squash and sauté 1 minute more. Stir in the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes.



Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of

the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted.



Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture. Serve immediately.

Words to Live By

"Earth is here so kind, that just tickle her with a hoe and she laughs with a harvest."

- [Douglas Jerrold](#)

[A Land of Plenty](#)

