

Cure Organic Farm Newsletter

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The Incredible Egg

Cure Organic Farm eggs are always a coveted commodity here at the farm. As the weather gets colder and colder, our ladies slow down their egg laying due to fewer hours of daylight.

Here are some little known facts about chicken eggs:

Sometimes you come across an egg that contains a blood spot. Many folks think that a blood spot indicates a fertilized egg. But that's not so, according to the American Egg Board.

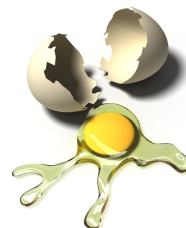
Contrary to popular opinion, these tiny [blood] spots do not indicate a fertilized egg. Rather, they are caused by the rupture of a blood vessel on the yolk surface during formation of the egg or by a similar accident in the wall of the ovi-

duct. Less than 1% of all eggs produced have blood spots.

Mass candling methods reveal most eggs with blood spots and those eggs are removed but, even with electronic spotters, it is impossible to catch all of them. As an egg ages, the yolk takes up water from the albumen to dilute the blood spot so, in actuality, a blood spot indicates that the egg is fresh. Both chemically and nutritionally, these eggs are fit to eat. The spot can be removed with the tip of a knife, if you wish."

- To produce one egg, it takes a hen 24-26 hours, and to do so, she requires 5 oz. of food

- and 10 oz. of water. Thirty minutes later she starts all over again.
- As a hen grows older she produces larger eggs.
- Did you know a mother hen turns over her egg about fifty times per day, so the yolk won't stick to the sides of the shell



Bok Choy Facts

Bok choy, otherwise known as bak choi, paak choi, Chinese chard cabbage and Chinese mustard cabbage is a vegetable that resembles celery although it is actually a member of the cabbage family. Bok choy stalks can be consumed raw with dip, or chopped and used in salads.

Bok choy has a high water content and becomes limp very quickly upon cooking. It should be cooked very quickly over high temperature so that the leaves

become tender and the stalks stay crisp. In Chinese stir-fried dishes and soups, bok choy is added toward the end of the cooking process. Since the leaves cook much more quickly than the stalks, it's a good idea to add the stalks first and then the leaves about a minute later. Cut the stalks into 1/2-inch pieces before cooking.

Bok Choy is a great choice for getting lots of vitamin C, calcium and vitamin A. Bok Choy also contains

glucosinolates, which may prevent cancer.



In your share this week:

Leeks
Celeriac
Carrots
Winter Squash
Bok Choy
Potatoes
Turnips
Braising Mix
Apples

The last **Boulder Farmers Market** of the season is this Saturday, November 4th from 8-2 pm. Come down to the market to enjoy the last of the season's finest & freshest produce. It is located on 13th street between Arapahoe and Canyon.

Coming Next Week...

Carrots
Turnips
Braising Mix
Celeriac
Kale
Winter Squash
And much more....

Recipes

Butternut Bisque

1 tbsp. olive oil
1 cup finely chopped onion
1 3/4 - 2 lb. butternut squash,
peeled seeded & cut into 1" chunks
2 med. pears, peeled, cored & cut
into 1" chunks
1 med. tart apple (peel, core, etc.)
4 tsp. lemon juice, divided
1 tbsp. grated fresh ginger
1 tsp. ground cumin
1/2 tsp. curry powder
1/8 tsp. cayenne pepper
1 14.5 oz. can chicken broth
1 cup apple juice
1 cup water
1/4 tsp. salt, 1/8 tsp. pepper

In a medium pan, saute onion in oil

Celeriac

This rather ugly, knobby, brown vegetable is actually the root of a special celery cultivated specifically for its root. Celeriac can be eaten raw or cooked. Before using, peel and soak briefly in acidulated water to prevent discoloration.

To eat raw, grate or shred celeriac and use in salads. Cooked, it's wonderful in soups, stews and purées. It can also be boiled, braised, sautéed and baked. Celeriac contains small amounts of vitamin B, calcium and iron.

over medium-low heat, 10 min. Add all ingredients except 2 tsp. of the

lemon juice, and the pepper. Bring to a boil, reduce heat, cover and simmer for 30 minutes. Let cool slightly. With a slotted spoon, transfer cooked solids to a blender or food processor. Puree until very smooth. Stir back into remaining broth. Stir in remaining lemon juice and the pepper. Heat through.



Celeriac & Seasonal Vegetables with Double Cream and Herbs

2 medium carrots
3 1/2 ounces celeriac, peeled and cut into 1/2-inch cubes
2 leeks, white only and washed well
Sea salt
1/2 cup heavy cream
10 basil leaves
2 small fennel bulbs, trimmed, finely chopped
1/2 cup chopped onion
1 1/2 tablespoons finely diced cooked beets
freshly ground black pepper
fresh Herbs, chopped, for garnish

Baby Bok Choy Stir Fry

1 tbsp vegetable oil
1 clove garlic, coarsely chopped
1 tsp coarsely chopped ginger
4 heads baby bok choy, washed, stem trimmed, cut in half
2 tbsp tamari or soy sauce
2 tsp black sesame seeds

Heat vegetable oil in a wok or large sauté pan until almost smoking. Add the garlic and ginger. Stir-fry over high heat for 30 seconds. Add the baby bok choy and tamari. Cover for 1 to 2 minutes to steam bok choy. Remove from heat, toss with sesame seeds and serve.

In a large pot of boiling water with the sea salt, blanch the carrots, celeriac, and leeks separately (cook according to your personal taste). Transfer vegetables to a large bowl.

In a medium bowl, whisk the cream until thick and add the basil and chopped fennel. Add the chopped onions and beets to the bowl of vegetables, mix well and season with salt and pepper. Divide vegetables into separate soup plates, add a dollop of cream. Garnish with fresh herbs.

Words to Live By

Fall, Leaves, Fall

Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.

I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.

-Emily Bronte

