

Cure Organic Farm Newsletter

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Terra Madre

A full week has passed since our return from the Terra Madre conference. Being back out in the field, harvesting greens and roots, as well as preparing new beds for over wintered crops like garlic has given me the quiet time needed to begin to digest our experiences.

Terra Madre's focus is on bringing together food producers from around the world to create a larger community and share experiences. Fishermen, shepards, pastoralists, ranchers, orchardists, coffee, cacao, sugar cane, grain growers and diversified farms like our farm were all present. Meeting and interacting with people

from around the world who turn the soil, save seeds from one generation to another, foster animals and ultimately make daily decisions regarding the management of their food ecosystem encouraged me to look with new perspective at how we produce food here.

So much emphasis is on yield and production in the US. Land management from my perspective should be diversified with crops and animals, all of which have their own purpose on the farm for production as well as rejuvenation. We continue to work this model into our farm as we plan for seasons to come.

Grass-Fed, Think About It

By now I think all of us agree that locally grown produce has the best flavor, contains the most nutrients because it was just picked, as well as being a bonus for the environment and local economy. What about our meat choices?

By the 1960's many small farms were lost due to the industrialization of food products. Most meat and dairy was mass produced in feed lots, with the animals health controlled by antibiotics and hormones rather than their diet. While this mode of food production boosted animal productivity and lowered the cost of

meat, it also altered the nutritional value.

While finishing animals with corn does increase the marbling and fat content (and does add nice flavor), it lowers the nutritional value. Animals raised in feedlots or finished on grain have higher fat content, cholesterol and calories. It also has less vitamin E, C, beta carotene and healthy fats called omega 3 fatty acids.

In general grass-fed animals have lower fat and calories. Research shows that meat from these animals actually lowers bad cholesterol and omega 3's

I came away from the conference with a strong belief that growing, preparing and sharing food is not only a sacred act, it is also a political one. Ultimately our food choices affect the quality of our daily lives, and I believe that when you have a connection with where your food comes from you look at the world in an entirely different way.



Leistikow Farm Grass Fed Lamb.

George from Leistikow Farms has various cuts of his grass fed lamb for sale at our CSA pick-up. He can be contacted to place any special orders for whole, half or special cuts you would like. Give him a call at 303-926-6973.

are 2-4 times higher. Absorbing these essential fatty acids help to lower high blood pressure, reduce by 50% the chance of heart attacks, and are essential to brain health.

The food choices we make directly affect our health and how food continues to be raised. When the flavor is great as well as being good for you, the decision is easy.

In your share this week:

- Beets*
- Parsnips*
- Turnips*
- Winter Squash*
- Bok Choy*
- Onions*
- Garlic*
- Salad Greens*
- Pears*

Wisdom Farm Turkeys

will be delivered frozen to the farm on Wednesday Nov. 15th. You can pick them up at CSA distribution that evening, or on Thursday Nov. 16th by appointment. If you have not ordered one and would like to, let me know ASAP and I will order one for you. They are \$2.10 a pound, please pay when you pick them up.

Coming Next Week...

- Turnips*
- Spinach*
- Beets*
- Bok Choy*
- Winter Squash*
- Apples*
- And much more.....

Recipes

Roasted Winter Veggies

Veggie options: Carrots (peeled & cut in segments), potatoes (if small, use whole, otherwise cut in quarters), winter squash (peeled, seeded and cut in pieces), onions (peeled & quartered), turnips (cut in wedges), beets (cut in wedges), parsnips (cut in wedges), garlic.

Additional ingredients: olive oil, rosemary, salt & pepper.

Preheat oven to 350 degrees. Put cleaned and cut vegetables in a shallow roasting pan. Using your hands, coat all pieces w/olive oil. Sprinkle liberally w/salt, pepper, & tuck sprigs of fresh rosemary between veggies. Cook for an hour or more, until veggies feel soft when

Spaghetti Squash Info

Spaghetti squash would be the butter-yellow-skinned squash, about the size of a small football. The unique character of this particular squash is that the flesh, when cooked, separates into spaghetti-like strands when scraped with a fork. Spaghetti squash can be cooked by steaming, boiling whole (!), microwaving, or baking (see below). Once the squash is cooked (like any winter squash – until the flesh gives gently when squeezed, or until it pierces easily with a fork or skewer) and then cool enough to handle, scoop out and remove the seeds (if you haven't already), then drag the tines of a fork crosswise to

pierced w/a sharp knife and are lightly browned. Great as a side dish, or a meal of their own

Beet Soup with 3 Legumes

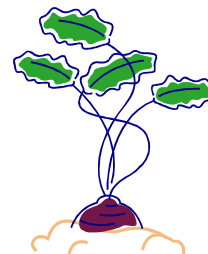
1C kidney beans
1 C chick peas
1/3 C dried brown or green lentils
4 medium beets diced (if they're small, use more)
2 C chopped beet greens or chard
1 bunch scallions, including the greens
2 C coarsely chopped spinach
1 small bunch parsley, finely chopped
Garnish:
3 tbsp. butter
1 onion, cut into 1/2" 'squares'
1/4 tsp. turmeric
1/4 tsp. cayenne

the 'grain' of the squash to separate the strands of squash from the shell. You can then use this 'spaghetti' in any number of dishes. Very simply, it can be tossed with butter, minced parsley, salt, pepper and parmesan cheese. Or maybe cut some fresh basil into strands and mix in. You can also literally serve it like spaghetti, with your favorite pasta sauce on top. It is very versatile.

To bake (from Moosewood Cookbook): Preheat oven to 375 degrees. Halve the squash and scoop out the seeds. Bake face-down on an oiled cookie sheet until it is easily pierced with a fork, about 30 minutes.

1/2c plain yogurt

To make the soup: put beets, lentils, and 7 cups of water in a soup pot, bring to a boil, lower heat and simmer, partially covered, for 25 minutes. Add kidney beans and chick peas, the beet greens, and 2 tsp. salt. Cook for 5 minutes, then add scallions, spinach and parsley. Cook this just until spinach is wilted and still bright green, taste for salt, turn off heat. Add garnish and enjoy!



To boil (from Greene on Greens): Place whole squash in a large pot; cover with cold water. Heat to boiling; reduce heat and simmer, covered, until fork-tender, turning once, about 45 minutes.

To microwave (from The All New All Purpose Joy of Cooking): Pierce generously with a knife tip to keep it from exploding, then place on a turntable in a microwave and cook on high until tender when pressed with your fingers or pierced with a thin skewer, about 15 minutes. If you do not have a turntable, rotate the squash every 5 minutes during the cooking time. Let cool 10 minutes before handling.

Words to Live By

A good gardener always plants three seeds -- one for the grubs, one for the weather, and one for himself."

- C. Collins from Zen Gardening

