

Cure Organic Farm Newsletter

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

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Thanksgiving

For those of us who love and appreciate the seasons best flavors, good conversation across a table, and creating a meal together, Thanksgiving is our holiday!

As a child, I would help my mother stuff the two 20+ pound turkeys, (there were usually at least 30 of us for thanksgiving), peel and cut all of the root vegetables—more variety than one really needs at any meal, de-seed the winter squash, prepare a fruit bowl, and of course there was fresh bread to bake as well as pumpkin, apple and pecan pies.

Preparing the meal de-

early, but as a child it was the buzz of everyone in and out of the kitchen that I loved and I didn't want to miss a beat. No matter what your age in my parents home, there was a job for you. No matter what the job, it was important that it was done well. Everyone working together is what made Thanksgiving happen. And now celebrating this Thanksgiving working together has made this harvest possible. So that we all may sit once again and give thanks for what we have and for whom we have. To reflect on what this harvest has meant for us and what next harvest will bring. To be grateful that dreams do become

reality if you work for them.
Happy Thanksgiving!



Coming Home to Eat: An Excerpt

“ By midmorning on Thanksgiving Day, as the turkey meat was still absorbing mesquite smoke in the backyard, I went out running for several miles to work up an appetite. I interrupted my jog to pick up trash, not because I wanted to beautify America's highways but because I wanted to figure out exactly what my society was addicted to. I wanted relief from that addiction, not merely from its trash. Every day like this, I too could be seduced into shooting up such junk, to toss its wrappers out the window, and surge ahead on a chemical high. Or I could go cold turkey, and be humbled by the realities of gardening, hunting, or gathering in this wildly unpredictable land. It was not that I would never be lured again by the greasy smell of French fries or by the surge of sugar after downing a chocolate malt, but such addictions were slowly losing their control over my life.

In another hour the house was filled with friends and relatives. When we all sat

down to pray together, holding hands in one grand circle, we blessed not just the food but all the lives—human or other animal, plant, microbial—all the little unseen lives hidden in this feast. Each dish, each plate, each cup, each goblet contained a story; as we ate, each food's origins, harvests, and makers became revealed to us.

Flavors and stories. Stories and flavors. They danced together into our mouths, pirouetting around our taste buds, doing one last tango across our tongues before disappearing down our throats and into that darker, wild place below. We filled that place full of calories and memories. If we were not already full enough, a primitive kind of patriotism swelled up inside us: love of *patria*, fatherland, motherland, kindred earth. The foods and wine had blessed *us*, not the other way around.”

An excerpt from the book **Coming Home to Eat: The Pleasures and Politics of Local Food**

by Gary Paul Nabhan.

In your share this week:

- Baby Carrots*
- Parsnips*
- Turnips*
- Winter Squash*
- Bok Choy*
- Onions*
- Beets*
- Potatoes*
- Salad Greens*
- Pears & Apples*

Winter CSA

continues for 3 more weeks. Your last pick-up for the 2006 season is December 13th.

Information for the 2007 season CSA will be available at the December 6th CSA pick-up.

Coming Next Week...

- Carrots*
- Parsnips*
- Potatoes*
- Bok Choy*
- Salad Greens*
- Apples*

And much more!

Recipes

Roasted Root Vegetables over Greens

Serves: 4 Prep Time: 4 minutes
Cook Time: 50 minutes

2 lbs. assorted root vegetables (carrots, beets, parsnips, turnips, sweet potatoes etc...) cut into bite sized chunks

1 large sweet onion, cut into large chunks

2 T Olive Oil

½ Cup Red Wine Vinaigrette or Italian Dressing

8 cups fresh farm greens

¼ cup finely chopped toasted pecans

¼ cup dried cranberries

Preheat oven to 425. In roasting pan, toss root vegetables and onions. Roast until tender, about 50 min. In a large serving bowl, toss the greens with dressing. Top with warm vegetable mixture and then sprinkle with pecans and cranberries.

Recipe thanks to CSA member Susan Strong

Mashed Turnips

7 turnips

1 cup whole milk

2 tablespoons butter

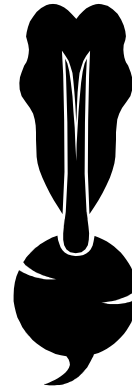
salt to taste

ground black pepper to taste

Wash, and quarter turnips.

Boil 15 minutes or until tender.

Strain and rinse cooked turnips. Place in large mixing bowl and use a fork to break up turnips into smaller bits. Add milk and butter. Blend to desired consistency. Add salt and pepper to taste.



Whipped Carrots And Parsnips

1 1/2 pounds carrots, coarsely chopped

2 pounds parsnips, peeled and cut into 1/2 inch pieces

1/2 cup butter, diced and softened

1 pinch ground nutmeg

salt to taste

ground black pepper to taste

Bring a large pot of salted water to a boil. Add carrots, cover partially, and simmer 5 minutes. Add parsnips, and cover partially. Simmer until vegetables are very tender, about 15 minutes. Drain well.

Return vegetables to saucepan, and stir over medium heat until any

excess moisture evaporates. Transfer to food processor. Add butter, and process until smooth. Season with nutmeg, salt, and pepper. Can be made 4 hours ahead. Rewarm over low heat, stirring often. Transfer to bowl. Serve.

Bok Choy Salad

1/2 cup olive oil

1/4 cup white vinegar

1/3 cup white sugar

3 tablespoons soy sauce

2 bunches baby bok choy, cleaned and sliced

1 bunch green onions, chopped

1/8 cup slivered almonds, toasted

1/2 (6 ounce) package chow mein noodles

In a glass jar with a lid, mix together olive oil, white vinegar, sugar, and soy sauce. Close the lid, and shake until well mixed.

Combine the bok choy, green onions, almonds, and chow mein noodles in a salad bowl. Toss with dressing, and serve.



Words to Live By

I have heard the mysterious mutterings of the forest about you,

And the winds singing your praise as they stir the waters.

I have understood how the choirs of stars proclaim your glory

As they move for ever the depth of infinite space.

You have brought me into life as if into an enchanted paradise

We have seen the sky like a chalice of deepest blue,

Where in the heights the birds are singing.

We have listened to the soothing murmur of the forest

And the melodious music of the streams.

We have tasted fruit of fine flavor and sweet-scented honey.

We can live very well on your earth.

- Gregory Petrov