

Cure Organic Farm Newsletter

Distribution Week #8

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www.cureorganicfarm.com/
csanewsletters.htm

Thankful Farmers

Despite all of our planning at the beginning of each CSA season I am always nervous that we will not be able to supply the quantity that our members deserve, or the variety of produce in order to bring meals together. By about the half way point of the season I feel more secure about what the farm is providing and that the supply and diversity will be abundant through the fall. At this time of the year I start to brainstorm about how the season could continue uninterrupted, although I am allured by the idea of having a break from the physical work and a time to focus on the dreaming and planning that goes into orchestrating each successful season.

This last winter CSA pick-up marks the completion of our second full year at the farm. Like many of you, we pack so many

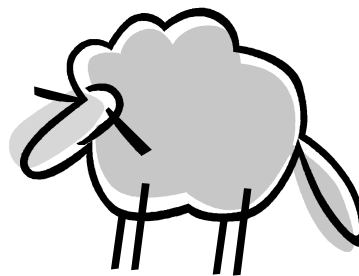
different activities (some planned and some not) into each day that time passing seems much longer than it really has been. These past two seasons we have produced food for hundreds of families for more than 8 months of each year. Hopefully providing the inspiration and accessibility to the community that eating seasonally and locally is possible, affordable and delicious!

Our efforts to open the farm up to the public with the intention of providing an opportunity for folks to connect with the land, where their food comes from and one another have been well received. This season 75 children attended our weekly summer camp participating in growing vegetables, tending animals and enjoying the beauty of playing outside. We also hosted 16 school tours of the farm.

The farm is the core of our community. With out the people who spend endless

hours working the soil, planting, weeding, watering, harvesting, teaching others, washing, packing and distributing produce none of what we do would be possible. Farming in my opinion is not only an occupation, it is a way of life. The countless volunteers, CSA work share members and of course our main dedicated staff make the physical part of producing food all possible. Your membership in our CSA is equally important. We are learning how to grow nutritious, beautiful produce, but there is no point in doing so without a community to connect with the farm and enjoy the food.

For all of this I am thankful. May we all continue to support one another in living our dreams!



Cure Organic Farm in 2007

As you know the winter months are full of dreaming and planning the next season. A sneak preview of the 2007 season follows.

Always with the idea of diversity in mind, we will be raising more animals next season. In addition to a couple more pigs, and about 100 baby chickens for eggs, we are welcoming a flock of sheep onto the

farm this winter. The sheep will be raised for both wool and meat and available for purchase to our CSA members.

From the fields we will try several new varieties of favorite crops as well as new crops like purple sprouting broccoli and rhubarb. Additional honey bee hives have been ordered which bring on thoughts of cut

flower cultivation to be included somewhere on the farm. Even with all of our planning we are sure that surprises will be abundant!

In your share this week:

Carrots

Parsnips

Head Lettuce

Bok Choy

Turnips

Garlic

Celeriac

Apples

2007 CSA

Registration

Next seasons registration is available to current summer and winter share members!! We will open registration up to the general public in late January. We look forward to sharing another season with you!

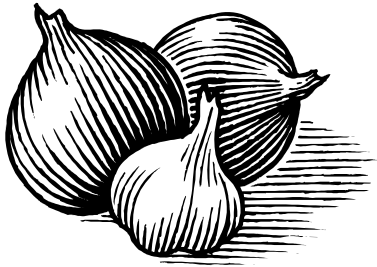


Recipes

Carrot Parsnip Stir-Fry

- 1 1/2 pounds parsnips, peeled and julienned
- 1/4 cup butter
- 2 pounds carrots, julienned
- 2 tablespoons dried minced onion

In a large skillet, sauté parsnips in butter for 3-4 minutes. Add carrots and onion; cook and stir until vegetables are tender, about 10-15 minutes.



French Onion Soup with Celeriac

- 1 head garlic
- 1 teaspoon olive oil
- salt to taste
- 1/2 cup butter, softened
- 2 tablespoons olive oil
- 2 tablespoons butter, melted
- 3 large sweet onions, chopped
- 1 celeriac (celery root), chopped
- 2 cups beef broth
- 1 cup dry red wine
- 2 cups vegetable broth
- 1 head garlic cloves, chopped
- 2 teaspoons paprika
- 2 tablespoons dried parsley
- Cajun seasoning to taste
- salt and pepper to taste
- 1 loaf French bread, toasted & sliced
- 1 cup shredded Swiss cheese

Words to Live By

Summer's gone as fast
as Winter's fall, we dream of
Spring, now Autumn calls.

The tides change but the seasons
stay the same, and now
they're gone as fast as they came.

So we're left with this
season, destiny calls and
their is no reason.

Seasons By Brian Hunt

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Bok Choy Salad

- 1/2 cup red wine vinegar
- 1/2 cup olive oil
- 1/2 cup white sugar
- 1 tablespoon soy sauce
- 1/4 cup butter
- 1/4 cup blanched slivered almonds
- 1/4 cup sesame seeds
- 3 ounce rice noodles crushed
- 1 medium head bok choy
- 3 green onions

In a small bowl, whisk together the vinegar, oil, sugar and soy sauce. Set aside. Melt the butter over medium heat in a small skillet. Crush the rice noodles and add to the butter along with the almonds and sesame seeds. Sauté until everything is golden brown.

Preheat oven to 425 degrees F (220 degrees C). Slice the top off the whole head of garlic, sprinkle with 1 teaspoon olive oil, and season with salt. Wrap loosely in foil, and bake 45 minutes, or until the cloves are very soft. Squeeze the cloves into a small bowl, and mix with the 1/2 cup softened butter. Heat 2 tablespoons olive oil in a large pot over medium heat. Melt 2 tablespoons butter in the pot, and blend with the oil. Stir in the onions and celeriac, and sauté until the onions are lightly browned. Reduce heat to medium low, and mix in the beef broth, wine, and vegetable broth. Mix in the chopped garlic, and season with paprika, parsley,

Remove from heat and drain on a paper towel. Chop the bok choy and green onions and add to a large bowl. Just before serving, sprinkle with the noodle mixture and dressing, and toss to coat.

BOK CHOY is a member of the cabbage family where the leaves can be cooked and eaten like spinach and the stems can be used like celery.

TRY: including choy as a tasty addition to a veggie platter; add uncooked leaved to salads; steam and top with sesame oil, butter, salt, or vinaigrette; add to stir fries; put in stems first then add leaves later; use shredded leaves as last minute garnish for soups!

Cajun seasoning, salt, and pepper. Simmer, stirring occasionally, for 1 hour.

Preheat the oven broiler. Spread the toasted bread slices with the garlic butter. Ladle the soup into oven safe bowls, and place the bowls on a baking sheet. Reserving remaining bread, place one slice of toasted bread on top of the soup in each bowl, and sprinkle with Swiss cheese. Broil soup 5 minutes in the preheated oven, until the Swiss cheese is melted. Cool for about 2 minutes before serving warm with remaining garlic bread.

