



# Cure Organic Farm Newsletter

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## Where's the Beef?

Some of you may remember this slogan from a Wendy's commercial many years ago which featured a weathered woman barking the question, "Where's the beef." while staring down a puny patty. Well, the search is now over, we have found the beef for you.

We are offering this season beef from two different ranches here in the Front Range.

**Sawhill Ranch:** Gene & Pat Sawhill.

The Sawhill's are another family synonymous with a word, beef. In particular Black Angus.

The ranch has been in operation here in Boulder County along Valmont road since 1873. The family has given much to Boulder over this past century including Sawhill Ponds which is part of Boulder Open Space just down the road on 75th.

When we asked

the Sawhill's if there beef was organic and grass fed Pat just squinted and said, "They eat the pasture and then we eat them and they taste great if that's good enough for you." We smiled and said that would be wonderful.

You can purchase there beef at the CSA pick-up here at the farm and also find their 16 oz. cowboy steak at The Kitchen, just don't forget to bring your appetite.

**Lasater Ranch:** Dale Lasater

Next time that you are driving along the southern route of I-25 towards Colorado Springs and you come across the beautiful pastures between Castle Rock and the Springs you can now comment that your steak is grazing along those green hills.

In Matheson, Colorado Dale Lasater has been raising cattle for over 40 years. He is a graduate of Princeton and former Ful-

bright Scholar who has served on multiple board of directors in the cattle industry. A true Renaissance man he is a gem to work with and have as a part of our larger farming community.

The family sampler which we offer to you from their ranch is a great introduction to the fantastic grass fed beef that they raise. We will have steaks and other popular cuts available as well at the farm pick-up.

**Vegetarian Ranch:** The fields of Cure Organic Farm Anne & Paul Cure

Don't think that we have forgotten about the non-meat eaters of our community. The fields are filled with produce which can substitute any burger. One of our favorites is the zucchini burger which consists of a large slice of zucchini marinated in olive oil and grilled with a generous helping of basil pesto to top it off.

Vive La Difference!

## Eastern Slope Fruit

Let's not forget that with the warm wet weather which we have been getting that the fruit trees around Boulder are doing a heroic feat of fruiting.

Please stop and take a look around your neighborhood and the farm at the apple, plum, sour

cherry, blackberry and even peach trees!

One of our favorites is the blackberry tree on the corner of 9th and Pearl that paints the sidewalk blue and tastes even better.

We encourage you to please pick up a bucket and take the fallen apples and plums

Over to the pigs who absolutely love them.

The chickens and ducks are known not to mind them as well.

We know some humans who wouldn't reject them either!

Here's to the local fruit harvest.

### In your share this week:

Cucumbers

Munson's Sweet Corn

Carrots

Swiss Chard

Green Beans

Tomatoes

Summer Squash

### Fruit Share

Peaches

### CSA Farm BBQ Sept. 1st

Our next CSA dinner of the season will be Sept. 1st at the Farm Store. We really enjoy holding these monthly CSA BBQ's that allow members to share some time with one another and connect. We hope that you will mark your calendar to join us in Sept. to enjoy dinner highlighting our tomato crop!



### Coming Next Week...

Cucumbers

Summer Squash

Peppers

Sweet Corn

Carrots

And more.....

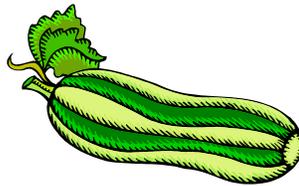
## Recipes

### Mom's Summer Squash Recipe

2 lbs squash and/or zucchini, sliced  
1 green bell pepper, seeds removed, sliced  
2 smallish tomatoes or one large tomato, peeled and cut into wedges  
1/2 yellow onion, peeled and sliced  
1 clove of garlic, chopped  
Olive oil  
5 or 6 slices of cheese - jack or cheddar  
Basil, either dry or chopped fresh  
Salt and pepper

Put onion, garlic, squash, bell pepper into a large saucepan with a couple of tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle either dried basil or chopped fresh basil on the vegetables.

When vegetables are slightly browned, remove from heat, add the slices of cheese, and cover the pan. In a separate stick-free fry pan, put the tomatoes and cook at medium high heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste.



### Sesame and Portobello Green Beans

For this dish cook green beans just al dente (4-5 minutes in boiling water) and drain. In a separate pan saute pre-sliced baby portobello mushrooms in butter and add a bit of sesame oil. When ready to serve toss the green beans and mushrooms together, add a sprinkling of toasted sesame seeds, salt and pepper to taste. This is a flavor packed dish that everyone enjoys.



### Creamy Swiss Chard Gratin

1/2 cup toasted or stale coarse bread-crumbs  
2 Tbs. unsalted butter; more for coating the gratin pan  
1 cup heavy cream  
2 cloves garlic, smashed and peeled  
Freshly ground black pepper  
1/2 tsp. kosher salt  
3 strips bacon (about 2-1/2 oz.)  
1 lb. (about 1 bunch) Swiss chard, washed and drained, stems removed and cut crosswise into 1/4-inch slices, leaves cut into 1/2-inch wide ribbons (to yield about 2-3/4 cups stems and 7 to 8 cups leaves)  
1/3 cup grated Parmigiano-Reggiano  
Heat the oven to 400°F. Butter a shallow 5- or 6-cup ceramic gratin dish. Melt 1 Tbs. of the butter and toss it with the breadcrumbs; set aside.

In a medium saucepan, bring the cream and garlic to a boil (watch that it doesn't boil over), immediately lower the heat, and simmer vigorously for 5 minutes; the cream should be reduced to about 3/4 cup. Take the pan off the heat and remove the garlic cloves with a slotted spoon. Let the cream cool slightly, stirring occasionally to loosen. Season it with a few grinds of fresh pepper and 1/4 tsp. of the salt.

Meanwhile, in a large (12-inch) non-stick skillet, cook the bacon over medium heat until crisp and browned. With tongs, transfer it to paper towels; crumble when cool. Leave the bacon fat in pan (if there's more than 2 Tbs., drain a little off). Add the remaining 1 Tbs. butter to the skillet and let it melt. Add the chard stems and sauté

them over medium to medium-high heat until they're somewhat softened and browned on the edges, about 10 minutes. Reduce the heat to medium, add the chard leaves and toss them with the contents of the skillet. Season them with the remaining 1/4 tsp. salt. (You can add the leaves in two batches for easier handling.) Sauté until all the leaves are wilted, about 2 minutes. Use tongs to transfer the contents of the pan to the gratin dish (leave behind any excess liquid in the sauté pan), spreading them evenly.



## Words to Live By

" The natural world is the maternal source of our being as earthlings and life-giving nourishment of our physical, emotional, aesthetic, moral, and religious existence. The natural world is the larger sacred community to which we belong. To be alienated from this community is to become destitute in all that makes us human. To damage this community is to diminish our own existence. "

- Thomas Berry, from "The Dream of the Earth"