



# Cure Organic Farm Newsletter

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Distribution Week #13

August 25th, 2010

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## More Faces and Places

Isabelle Farm:  
Jason & Natalie Condon  
with their daughter Lucy  
and son Gus.

You have probably met Jason before. He most likely was the young boy pulling corn bushels up to his father's farm stand table on the corner of 95th and Arapahoe. His family has been running Cottonwood Farm for the past 50 years.

He is continuing this family practice with his own endeavor Isabelle Farm located on the north side of Isabelle Road before you reach 287. Growing many diversified crops especially sweet corn and gorgeous eggplant you can stop by his farm stand located on site of his farm and enjoy more of it as the season progresses. You will most likely see Lucy bringing bushels of the corn up to the table now just as her father did when he was a boy.

Lykin's Gulch  
Farm: Thea & Lele Malferari.

"Don't squeeze the tomatoes." This is the first lesson in tomato's which have just heard spoken clearly in our ear's from Thea as she laughs at our folly. Lele is studying the San Marzano tomato's as if they are a painting, which they might become as he is a painter by trade.

We are learning the art of the tomato Italian style. You probably have met Thea and Lele, just not in person. You probably have poured your morning Conscious Coffee into one of their mugs that you purchased when you were in the Boulder Arts and Crafts Co-operative on Pearl Street and came across their fanciful pottery as you entered the store. Birds with snowcaps adorning a perfectly shaped water pitcher, a gnome with a kaleidoscope cape eating a carrot on the top of a pasta

plate. All are the signature trademarks of their art.

When Hugo introduced us it was naturally over a meal of homemade lasagna and has grown into learning the correct pronunciation of gnocchi which we are still novices at and many laughs and educational conversations on the art of living.

We are extremely fortunate to have coerced them into teaching a class this weekend at the Farm Store about how to make traditional Italian tomato sauce. You will not be disappointed with the stories of Lele's childhood in Bologna or Thea's trips to Italy with her Father who was the head of Italian language at the University of Colorado and how the Professor's daughter fell in love with the local painter. A class not to be missed we invite you over to eat, drink and be merry. Buon Appetito!

## 2010 Winter Share

With hints of Fall in the air and August quickly coming to a close, it is time to start thinking about Winter Share.

**Registration for Winter Share is next Wednesday, September 1st at 8:00 am via our website. We will send you a link in the morning email for registration.**

We will be offering 60 winter shares this season. Winter Share begins Oct. 20th and

continues 8 consecutive weeks to December 8th, for \$200. Winter Share pick up is Wednesday afternoons at the farm from 3pm-6pm. We ask for payment in full at registration or a \$100 deposit to hold your share, with the remainder due on October 1st. You may pay by credit card with your online registration, or by check at your CSA pick up on Sept. 1st..

We have had a handful of crop failures this season which will affect winter share variety. We will not have any parsnips, Brussels sprouts, cauliflower or broccoli. Unfortunately this season. Winter share will offer carrots, beets, potatoes, onions, leeks, turnips, radish, spinach, lettuce, greens, dry beans, winter squash, pears & apples. We hope you will join us to extend the season!

### In your share this week:

Cucumbers

Isabelle Farm's  
Sweet Corn

Basil

Swiss Chard

Sweet Peppers

Tomatoes

Summer Squash

### Fruit Share

Peaches

Plum

### CSA Farm BBQ Next Week!!!

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

Basil

Carrots

And more.....

# Recipes

## Roasted Peach Sundaes

Eating Well 2006

- 3 ripe peaches, halved and pitted
- 1 tablespoon brown sugar
- 2 teaspoons lemon juice
- 3 cups nonfat vanilla frozen yogurt or Ice cream
- 6 gingersnaps, crumbled (optional)

Preheat oven to 425°F. Coat a baking sheet with cooking spray. Toss peach halves with brown sugar and lemon juice, and place them cut-side-up on the prepared baking sheet. Roast until the peaches are tender, 20 to 30 minutes. If the juice on the pan begins to burn, add a little water and loosely cover the fruit with foil. Top each peach half with a 1/2-cup scoop of frozen yogurt/Ice-cream and

a sprinkle of crumbled gingersnaps (if using). Serve immediately.

## Grilled Panzanella Salad with Bell Peppers, Summer Squash, and Tomatoes

Bon Appétit | August 2005

### Salad

- 1 1/2 pounds assorted bell peppers (about 3 large), cut into 1 1/2-inch-wide strips
- 1 1/2 pounds assorted summer squash, cut lengthwise into 1/3-inch-thick slices
- 1 medium-size red onion, cut into 1/4-inch-thick rounds
- 1 12- to 14-ounce loaf of ciabatta, some crust trimmed to expose bread, cut crosswise into 1-inch-thick slices

Extra-virgin olive oil  
1 garlic clove, peeled, cut into thirds  
**Dressing**

- 1/4 cup fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 tablespoon grated lemon peel
- 1/3 cup extra-virgin olive oil
- 1 pound tomatoes, cored, cut into 3/4-inch dice, juices reserved
- 1/2 cup chopped fresh Italian parsley
- 1/4 cup coarsely chopped assorted fresh herbs (such as chives, dill, chervil, and tarragon)

2 tablespoons drained capers

### For salad:

Prepare barbecue (medium heat). Brush both sides of bell peppers, squash, onion, and bread slices lightly with olive oil; sprinkle with salt and pepper. Grill vegetables until tender and brown, about 4 minutes per side for peppers and squash and 3 minutes per side for onion. Grill bread until browned and crisp, turning occasionally, about 4 minutes. Cool slightly. Rub bread with cut sides of garlic. Tear bread into 3/4-inch pieces; place in very large bowl. Cut grilled vegetables into 1-inch pieces; add to bread in bowl.

### For dressing:

Whisk first 3 ingredients in small bowl to blend. Gradually whisk in 1/3 cup oil. Season dressing to taste with salt and pepper.

Add dressing, tomatoes with juices, and all remaining ingredients to salad; toss. Let stand 20 minutes. Season with salt and pepper.



## Herbed Sweet Corn and Tomato Salad

serves 6

- 6 ears fresh sweet corn, shucked
- 4 medium tomatoes, as ripe as possible
- 1/4 cup fresh mint leaves
- 1/4 cup fresh mixed herbs — like Italian parsley, basil, rosemary, sage
- 1 tablespoon olive oil
- Kosher salt and fresh black pepper, to taste
- 3 ounces soft goat cheese, chilled and crumbled

Bring a large pot of water to the boil over medium-high heat. Add the corn and boil for five minutes. Drain and let cool. Meanwhile, chop the tomatoes in quarters and scrape or squeeze out the juices and seeds. (Reserve, if you want, for a future batch of tomato sauce, or to mix into cream cheese for a fresh sandwich

spread.) Chop the seeded tomato quarters into a rough dice. Pat dry with a paper towel to remove any extra moisture. When the corn has cooled, stand each ear up in a wide, shallow bowl and slice the corn kernels off with a chef's knife. Toss the corn with the tomatoes. Finely mince the mint and herb leaves and toss with the vegetables, along with the olive oil. Season to taste with salt and pepper, then crumble in the goat cheese and toss gently. Serve and enjoy!

*Note:* Of course this is good with many other mix-ins too; we added a few cubes of grilled eggplant to this salad. Sometimes we like pine nuts or a touch of balsamic vinegar.

## Words to Live By

" Food is more than a collection of vitamins and minerals; food is a potential carrier for forces that build up our thinking, feeling, and willing. "

- Rudolph Steiner"

