



# Cure Organic Farm Newsletter

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## Honey Harvest

While labor day weekend is celebrated in many forms, out here on the farm each season we harvest our honey the first weekend of September. Monday we counted our blessing, being thankful to be able to work with the land and with a wonderful community of people, and celebrated the efforts of hundreds of thousands of little honey bees who through collecting pollen and eating nectar from our flowers have produced nearly 30 gallons (an counting) of honey for us this season.

The **Buckfast bee** is a honey bee developed by "Brother Adam", (born Karl Kehrle in 1898 in Germany), who was in charge of beekeeping at Buckfast Abbey. In the early 20th century bee populations were being decimated by Isle of Wight disease. This condition, later called "acarine" disease, after the acarine parasitic mite that invaded the bees' tracheal

tubes and shortened their lives, was killing off thousands of colonies in the British Isles in the early part of the 20th century. Brother Adam discovered that the surviving colonies were hybrids between Italian and native black bees. Buckfast bees' origin is today in these few surviving hives. Thus through much work he cultivated the Buckfast bee; a bee with a mild temperament, strong honey producer and resistant to mites. Our apinary houses Buckfast Bees.

The bees work throughout the season to make honey for winter provisions. While they much prefer nectar from the flowers or juice from fresh fruit, they will eat their honey throughout the winter to survive. To harvest the honey we slowly open each super on the hive bodies. Gently brush each frame clean of bees and remove the filled capped honey frames. We open the honey frames in our garage (aka honey house) using electric

hot knives. We place the uncapped full honey frames into a motorized centrifuge to pull the honey out of the framed. The honey is gathered into a stainless steel tank, then drained into food grade 5 gallon buckets with a honey gate at the bottom to facilitate filling jars.

All of our honey is minimally filtered and otherwise unprocessed in any way. Honey will crystallize as temperatures drop and time goes by. Should you have a jar of crystallized honey and wish it to flow freely once again, simply heat the jar slowly in a pan of water on the stove top until the honey is liquid once again. Honey has natural anti-bacterial properties (an excuse for you to have a spoonful every day) and will keep until the end of time!

Truly a nectar of the Gods!

Enjoy.

## Rough Potato Year on the Front Range

For those of us who love the first small tender potatoes of the season.....this potato crop is for you. If you are craving large potatoes to bake, this is not a season you will write home about.

As I have mentioned in previous newsletters the pest pressure this season has been incomparable in my limited experience here in Colorado. The late warm winds of May brought with them a variety of seasonal bugs, dropping them off at

the banquet of our farm's fields, filled with the season's first plantings. For the potatoes, many of us in Boulder County have wondered why the plants are having such a difficult time this year. The answer, thanks to Whitney Crenshaw, a pest specialist through CSU Cooperative Extension, is psyllids.

Psyllids are small bugs that love the Solanaceae crops, namely potatoes, eggplant, tomatoes, and pep-

pers. While nibbling on the plants they inject the nodes of the plants with a chemical their body produces which stunts foliar, flowering and root production growth. Thus, small potatoes and limited eggplant this season.

None the less, these little treasures cook quickly! Steam, boil or sauté them to perfection and enjoy with plenty of butter and garlic!

### In your share this week:

Cucumbers

Edamame

Head Lettuce

Swiss Chard

Sweet Peppers

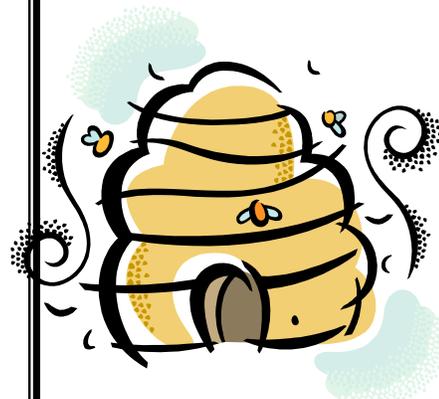
Tomatoes

Potatoes

Summer Squash

### Fruit Share

Peaches



### Coming Next Week...

Braising Mix

Peppers

Basil

Carrots

And more.....

# Recipes

## Garlic Basil Mashed Potatoes

- 2 pounds potatoes, chopped
- 2 tablespoons butter
- 2 ounces cream cheese
- 1/3 cup sour cream
- 2 teaspoons dried basil
- 1/2 teaspoon garlic powder
- salt and ground black pepper to taste

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain. Place drained potatoes, butter, cream cheese, sour cream, dried basil, and garlic powder in a large bowl. Mix well with an electric mixer on medium speed. Season to taste with salt and pepper.

## Zucchini and Red Pepper Enchiladas with Two Salsas

Gourmet | August 2009

For enchiladas:  
1 large white onion, cut crosswise into 1/2-inch-thick rounds  
2 red bell peppers, quartered  
3/4 pound medium zucchini, cut lengthwise into 1/4-inch-thick slices  
12 (6-to 7-inch) soft corn tortillas  
1/2 cup vegetable oil  
6 ounces crumbled *queso fresco* or ricotta salata  
For pumpkin-seed salsa:

- 1 tablespoon finely chopped fresh serrano chile, including seeds
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 1/3 cups raw pumpkin seeds

- 1/2 cup vegetable oil
  - 2 cups chopped cilantro
  - 1 1/2 cups water
- For tomato salsa: 2 medium tomatoes, chopped  
1/4 cup finely chopped white onion  
2 teaspoons finely chopped fresh serrano chile, including seeds  
2 tablespoons fresh lime juice  
Garnish: cilantro leaves

### Start enchiladas:

Prepare a gas grill for direct-heat cooking over medium heat. Preheat oven to 350°F. Secure each onion round with a wooden pick for grilling. Oil grill rack, then grill vegetables, covered, turning occasionally, until tender (6 to 8 minutes for bell peppers and zucchini; 10 to 12 minutes for onion), transferring to a bowl. Wrap tortillas in stacks of 6 in foil and heat in oven, about 15 minutes. **Meanwhile, make pump-**

**kin-seed salsa:** Cook chile, garlic, cumin, and pumpkin seeds in oil in a 10-inch heavy skillet over medium-high heat, stirring, until seeds pop, 4 to 5 minutes. Transfer 3 tablespoons seeds with a slotted spoon to a bowl and reserve. Purée remaining seeds and oil with cilantro, water, and 1/2 teaspoon salt in a blender until smooth.

### Make tomato salsa:

Stir together tomatoes, onion, chile, lime juice, and 1/4 teaspoon salt.

### Assemble and fry enchiladas:

Cut vegetables into strips. Spread 2 teaspoons pumpkin-seed salsa on each warm tortilla and top with some of grilled vegetables, then roll up. Heat oil (1/2 cup) in a 12-inch heavy skillet over medium-high heat until it shimmers. Fry enchiladas, seam side down first, in 2 batches,

turning once, until lightly browned and heated through, about 2 minutes per batch. Transfer enchiladas to plates, then drizzle with remaining pumpkin-seed salsa and sprinkle with reserved seeds and cheese. Serve with tomato salsa.

## Braised Swiss Chard with Currants and Feta

Gourmet | December 2006

- 1 (1-pound) bunch Swiss chard
- 1 large garlic clove, finely chopped
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons dried currants
- 1/3 cup water
- 1 1/2 ounces feta, crumbled (1/3 cup)

Cut stems and center ribs from chard, discarding any tough parts near base, then cut stems and ribs crosswise into 3/4-inch-thick slices. Coarsely chop leaves. Cook garlic in oil in a 4-quart heavy pot over moderately low heat, stirring occasionally, until pale golden, 1 to 2 minutes. Add chard stems and ribs, salt, and pepper and cook, stirring occasionally, 4 minutes. Add currants and cook, stirring, until

plump, about 1 minute. Add chard leaves and water and increase heat to moderate, then cook, covered, stirring occasionally, until leaves are tender, about 5 minutes. Remove from heat and stir in feta.

**Edamame** are green soybeans which are rich in proteins and vitamins A, B, and C. Salt-boiled edamame in pods are eaten by squeezing beans out of pods with fingers. It's a great appetizer to serve with beer. Cut off the stem end of edamame pods. Wash edamame and drain. Put edamame in a medium bowl. Sprinkle a pinch of salt over the edamame. Rub them with salt. Boil lots of water in a large pot. Add edamame in the boiling water and boil for 3 to 4 minutes. Drain in a colander. Spread boiled edamame on a flat tray and sprinkle 1 Tbsp of salt over them.

## Words to Live By

" We are still in transition from the notion of man as master of the earth to the notion of man as a part of it. "  
- Wallace Stegner

