



Cure Organic Farm Newsletter

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Distribution Week #16

September 15th, 2010

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Holy Tomatoes

First off we would like to extend all of our sympathy to those who were affected by the recent Four Mile Fire and to give a large thank you to the fire fighters who fought back the most destructive fire in Colorado history with tremendous bravery and skill preventing what was a disaster from becoming an annihilation. Now with the dramatic events of last week behind us let's eat tomatoes!

The cooler temperatures of September bring out our winter jackets (so that is what is hiding in that closet) for morning harvest but the afternoon sun definitely reminds us of the fact of the perennial Indian summer of Boulder as we eventually return to shorts and t-shirts by 11am.

With these cooler morning temperatures come the ripening of the tomatoes and our first

1000 pound harvest of them this season!

Thus, we have placed a bounty of them in this week's share. We grew over thirty different varieties of tomatoes this season and the taste, textures and sizes vary greatly. Here's a quick rundown of some of our favorites.

San Marzano: The Roma tomato is the classic paste tomato, perfect for sauce or soup.

Red Slicer: The beef tomato, the one that you cut into patties and put on top of your sandwich or salad.

Heirloom: The haute tomato, the funky shapes, the multi-colored flesh, the flavor which cannot be matched, bite into one like an apple.



While this

is only a sampling of the varieties we are offering we are asking that if you would like more for canning, sauce or soup that you let us know via email or in person at the farm or market as to how many pounds and the particular variety that you would like. We will box them up for you and have them available for pick up on Wednesday or Saturday at the Farm Store located at the adjacent property where the barbecue's are held.

In addition to the bulk boxes of tomatoes, we are offering to CSA members only the ability to rent out the kitchen at the Farm Store for your canning needs at a rate of \$20 an hour so that your home kitchen may stay clean and free of the clutter which comes with canning. The kitchen will be available 7 days a week and can be reserved via email and we will get back with you to let you know if it is available.

Annual Pig Roast

Hard to believe that this season we will be hosting our 7th annual pig roast and fall celebration. Please save to date and plan to join us here at the farm **on Sunday, Oct. 3rd from 3pm -8pm.** With Hugo's help we will be making pork sandwiches, sausages, and our infamous tomato veggie ragu. We ask you to bring a side dish or dessert to share. Water, wine, beer & hot chocolate will be available.

We look forward to the pig roast each season as a way to say Thank You to everyone who supports the farm and is instrumental in helping the farm succeed. Bob



Munson will bring pumpkins for the kids (& adults too!) to paint & decorate. You can "bob for apples" with First Fruits tasty tart apples and enjoy good company and conversation around the bon fire. Look forward to sharing the afternoon with you!

In your share this week:

Baby Augula

Radish

Head Lettuce

Swiss Chard

Sweet Red Peppers

Tomatoes

Bell Peppers

Fruit Share

Plums

Peaches

CSA weekly pick-ups continue through Oct. 13th, that's 4 more weeks! Members who pick-up at the Farmers Market, please plan on picking up the last CSA distribution of the season here at the farm, as the last Wednesday Farmers Market is Oct. 6.

Winter Share pick-up begins Oct. 18th



Coming Next Week...

Braising Mix

Peppers

Basil

Tomatoes

And more.....

Recipes

Easy Arugula Salad

4 cups young arugula leaves, rinsed and dried
1 cup cherry tomatoes, halved
1/4 cup pine nuts
2 tablespoons grapeseed oil or olive oil
1 tablespoon rice vinegar
salt to taste
freshly ground black pepper to taste
1/4 cup grated Parmesan cheese

1 large avocado - peeled, pitted and sliced
In a large plastic bowl with a lid, combine arugula, cherry tomatoes, pine nuts, oil, vinegar, and Parmesan cheese. Season with salt and pepper to taste. Cover, and shake to mix.

Divide salad onto plates, and top with slices of avocado.

Chard Gratin

4 servings-Alice Waters

1 1/2 bunches of chard
1 cup fresh breadcrumbs
2 teaspoons melted butter
2 tablespoons butter
1 onion, diced
Salt
2 teaspoons flour
1/2 cup milk
A few strokes of freshly grated nutmeg
Wash and stem the chard. Save half the stems and slice them thin. Bring 2 quarts of salted water to a boil and cooked the sliced stems for 2 minutes. Add the chard leaves and cook until tender, about 3 minutes. Drain and cool. Gently squeeze out the excess liquid from the stems and leaves

and coarsely chop them. Toss together the breadcrumbs and the melted butter. Toast on a baking sheet in a 350-degree oven, stirring now and then, until lightly brown, about 10 minutes. Melt 1 1/2 tablespoons of butter over medium heat in a heavy-bottomed pan and add the diced onion. Cook over medium heat until translucent, about 5 minutes. Stir in the chard and season with salt. Cook for 3 minutes. Sprinkle with the flour and stir well. Then add the milk and nutmeg and cook for 5 minutes, stirring occasionally. Add more milk if the mixture gets too thick. The chard should be moist but not floating in liquid. Taste and add salt if needed. Butter a small baking dish. Spread the chard mixture evenly in the dish and dot with the remaining butter, cut into bits. Sprinkle the breadcrumbs evenly over the top. Bake in a 350-degree oven until the gratin is golden and bubbling, 20 to 30 minutes.

Arugula Pesto

Salt and freshly ground black pepper
1/2 cup extra-virgin olive oil (EVOO)
1 cup grated Parmigiano Reggiano
1/2 cup walnut pieces or 2/3 cup walnut halves, toasted
10-ounce arugula

Fill food processor with arugula, walnuts, Parmigiano, EVOO, salt and pepper. Grind into a thick paste. If you make more than you need, you can always serve the extra later in the week over your favorite pasta or freeze it.

Red Pepper Pesto

The New Vegetarian Epicure makes about 1 pt. of intensely flavored spread
3 oz. sun-dried tomatoes
1 1/3 C chopped roasted sweet red peppers [see notes below on how to roast]
1/2 C Kalamata olives, pitted and finely chopped
1/3 C finely chopped flat-leaf parsley

1/3 C finely chopped fresh basil
3 to 4 cloves garlic, minced
3 tbsp. olive oil
1 tsp. balsamic vinegar
fresh-ground black pepper to taste
salt if needed

Put the sun-dried tomatoes into a bowl and pour boiling water over them just to cover. Leave them to soak for 20 - 30 minutes. Finely chop roasted red peppers and combine with chopped Kalamata olives, the chopped fresh herbs, and the minced garlic.

Drain the tomatoes, reserving the water, and press them gently in a colander. Finely chop them and combine with the olive oil and vinegar.

Combine tomato mixture with the other ingredients, mix well, and taste. Grind in some black pepper if you

like,  and add some salt if needed (though probably the olives provide enough). If the pesto is too thick for your taste, moisten it with a few drops of the reserved tomato water until it is the consistency you like. The texture should be somewhere between thick pesto and soft paté.

To roast peppers: place them whole on a hot grill or under a broiler and turn them every few minutes, allowing skin to blister and blacken more or less all over. Remove them to a brown paper or a plastic bag and close it up, allowing the peppers to 'steam' for about 15 minutes. When cool enough to handle, remove from bag and lay on a cutting board. Remove and discard blackened skin, cut off stem, slit open and scrape out seeds and membranes.

Words to Live By

" Land is not merely soil; it is the fountain of energy flowing through a circuit of soils, plants and animals. "

- Aldo Leopold, quoted from "The Sacred Balance" by David Suzuki

