



Cure Organic Farm Newsletter

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

Distribution Week #17

September 22nd, 2010

Follow us on Facebook!!!

Autumn, right?

Is it Fall yet? As we all can feel the temperatures have not yet cooperated with our expectations of what mid-late September should be. Thus, let there be more peppers and tomatoes in this weeks share!

We are advising that you start on your tomato sauce and soup because they will not be here much longer, they will inevitably go the way of the zucchini.

The pumpkins have sprouted across the road at Bob & Marcy's and the corn maze will be cut shortly.

Apples and pears are now at market and will shortly be the remaining fruit shares and cider is warming on the stove.

We are planning our upcoming trip to Italy for Terra Madre and can hardly contain ourselves with our anticipation (less than a month away!)

The interns are all planning their winters as

their last month has almost begun, please thank them before it is too late for all of the hard work that they provide for all of us they are all now 100% certified organic farmers.

The pigs are doing what pigs do best which is eating lots and lots and lots and lots of food. The piglets have graduated to pigs and the boar finally has his own bachelor pad/apartment next door behind the Farm Store where he can be away from the kids and get some late fall reading in without the pitter patter of little hoofs.

The breeding stock of hogs are nesting in for winter and are getting used to an electric fence so that we can pasture them around during the cold months so that they can be our cheap tractors for the old beds of greens and roots from the summer. And of course the annual pig roast is two weeks away and we are very proud of the four hogs that will be nourishing so many

people.

The chickens are molting and are not particularly interested in laying eggs at the moment, they are more concentrated on their holiday outfits and their hair-do's for the upcoming snow days.

The ducks are quacking wondering why their pond is shrinking as their ditch water slowly fades away and are concentrating as well on wardrobes.

The sheep are fully re-wooled from their spring shearing and are overdressed for the current weather, waiting for the temperatures to drop so that they can stop panting, while the lambs are now sheep and the flock is now at 21 up from our original 7. The llama is being llama.

And that is the news of the farm.

Green Peppers Piling up?

As the fall evening temperatures continue to drop, the warm season crops tend to stop growing. While we leave them on the vine just as long as they can bare, green peppers are one of those crops that we tend to harvest more of that any one household should go through in a week. So, if bell peppers are piling up in your fridge, try freezing them

To add to stews later in the winter months.

To freeze peppers: Simple wash and remove seeds from peppers. Cut into desired size. Usually I like to add these to winter stews & soups so I cut them in 1" chunks or so. If you have the room to lay them out in a single layer on a cookie sheet in your freezer this works great. If not, simple place in

a single layer, flat, in a freezer bag These bags are stackable.



In your share this week:

Braising Mix

Carrots

Lettuce

Turnips

Sweet Red Peppers

Tomatoes

Bell Peppers

Fruit Share

Plums

Peaches/ Apples

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...

Arugula

Peppers

Chard

Tomatoes

Turnips

And more.....

Recipes

Turnip & Carrot Glaze

- 1 1/2 tablespoons butter
- 1 pound white turnips trimmed, peeled, cut in 3/4" cubes
- 2 large carrots, trimmed, cut in 1/2-inch thick slices on the diagonal
- 2/3 cup chicken broth
- 1 1/2 tablespoons brown sugar
- 1/2 teaspoon table salt
- 1/8 teaspoon black pepper
- 1 teaspoon fresh thyme leaves

In a large nonstick skillet with a cover, melt the butter on MEDIUM HIGH. When it's melted, swirl to coat. (If you start this while prepping the vegetables like I do, I'd recommend melting the butter on MEDIUM, so you don't brown and then scorch the butter like I did. Turn down the heat till you're ready, then turn to medium high.) Add the turnips and carrots in an even lay

Layer and cook undisturbed for 4 minutes. Stir again, let cook another 4 minutes. Add the broth, brown sugar, salt, pepper, thyme and lemon zest, and stir to coat. Cover, reduce heat to MEDIUM LOW and simmer until vegetables are just tender, about 8 minutes. Uncover and increase heat to HIGH, let cook, stirring frequently until liquid cooks down to a glaze, this took a few minutes. Stir in lemon juice and serve immediately.

Quick & Tasty Braising Greens

- 1 1/2 pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- 1/2 cup vegetable stock or water
- Salt and pepper
- 2 tablespoons red wine vinegar

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.



Fresh Fall Salad

- 1 head lettuce
- 1 Large Apple, peeled, cored, and cut into 1/2 inch cubes
- 1 Ripe Pear, peeled, cored, and cut into 1/2 inch cubes
- 1/4 Cup Dried Cranberries
- 1/4 Cup Walnuts
- 4 Ounces Firm Blue Cheese, crumbled

1/2 Red Onion, sliced thin
2 Tablespoon Balsamic Vinegar
Salt and Freshly Ground Pepper, to taste
Place the walnuts on a cookie sheet and toast in a preheated oven at 350 degrees for 3 to 5 minutes. Remove, let cool, and roughly chop. In a large bowl, toss together all the ingredients. Serve plain or on a bed of romaine lettuce or mixed greens.

Orzo with Sausage, Peppers and Tomatoes

- 1 red bell pepper
- 1 orange bell pepper
- 1 pound orzo pasta
- 3 cups chicken stock
- 3 cups water
- 1 tablespoon kosher salt
- 2 tablespoons olive oil
- 7 ounces (2 links) mild Italian turkey sausage, casings removed
- 1 clove garlic, minced
- 2 plum tomatoes, chopped
- 1/4 teaspoon red pepper flakes,
- 2 tablespoons parsley
- Salt and freshly ground black pepper
- 1/2 cup ricotta salata cheese crumbled

Using tongs, place the bell peppers over a gas flame. Cook, turning occasionally, until the skins are charred on all sides, about 5 to 6 minutes.

Place the charred peppers in a medium bowl. Cover the bowl with plastic wrap and allow the peppers to steam for 20 minutes. Under running water, peel away the charred skin from the peppers. Pat the peppers dry with paper towels. Remove the stem and seeds from the peppers and cut into 1/4-inch thick slices. Set aside. In a medium saucepan, bring the chicken stock, water, and kosher salt to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. While the pasta is cooking: In a large skillet, heat the oil over medium-high heat. Add the turkey sausage and sauté until cooked through, about 4 minutes. Add the garlic and cook for 1 minute. Add the bell peppers, tomatoes, and red pepper flakes, if using, and cook until heated through, about 2 minutes. Drain the pasta, reserving about 1/2 cup of the cooking liquid, and transfer to a large serving bowl. Add the sausage mixture, 1 tablespoon of the parsley, and season with salt and pepper, to taste. Toss well to combine all ingredients, adding reserved cooking liquid, if needed, to loosen the pasta. Top with the ricotta salata and sprinkle with the remaining parsley. Serve.

Words o Live By

" ...Harmony with the earth is like harmony with a friend; you cannot cherish his right hand and chop off his left. That is to say, you cannot love game and hate predators; you cannot conserve the waters and waste the ranges; you cannot build the forest and mine the farm. The earth is one organism. "

- Aldo Leopold, from Sand County Almanac