



# Cure Organic Farm Newsletter

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## The Dawn of Slow Food

In 1986, a barber shop singer and food lover named Carlo Petrini and 62 of his friends started Slow Food in Bra, Italy in response to what they saw as the homogenization of food and of the dull conversations and atmosphere at the table.

Food is many things, but first and foremost it is pleasurable. It is a necessity and so why not make it enjoyable. Forget the politics and provenance and surrender to the joy of the table. This is the basic philosophy of Slow Food. It like all other groups has tangents in the political and philosophical but at the core it is a reminder to all of us to take pleasure in what is necessary, food and community.

We at the farm are wholeheartedly in favor of this and we have just found out that in October (after the pig roast!!!) we will be travelling to Turin, Italy to celebrate the act of cultivating food, feed and fiber while eating joyfully and sharing stories with thousands of other agriculture producers from around the world.

This event is called Terra Madre. Terra Madre invites agriculturist from around to world to gather in Turin to participate in a four day conference focused around agriculture issues. The simple goal is to connect producers from around the world, to collorbrate and inspire each other to continuing working to keep our food traditions alive and the agrarian community

diversified. It includes speakers such as Vandana Shiva (Anne's hero), Carlo Petrini, Alice Waters, and the modern Omnivore Michael Pollan. The days are organized into break out sessions consisting of two or three concurrent presentations by a panel of food producers & leaders from different nations, all speaking to a specific topic (i.e. seed saving) in their native languages which are translated into your language of choice by the talented linguist through a head set we will receive upon arrival. In addition to the speakers there is a farmer's market or Salone del Gusto if you prefer, which is a Primo, Primo! market of delicacies from around the world; Truffles from Umbria, 100 year old Balsamic Vinegar from Modena, Yak Milk from Tibet, varital beers from Eastern Europe....if you can imagine it, you will probably find it there.



We are honored to be participating in Terra Madre as this will be a return visit for us as we did attend in 2006. On this trip

we will be travelling with Jack our previous field manager now in Atlanta starting his own farm with his wife Sara-Brooks, Mary Johnson who is our best Slow Food Boulder and Cure Farm advocate and Anne's Mom Georgia Pendleton who at 74 years young is in the process of planting another apple orchard and adding a vineyard to their home farm in upstate NY. We will do our best to document in video and photographs all of the amazing sights smells and sounds that we encounter. Of course the gelato shops too....

At present, Slow Food has over 100, 000 members, 1,300 Convivia ( this stands for food communities of which Boulder is proudly one, SlowFood-Boulder.com), 150 Countries, 903 Ark of Taste products ( such as the Mangalitsa breed of pig which we raise) and 300 School gardens. It is quite an accomplishment and we cannot wait to tell you of the adventures.

### In your share this week:

*Head Lettuce*

*Snap Peas*

*Shallots*

*Rainbow Chard*

*Rhubarb or Baby Beets*

**Fruit Share**

*Strawberries*

### Wisdom Farm Naturally Raised Chickens

This is the last week to order your Wisdom farm whole chickens at pick-up or by email. Chickens weigh between 3-5 pounds and are frozen. You can visit with Jay and Cindy at the Boulder Farmers Market on Saturday mornings to learn more about their farm and their raising practices. Chickens cost \$3 per pound and will be available for pick-up on June 30th at your CSA distribution.



### Coming Next Week...

Head Lettuce

Snow Peas

Fava Beans

And more.....

# Recipes

## Simple Swiss Chard

2 tablespoons extra-virgin olive oil  
4 cloves garlic or shallots, minced  
1 bunch Swiss chard, leaves cut into wide ribbons  
1/4 cup balsamic vinegar  
salt and pepper to taste

Heat the olive oil on a large skillet over medium heat. Stir in the garlic and cook until tender and aromatic, about 2 minutes. Add the Swiss chard and balsamic vinegar; cook and stir until the chard is wilted and tender, about 5 minutes. Season with salt and pepper and serve.

## Sugar Snap Peas & Shallots

1/2 pound sugar snap peas  
1 tablespoon olive oil  
1 tablespoon chopped shallots  
1 teaspoon chopped fresh thyme  
kosher salt to taste

Preheat oven to 450 degrees F. Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with shallots, thyme, and kosher salt. Bake 6 to 8 minutes in the preheated oven, until tender but firm.

## Roasted Beets with Sauteed Beet Greens

1 bunch beets with greens  
1/4 cup olive oil, divided  
2 cloves garlic, minced  
2 tablespoons chopped shallots

salt and pepper to taste

1 tablespoon red wine vinegar  
Preheat the oven to 350 degrees. Wash the beets and remove the greens. Rinse greens. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. Cover, and bake for 30-45 minutes, or until a knife can slide easily through the largest beet.

Heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and shallots, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

## Sugar Snap Pea and Strawberry Salad

1/2 pound sugar snap peas, trimmed  
1 cup fresh strawberries  
2 tablespoons raspberry vinegar  
2 tablespoons olive oil  
1 pinch sugar  
salt and pepper to taste  
1 cup fresh blueberries  
2 cups torn Cure Farm head lettuce

Bring a pot of water to a boil. Place snap peas in pot, and cook 1 to 2 minutes. Drain, rinse under cold water, and set aside. Place about 3 tablespoons diced, ripe strawberries in a strainer over a bowl, and crush with a wooden

spoon. Discard pulp. Mix vinegar, olive oil, sugar, salt, and pepper with the strained strawberry juice. In a large bowl, gently toss the dressing with the snap peas, remaining sliced strawberries, and blueberries. Cover, and chill at least 30 minutes in the refrigerator. Toss with greens just before serving.

## Rhubarb Crunch

3 cups diced rhubarb  
1 cup white sugar  
3 tablespoons all-purpose flour  
1 cup packed light brown sugar  
1 cup quick cooking oats  
1 1/2 cups all-purpose flour  
1 cup butter

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

In a large mixing bowl combine rhubarb, white sugar, and 3 tablespoons flour. Stir well and spread evenly into baking dish. Set aside.

In a large mixing bowl combine brown sugar, oats, and 1 1/2 cups flour. Stir well then cut in butter or margarine until mixture is crumbly. Sprinkle mixture over rhubarb layer. Bake in preheated oven for 40 minutes. Serve hot or cold.

## Words to Live By

" Ultimately, the most important aspect of nutrition is not what we eat but how our relationship to food can teach us who we are and how we sustain ourselves at the deepest level of being. "

- Marc David

