



# Cure Organic Farm Newsletter

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Distribution Week # 7

July 14th, 2010

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## In your share this week:

Head Lettuce

Turnips

Garlic

Fava Beans

Beets

Summer Squash

### Fruit Share

Cherries

Apricots

### Wisdom Farm Whole Chickens

We are taking orders for Wisdom Farm chickens which will be available at the end of the month. Order you chickens this evening at pick-up.

## School Food Project

Tater Tots, mysterious stews, and a distant salad bar; the holy trinity of previous school lunches. The reality of lunch in most schools is of quick sugar breaks interspersed with deep fried foods that have little nutrition and no appreciation of the origins of the food itself.

10 years ago, seeing the reality of this situation local maverick Bryce Brown started to ask questions, "Why not connect the local farmers with the local schools and see if they could integrate not just food, but the connection of science, economics and history to the educational curriculum." Today this question has become the reality of the Growe Foundation (growefoundation.org) and its sister organization the School Food Project (bvsd.org/schoolfoodprojec

Bryce began all of this in 1999 with 10 at risk

youth who trusted and believed in him when he said that greens are not harmful to one's health and could actually taste good. Beginning at Hedgerow Farm with the help of Tawnya Laveta the group had their own plot of vegetables which they tended and harvested for their own consumption. Along came Hugo to apply the master technique of the magic of salt and butter and voila, edible greens!

This small project then sprouted into what we have today. A strong community movement to cultivate small garden plots at various public schools such as Creekside Elementary so that the children may learn the multiple aspects of growing one's own food.

In 2008, Bryce lobbied hard and won the honor to bring Ann Cooper, the "renegade lunch lady" (chefann.com) over from Berkely, CA. where she had been working with Alice

Waters, of Chez Panisse fame, in the Berkeley school system and their farm to school project, (school lunch initiative.org) Since then the School Food Project has grown exponentially in support and enthusiasm, and on July 17th our friends Veronica at Meadow Lark and Hugo of The Kitchen will be presenting a fundraising dinner at the farm to support these efforts of Bryce & company to bring the local food which you enjoy to our children to enjoy as well in between jump roping and Jemima Puddle duck. More dinners will continue throughout the growing season at various farms and venues and we encourage you to view their schedule at schoolfood.giveo.com



## Lasater Beef

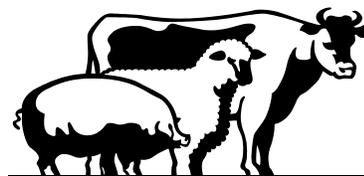
Each season we partner with Lasater Ranch in Matheson Colorado to offer CSA members Colorado grown 100% grass fed beef. This season we will be offering yet again Lasater Ranch's Family Sampler package. This Family sampler package contains 36 pounds of assorted cuts. The break down is as follows: 16 pounds of ground beef, 8 pounds of assorted steaks, 12 pounds including roasts, brisket, stew meat and ribs. The family sampler cost is \$200. This

Is a great way to have an assortment of cuts available in your freezer for the rest of the season. We will begin taking orders this evening with delivery in early August.

Lasater Ranch is home of the foundation herd of Beefmaster Cattle. Their cattle are all on range every day of the year. For complete details on Lasater Ranch and their operation visit [www.lasater ranch.com](http://www.lasater ranch.com)

We will continue to offer Sawhill ground beef by the

pound as well as individual steaks, stew meat and roasts. We are anticipating having Sawhill beef available by August 1st.



## Coming Next Week...

Head Lettuce

Summer Squash

Fava Beans

Carrots

And more.....

## Recipes

### Roasted Beet, Onion, and Orange Salad

1 pound beets, preferably very small ones  
1 tablespoon extra-virgin olive oil  
Salt and freshly ground pepper  
20 large pearl onions, about 1/2 pound  
2 oranges, peeled and cut into wedges  
2 tablespoons hazelnut oil  
1 tablespoon coarsely chopped fresh coriander leaves (also known as cilantro) plus extra for garnish  
1/2 cup freshly squeezed orange juice  
2 tablespoons hazelnuts, toasted and peeled  
1-ounce pecorino, optional, grated on medium-sized holes of box grater

Preheat the oven to 400 degrees F.

Cut the stems and tails off the beets. Do not peel. Line the bottom of a baking pan with foil. Place the beets in the pan and toss them with half of the olive oil, salt and pepper. Roast for 25 minutes.

Trim both ends off the pearl onions. Then toss them with remaining olive oil and salt and pepper. Add pearl onions to the beets and roast an additional 15 minutes, until beets and onions are tender.

Peel and remove the membranes from the oranges with a sharp paring knife. Cut the oranges in half lengthwise and then crosswise into thin slices. Seed the slices, if necessary.

Peel and quarter the beets. Lay the beets on a large platter. Top the beets with the orange pieces. Scatter the roasted onions around the beets.

In a medium bowl, combine the hazelnut oil, coriander, and orange juice. Whisk until well combined and season with salt and pepper.

Drizzle the dressing on top and sprinkle with coriander, toasted hazelnuts and grated cheese. Serve immediately.

### Sauteed Fava Beans

1 pot boiling water  
2 lbs fresh fava beans, in the pod (yields about 1 1/2 to 2 cups shelled beans)  
1 tablespoon butter  
1 teaspoon olive oil  
2 garlic cloves, minced, to taste  
1 to taste salt & freshly ground black pepper, to taste

First, shell the beans from the fava pods

In a large saucepan, bring water to a boil, then add salt ? the amount depends on how much water you have, but it should be very salty, like sea water. In a bowl, combine ice and tap water to make ice water; set aside. Add the shelled beans to the boiling water and let cook for about 3 minutes, then remove from saucepan

and immediately plunge into the ice water to halt the cooking.

Let the beans cool, then peel the outer skin from each of them. Over medium heat in a skillet, melt together the butter and olive oil, then add the garlic and sauté for 1 minute. Add the peeled fava beans and sauté for about 5 to 7 minutes, or until they are done to your preference. Season to taste with salt and freshly ground pepper, serve, and enjoy!

## Words to Live By

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.

**Nelson Mandela**

