



Cure Organic Farm Newsletter

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Distribution Week #7

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While dreams of stuffing danced in our heads

It was when the jaws of our mouths began to cramp and refused to chew any longer that we knew the meal would soon be over.

The elastic waistband was an ingenious invention we proclaimed over our last celebratory toast of wine and then with the final piece de resistance of pumpkin pie we surrendered to sleep.

And so another Thanksgiving has come and gone with now only sandwiches, soups and pies remaining to remind us of what we are grateful for, most notably good food, great friends and fantastic sleeping.

We here at the farm, we now consisting of Paul, Georgia and myself, are enjoying the quiet and solitude of the farm without our miniature shire of interns, little smoke swirls emanating from their domes, and are ready for the blanket of

winter snow (it does snow in Boulder right?) to lay the fields to rest for the season.

Until then you can see us taking a pick axe to the soil to pry the carrots from the frozen ground, breathing our warm breath over the shivering baby greens to ensure their good health and unfrozen cellular structures, collecting eggs at noon so that we do not have ice cubed omelets, envying the sheep's designer merino wool jackets and smiling at the traffic which drives slowly by while viewing our little Porkopolis.

And it is now December and we are still growing food much to our own amazement.

The spinach is giving all that it can to the cause of survival, while the radishes have finally succumbed to their fate of becoming next years soil.

The bees are hibernating in their sweet slumber of wax and honey and our mailbox digital and real is filling up with next years candidates of interns,

which is always intriguing to learn about the next generation of farmers and what is motivating them to apply to our little farm below the Rocky Mountains.

The kitchen over at the store is in preparation for it's upcoming dinners on the 16th and 18th of December with Meadow Lark whom we think the world of and are so proud to be a part of.

We call the space the little kitchen that could so please support it if you can it's tiny but noble quest of becoming certified, it is shy of all the attention after all.

So relax, at least for another week until the list of Christmas cards needing to be written is longer than the grocery list, launder the elastic pants, walk off that turkey and get ready for the upcoming Christmas ham!

'Tis the season!

Wooly no longer

Our two mangalitsa pigs that we all have cared for so diligently and carpooled across America with have gone the way of the dodo, so to speak.

We are in the process of ordering specific cuts and finding out the details of lardo, but will have some meat available next week for our final pick-up.

Please stop by behind the store and talk with their buddies the Berkshires if you would like to and let them know that their friends are in a better place.

Let us know what you think of the various meats you have enjoyed this season as well. We would love to know how we are doing and what

improvements we can make to ensure the highest quality for you and your family.

In your share this week:

Napa Cabbage

Baby Fennel

Turnips

Potatoes

Carrots

Winter Squash

Apples

Farm Dinners

Sometimes you feel like you are repeating yourself which I believe I will be doing here but here it goes.

Meadow Lark Farm Dinners will be hosting two dinners December 16th and December 18th over at the Farm Store and will feature our Mangalitsa Pork and Heritage Lamb.

You can make your reservations at farmdinners.com

In next week's Winter Share

Potatoes

Turnips

Carrots

Spinach

Baby Fennel

Winter Squash

Apples

Recipes

8 Things to do with napa cabbage

1. Napa Cabbage Rolls

Instead of using green cabbage, try some of the larger outer leaves of napa cabbage. Cut them in half and steam or boil them until they just turn soft and then fill with a mixture of cooked white rice and browned mild sausage or hamburger. Top with tomato sauce and bake until bubbly.

2. Quick Kimchi

Kimchi is a spicy Korean side-dish, sort of like the hottest cole slaw you've ever eaten. Traditional kimchi can take several days to make. However, for a quick at-home version, combine a few cups of chopped napa cabbage, a tablespoon of sambal olek (an Eastern hot sauce), 3 tablespoons of rice wine vinegar, 4 sliced cloves of garlic, and a healthy pinch of salt. Stir well, chill overnight and then eat right out of the bowl!

3. Napa Cabbage Stir-Fry If you have eaten a Chinese dish with vegetables, you have probably eaten napa cabbage. Typically, they are white squares that look like they should be onions, but

have not turned clear. To do your own napa cabbage stir-fry, peel until all you have is the firmer white stems. Cut the white stems into two-inch pieces. Heat some peanut oil in a wok, cook the napa cabbage for 3 to 4 minutes until it starts to soften, and then add your favorite stir-fry sauce. Cook until the sauce starts to bubble. Serve hot over rice.

4. Napa Cabbage Slaw

Got a favorite cole slaw recipe? Try it with shredded napa cabbage. Napa cabbage slaw has a subtly different flavor and texture than classic cole slaw and is particularly tasty if you add fruit. For your next slaw, combine 2 cups diced mango, a finely diced jalapeno, 1 cup mayonnaise, 2 cups shredded napa cabbage, and 4 tablespoons rice or red wine vinegar. Refrigerate for a couple of hours or overnight and serve.

5. Braised Napa Cabbage

For a quick and easy side-dish, add the cut up white stems of the napa cabbage to a skillet and cover them half way with vegetable broth,

ground ginger, garlic powder, and a few teaspoons of soy sauce. Cook over medium heat for 8 to 10 minutes or until the napa cabbage becomes soft.

6. Napa Cabbage Spring Rolls

Napa cabbage has a great crunch that's perfect for spring rolls. Simply slice napa cabbage into thin strips and roll with cooked shrimp, rice noodles, and fresh basil in a spring roll wrapper. Serve with a dipping sauce of soy sauce, chilies and fish sauce.

7. Napa Cabbage Taco Topping

Traditionally, tacos are topped with a healthy handful of lettuce. A better choice is napa cabbage, which is more flavorful and totes a crisper texture, which contrasts nicely with the taco fillings.

8. Napa Cabbage Soup

Warm up with a hearty bowl of napa cabbage soup. Add a few cups of chopped napa cabbage to your favorite vegetable, chicken or beef soup; it will give your soup a lot of body and for fewer calories than most other ingredients.

Turnip & Potato, Fennel Soup

Bon Appétit | March 1999 by Jeanne Silvestri: Coral Springs FL

2 tablespoons butter
2 cups sliced leeks or onions
1 bunch sliced fennel bulb, fronds reserved for garnish
4 cups water, vegetable broth or chicken broth
2 pounds potatoes, cut into 1/2-inch pieces (about 4 cups)
1 pound turnips sliced

Melt butter in heavy large pot over

medium-high heat. Add leeks/onions and fennel and sauté until leeks/onions are translucent, about 7 minutes. Add broth, turnips and potatoes and bring to boil. Reduce heat to medium-low. Simmer soup until potatoes & turnips are very tender, about 25 minutes. Working in batches, purée soup in blender. Return to same pot. Rewarm soup if necessary. Season with salt and pepper. Ladle soup into bowls; garnish with reserved fennel fronds and serve.



Words To Live By

*I'd rather learn from one bird how to sing
than to teach ten thousand stars how not to dance.*

e.e. cummings