



Cure Organic Farm Newsletter

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Distribution Week #9

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Planning For the Fall

July seems to pass more quickly with each season here on the farm. Mid-summer brings countless weeds, new crops to harvest each week and calls for finishing spring crops, and transforming the field into fall crops. It is easy to see why the month seems to pass so quickly with each day filled so many things to accomplish.

At the fields of the home farm (we now have to delineate that!) we have just turned in the snow peas, snap peas and fava bean beds. Unfortunately, we have lost more crops this season than any other season. Some over wintered crops were lost due to the hard winter we had, kale & braising mix due to an unbelievable amount of pest pressure which I am guessing came in with those warm winds of May which we usually do not have. Our fall parsnip crop was lost due to poor seed

germination and the fall Brussels sprouts as they were lost in the weeds for too long...Nonetheless, the fields are abundant with crops and we are in the process of replanting and planning for the fall (try and try again).

Fall turnips, carrots, beets and radishes are planted in the spring pea & fava bean beds. Our spring head lettuce plantings have finished as of last week and are awaiting a new planting of green & yellow wax beans. Our next succession of head lettuce will be coming in about two weeks. Fall spinach, broccoli raab or rapini as it is sometimes called, braising, kales & chard are all loving these afternoon rains, which give all of us a break from the intense sun while keeping the soil temp ideal.

While in the fields, we are now focused on plant-

ing for the fall, we are so excited about beginning the summer harvest. Summer squash & zucchini, basil, green beans & yellow wax beans are all now here with cucumbers and cherry tomatoes right around the corner. One of our Fruit share providers, Thomas is anticipating peaches for next weeks fruit share. The taste of summer is truly here.

I am continuously amazed how each growing season differs from the previous. Humbled by the absence of predictability and assumptions that the growing season will just go according to my crop plan or a previous seasons patterns. Amazed at the amount of food the fields offer despite any growing challenges or windfalls....Somewhere in all of this is the heart of what I love most about working in the fields. It is dynamic, always changing, each day different from the other. It is a living system that we only encourage but do not control. That we take cues from in forming our daily work. Always being reminded to just pay attention to our surroundings and observe ourselves living.

Flower Power

As many of you have discovered we now have an abundance of flowers from our fields next door at the Farm Store property. There are sunflowers, agrostemma, zinnias, sweet peas, roses, lilies, kiss-me-over-the-garden-gates, black eyed susan, and many more to bloom. Please let us know if you would like an arrangement or bulk order for an event or just for the home. Remember to stop and smell the flowers!



In your share this week:

Beets

Carrots

Garlic

Green or Yellow Wax Beans

Basil

Summer Squash

Fruit Share

Apricots

CSA BBQ

Our next CSA dinner will be Wednesday August 4th, from 5-7pm at the Farm Store. Although rainy, the first BBQ was fun as well as delicious. We hope you will mark your calendars to join us for dinner at the Farm Store, after you pick up your share. Dinner is \$8 per person; includes water, & lemonade, and this week we will have vegetarian options available! Please let us know if you will be joining us.



Coming Next Week...

Cucumbers

Summer Squash

Basil

Sweet Corn

And more.....

Recipes

Green Beans and Tomatoes

2 tablespoons olive oil
1 clove garlic, crushed
1 pound fresh green beans, cut into 1-inch lengths
2 cups canned diced tomatoes with their juice
1 tablespoon chopped fresh chives
3 tablespoons pine nuts
2 tablespoons lemon juice
1 bay leaf
salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add garlic; cook and stir until fragrant, about 2 minutes. Reduce heat if garlic begins to brown. Add green beans, then continue to cook and stir until bright green but not quite tender, about 4 minutes. Mix in tomatoes, lemon juice and pine nuts, and season with chives, bay

leaf, salt and pepper. Bring to a boil, stirring often. Reduce heat and simmer gently uncovered for 25 to 30 minutes. Remove and discard bay leaf before serving.

Carrot and Beet Salad with Ginger Vinaigrette

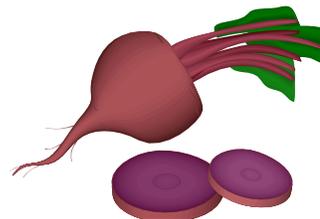
Gourmet | April 1994

1/4 cup minced shallot
2 tablespoons minced peeled fresh ginger
1 garlic clove, minced
1/4 cup rice vinegar
1 tablespoon soy sauce
1/2 teaspoon Asian (toasted) sesame oil
Tabasco to taste
1/2 cup olive oil
4 cups finely shredded carrots
4 cups finely shredded peeled raw beets (about 3/4 pound)
spinach leaves, washed thoroughly,

for garnish if desired

In a blender purée shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves.



Grilled Summer Squash and Zucchini

Gourmet | June 2007

6 medium yellow squash and/or green zucchini (3 pounds)
3/4 teaspoon salt
1/2 teaspoon black pepper
1/4 cup extra-virgin olive oil
2 tablespoons fresh lemon juice
2 teaspoons coarse-grain mustard
1/4 teaspoon sugar

Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas). Trim squash and/or zucchini and halve lengthwise, then toss with salt, pepper, and 2 tablespoons oil in a large bowl. Oil grill rack, then grill vegetables directly over hottest part of coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6

minutes total. Move vegetables to area of grill with no coals underneath and grill, covered, until tender, about 4 minutes more. Transfer to a platter.

While vegetables are grilling, whisk together lemon juice, mustard, sugar, and remaining 2 tablespoons oil in a small bowl. Pour dressing evenly over vegetables before serving.

Apricot Coffee Cake

1 1/2 cups all-purpose flour
1/2 teaspoon salt
2 teaspoons baking powder
6 tablespoons white sugar
1 egg
2 tablespoons butter
1/4 cup dry milk powder
2/3 cup water
1 teaspoon vanilla

2 cups pitted and diced fresh apricots
1/4 teaspoon ground cinnamon,
1 tablespoon white sugar, or to taste

Preheat oven to 375 degrees F (190 C). Place the flour, salt, and baking powder in a large bowl. In a separate bowl, cream together the sugar, egg, and butter until smooth. Mix the powdered milk, water, and vanilla into the batter, stirring until well blended. Pour the batter into the flour and beat until smooth. Spread the batter into a greased 8 inch square pan, and sprinkle the diced apricots evenly over the top. Dust with cinnamon and sugar. Bake in the preheated oven approximately 45 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Words to Live By

“Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.”

-George Sand (1804 - 1876)

