



Cure Organic Farm Newsletter

Distribution Week #1
October 20, 2010

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

This newsletter is also
available online at:
www.cureorganicfarm.com/
csanewsletters.htm

Follow us on face book!

Welcome to Winter Share

With no hard frost hitting the fields yet, it may still feel like winter is a ways off, but you'll notice that the tomatoes have been plowed under and the pigs are foraging in what used to be summer crops.

Snow up in the mountains reminds us that cooler weather is moving in, so we've filled the hoophouses with greens and root crops that will fill your baskets over the next several weeks of Winter Share.

New Time & Location

Changing seasons, also bring a new distribution time and place for Winter Share.

Pick-up is from 3-6pm on Wednesdays at our Farm Store, 7450 Valmont.

Hopefully the earlier time will allow more of you to come while there is still daylight and before the evening temperatures drop. Seasoned Winter Share members may miss the

ambiance of the greenhouse, but hopefully you'll appreciate the warmer temperatures in the Farm Store.

Where's Anne?

Anne & Paul are off in Turin, Italy this week attending the annual Terra Madre Slow Food Conference. We look forward to hearing their stories about meeting farmers from all over the world.

The five-day meeting will bring together food communities, cooks, academics, youth and musicians from all over the world, who are united in a desire to promote sustainable local food production in harmony with the environment while respecting knowledge handed down over the generations.

In the meanwhile, Maren, Jeff, Ingrid and Ben are keeping the farm going with some help from Connie & Mark.

Boulder Farmer's Market

The Boulder Farmer's Market will continue each Saturday, 8-2 through November 20th this year. It is located on 13th street between Arapahoe and Canyon.

November 20th will feature a special Fall Cornucopia Market, so you can get everything you need for your Thanksgiving dinner.

On **December 4th & 5th**, there will be a special Holiday Farmer's Market and Gift Show at the Boulder County Fairgrounds from 9-3.



Fall Classes at the Farm

Cooking with the Late Autumn Vegetables

Taught by 20-year healthy cooking instructor Mary Collette Rogers, this series of cooking classes + a whole lot more follows the Whole Kitchen, holistic approach to meal making. Learn how cooking and meal times can be deliciously wholesome, nurturing and fun!

(Thursdays, Oct. 21 to Dec 2) Kale, brussels sprouts, parsnips, butternut squash and more; the magic comfort of roasting and braising; warming winter salads for cold nights; healthy holiday dishes; wheat free, dairy free and vegetarian option; time, money and sanity-saving strategies; lots of practical, hands-on learning and cooking.

All six classes are \$150. Single classes are \$35 each. Register at:
<http://everydaygoodeating.com/classes-calendar-register.html#WholeKitchenRegistration>

In your share this week:

- Carrots
- Bok Choy
- Spinach
- Beets
- Turnips
- Delicata Squash
- Pears/Apples



Turkeys

We are still taking orders for Wisdom Farm turkeys. Turkeys are \$3 per pound and will be delivered Wed. Nov. 17th. Send us an email to reserve your turkey now, or sign up at CSA pick-up.

Coming Next Week...

- Braising Mix
- Butternut Squash
- Chard

Recipes

Braised Baby Bok Choy

2 cups chicken broth
6 tablespoons unsalted butter
1 1/2 pounds baby bok choy, trimmed
1 teaspoon Asian sesame oil
Pepper, to taste

Bring broth and butter to a simmer in a deep large heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and keep warm, covered. Boil broth mixture until reduced to about 1/2 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy.

Winter Vegetable Soup

3 tbsp olive oil
1 C coarsely chopped onion
1 C peeled, cored, coarsely chopped apple
1 C peeled and coarsely chopped turnip
1 C peeled and chopped winter squash (seeds discarded)
1 C coarsely chopped carrot
1 C peeled, chopped potatoes
5 C vegetable (or chicken) stock
1/4 C maple syrup
Cayenne pepper
1 small whole-grain baguette
3 oz goat cheese

Roasted Winter Squash with Gorgonzola Cheese

1 medium winter squash (about 1-1/2 pounds), rinsed
2 tablespoons unsalted butter, melted
1/2 teaspoon kosher salt
Freshly ground black pepper
1 to 2 ounces Gorgonzola cheese, crumbled

Preheat oven to 400 degrees F. Peel the squash if desired. Halve the squash and scoop out and discard the seeds and strings. Cut into 1-inch wedges. Brush a roasting pan lightly with some of the butter. In a medium bowl, toss the squash with the remaining butter and season with the salt. Spread out on the pan and roast for

about 30 minutes. Turn the wedges over with a pancake-style spatula and continue to roast until tender and browned, about 30 minutes more. Transfer the squash to an ovenproof serving dish, season with pepper to taste and sprinkle with the cheese, while still hot, to melt slightly (if needed, return the squash to the oven to melt the cheese). Serve.



1/4 C chopped fresh chives

Heat oil in a large saucepan on medium-high heat. Add onion and sauté until translucent. Add apple, turnip, squash, carrot, and sweet potato; season with salt, then sauté 5 minutes.

Add stock, bring to a boil and simmer, stirring occasionally, about 30 minutes or until vegetables are tender. Add syrup, then cayenne pepper to taste. Cool slightly.

Puree with a handheld mixer, food processor or blender. For toast top-

pers, cut 6 slices bread and toast them. Spread 1/2 oz goat cheese on top of each; sprinkle with chives. Pour soup into 6 large bowls; float toast on top.



Words to Live By

Wild Geese

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air
Distribution Week #1

are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting--
over and over announcing your place
in the family of things.

MARY OLIVER
Dream Work

