

# Cure Organic Farm Newsletter

Distribution Week #2

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## Brilliant Bees



Here on the farm we get to experience the magic and majesty of bees throughout the season. Now new research is showing that bees can solve complex mathematical problems which keep computers busy for days.

The insects learn to fly the shortest route between flowers discovered in random order, effectively solving the "travelling salesman problem", said scientists at Royal Holloway, University of London.

The conundrum involves finding the shortest route that allows a travelling salesman to call at all the locations he has to visit.

Computers solve the problem by comparing the length of all possible routes and choosing the one that is shortest. Bees manage to reach the same solution using a brain the size of a grass seed.

Dr Nigel Raine, from Royal Holloway's school of biological sciences, said: "Foraging bees solve travelling salesman problems every day. They visit flowers at multiple locations and, because bees use lots of energy to fly, they find a route which keeps flying to a minimum."

Using computer-controlled artificial flowers to test bee behavior, he wanted to know whether the insects would follow a simple route defined by the order in

which they found the flowers, or look for the shortest route. After exploring the location of the flowers, the bees quickly learned to fly the best route for saving time and energy.

The research, due to appear this week in the journal *The American Naturalist*, has implications for the human world. Modern living depends on networks such as traffic flows, internet information and business supply chains.

"Despite their tiny brains bees are capable of extraordinary feats of behavior," said Raine. "We need to understand how they can solve the travelling salesman problem without a computer."

## Cooking Grassfed Beef

Mark your calendars, CSA member and grassfed beef aficionado Mignon Macias is doing another of her wonderful cooking demos during your CSA pick-up. She will prepare the following delicious grassfed beef dishes, featuring our CSA produce. If you're lucky, you might get a bite.

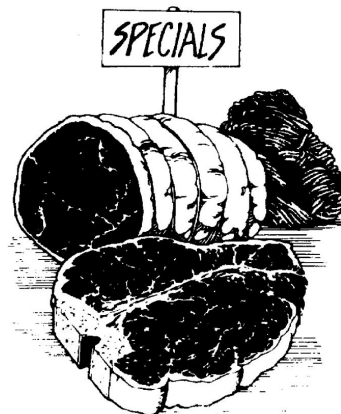
Menu:

- vegetable liver soup
- pot roast
- braised ground beef w/ fall vegetables

Location:

- Cure Farm Store
- Date: Wednesday, Nov. 10
- Time: 4pm

Mignon also does a great blog about grassfed beef cooking. You can find it on the web at:  
<http://lasatergrasslandbeef.blogspot.com/>



## 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...

Anne's smiling face, back from Italy.

And much more!

# Recipes

## Mashed Turnips with Crispy Shallots

1 1/2 cups light olive or vegetable oil  
3 tablespoons unsalted butter  
5 to 6 shallots, peeled and sliced into thin rings  
4 pounds turnips  
Kosher salt  
1 cup whole milk  
6 tablespoons (3/4 stick) salted butter  
1/2 teaspoon ground black pepper

Heat the oil and unsalted butter in a saucepan over medium-low heat until it reaches 220 degrees F. Reduce the heat to low, add the shallots, and cook until they are a rich golden brown, 30 to 40 minutes.

The temperature should stay below 260 degrees F. Stir the shallots occasionally to make sure they brown evenly. Remove them from the oil with a slotted spoon, drain well, and spread out to cool on paper towels. Once they have dried and crisped, they can be stored at room temperature, covered, for several days.

Peel the turnips to remove the waxy skins and cut them into generous 1-inch chunks. Place them in a saucepan with water to cover and 1 teaspoon of salt. Bring to a boil and simmer, covered, until easily pierced by a paring knife, about 35 minutes. Drain.

In a separate saucepan, heat the milk and salted butter over low heat until the butter has melted and the milk just begins to simmer.

Puree the turnips in several batches in a food processor fitted with the steel blade. With the motor running, add the melted butter and milk in a steady stream. The turnips should be smooth.

Return the puree to the saucepan, season with 1 teaspoon salt and the pepper, and reheat, stirring, over medium heat. Serve piping hot, sprinkled generously with crispy shallots.



## Butternut Squash Risotto

2 large butternut squash  
Olive oil  
Salt  
5 ounces Arborio rice  
4 cups chicken stock  
2 tablespoons butter  
2 tablespoons Parmesan  
2 tablespoons mascarpone cheese  
Herbs for garnish  
1/4 C chopped fresh chives

Preheat oven to 350 degrees F.

Peel and seed squash. Score 1 squash with a knife and season with olive oil and salt. Roast in oven until browned and cooked through. Puree in food processor. Dice other squash and saute in a pan in olive oil. Heat rice in a little olive oil. Slowly add stock, 2 ounces at a time, until absorbed. Once rice is fully cooked fold in butter, Parmesan, and mascarpone. Add squash puree, to taste, and fold in the sauteed diced squash. Season and garnish with herbs.



# Words to Live By

Ode To The West Wind (excerpt)

O wild West Wind, thou breath of Autumn's being,  
Thou, from whose unseen presence the leaves dead  
Are driven, like ghosts from an enchanter fleeing,

Yellow, and black, and pale, and hectic red,  
Pestilence-stricken multitudes: O thou,  
Who chariotest to their dark wintry bed

The wingèd seeds, where they lie cold and low,  
Each like a corpse within its grave, until  
Thine azure sister of the Spring shall blow

Her clarion o'er the dreaming earth, and fill  
(Driving sweet buds like flocks to feed in air)  
With living hues and odours plain and hill:

Wild Spirit, which art moving everywhere;  
Destroyer and Preserver; hear, O hear!

by Percy Bysshe Shelley