



# Cure Organic Farm Newsletter

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This newsletter is also available online at:  
www.cureorganicfarm.com/  
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## Introducing our Lamb

As you may know, each season we try something new and exciting here at the farm. This season we welcomed a flock of sheep on to the farm. While we do not have adequate grazing space at this location, we lease about 3 acres of pasture on the east side of 75th. With the help of George at Leistikow Farms whom many returning CSA members will know as the person who sells his lamb during Winter Share pick up's, we welcomed 6 ewes and 1 ram onto the farm in March. By April the first lamb had been born.

In July George called to say that he had lined some one up to come and shear his sheep, would we like ours done as well. We loaded the breeding stock up and took them to be sheered. Later that day when we went to pick them up we had 7 large garbage bags full of beautiful white

and brown wool. Our winter project is to clean these fleeces and have them spun into yarn which we are hoping to have available next season.

Our lamb is raised on pasture grass and alfalfa /grass hay. They have plenty of room to roam and are accompanied by a llama. While we will have a limited amount of our lamb for sale this season, we are hoping that George will once again join us at pick-ups to sell his lamb throughout the fall.

Enjoy!

- Leg of lamb- \$8 per pound
- Lamb Chops- \$12 pound
- Shoulder roasts- \$6 pound
- Ground lamb- \$6 pound
- Stew meat- \$6 pound

### Raw Honey Available

We have completed our honey harvest for this season and have raw honey for sale at \$8 per jar. Our honey has not been heated/pasteurized so will eventually crystallize and solidify. You can easily take honey from its solidified state and return it to liquid by heating the jar in a hot water on your stove.



## In your share this week:

- Kale
- Winter Squash
- Radishes
- Turnips
- Broccoli
- Hot Peppers
- Carrots
- Salad Mix
- Apples

### Wisdom Farm Turkey's

Wisdom Farm's Natural Turkey's will be available for the Holidays on a pre-order basis. Interested in a Turkey? Sign up now by sending us an email. Turkey's will be frozen and available the week of Thanksgiving for pick-up at the farm. They will weigh between 15-25 pounds and cost \$2.50 per pound.

## Boulder Farmers Market Season

Have you had your fill of the Farmers Market for this season? Now is the time to step out on Saturday morning and enjoy the market as there are only 2 more markets left for the season. The last Saturday farmers market in Boulder is on November 3rd.

The market is located on 13th street between Arapahoe and Canyon, and is open from 8-2pm. The

Market offers several varieties of apples, and cider as well as all varieties of fall vegetables you can think of including roasted chilies. Also available is grass fed beef and Wisdom Farm's chicken. Come on out and enjoy the market one last time this season.



### Coming Next Week

- Carrots
- Leeks
- Braising Mix
- Apples
- And much more!**

# Recipes

## Marinated Broccoli & Carrots

1 lg. clove garlic, minced or pressed  
1 tsp. grated fresh ginger root  
2 tbsp. canola or other vegetable oil  
2 tbsp. rice vinegar  
2 tsp. soy sauce  
1 lg. broccoli stalk, peeled & cut into spears (save florettes for another use!)  
2 med. carrots, peeled & cut into 2 1/2" x 1/4" sticks (i.e., cut broccoli & carrot sticks into similar sizes)

Whisk together marinade ingredients & set aside. Blanch broccoli & carrots in boiling water until both veggies are just tender & still brightly colored (5 - 7 min). Drain well & toss w/marinade. Refrigerate or set aside at room temp. about 20 min. so flavors mingle.

## Apple-Maple Bread Pudding

Makes 10 servings  
2 C whole milk  
2 C heavy cream  
3/4 C maple syrup  
2 whole cloves  
1 cinnamon stick  
10 large eggs  
4 tbsp. butter, plus extra for buttering the pan  
4 large baking apples  
Half a 1-lb. loaf of bread sliced 1/3 inch thick, slices cut in half diagonally (for best results, use a medium- or soft-textured bread)

Preheat oven to 325 degrees. Place milk, cream, maple syrup, cloves, and cinnamon stick in a medium saucepan over medium heat and bring to just under a boil. Do not boil. Let steep for 10 minutes.

Break eggs into a large mixing bowl and beat well. Whisk in a little of the milk mixture to warm the eggs, then beat in the remainder of the milk mixture. In a large skillet over medium heat, melt the butter. Add the apples and cook, stirring occasionally, until softened and golden, about 8 minutes. Butter a 9-inch-round by 3-inch-deep earthenware baking dish and place the bread slices on the bottom to cover without crowding. Cover evenly with half the apples. Repeat the layers, ending with a third layer of bread. Strain the milk mixture over all [i.e. strain out the cinnamon stick and cloves]. Place the pan in a roasting pan and add hot water to come halfway up its sides. Bake until the pudding is set, about 40 minutes. Let cool at least 1 hour.

## Sautéed Greens with Apple

3 slices bacon  
1 large bunch greens (kale, chard &/or beet  
&/or beet  
greens); chop stems & leaves separately.  
1 apple, cored & chopped  
1 onion, chopped  
2 T pine nuts  
salt & pepper  
2 T champagne vinegar

In large skillet fry bacon until crispy. Drain on paper towels. Pour off all but 1-2 T of fat. Sauté onion, apple & greens' stems in fat until onions are lightly browned. Add chopped greens & sauté until wilted. Stir in pine

nuts, crumble in bacon, salt & pepper to taste, dress w/vinegar & serve.

## Acorn Squash rings with Honey-Soy Glaze

2 acorn squash  
3 tbsp. honey  
1 tbsp. soy sauce  
2 tsp. rice vinegar  
1 1/2 tsp. minced peeled fresh ginger  
1 garlic clove, minced

Preheat oven to 450 degrees F. Line a large baking sheet with foil. Spray with nonstick spray [or brush lightly with oil]. Cut off both ends of each squash, then cut them crosswise into

4 rings each. Scoop out seeds and discard. Place squash rings in a single layer on prepared baking sheet, cover tightly with foil and bake until squash begins to soften, about 15 minutes. Meanwhile, whisk next 5 ingredients in a small bowl to blend. Remove foil from squash and brush half the mixture over squash. Sprinkle with salt and pepper. Bake uncovered 10 minutes. Brush remaining mixture over squash and continue to bake until squash is brown, tender and glazed, about 10 more minutes.

## Words to Live By

*"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."*

~ Martin Luther

