

Cure Organic Farm Newsletter

Distribution Week #7

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

Organic Movement vs. Organic Industry

As we all are about to embark on the grocery store produce section in the months ahead here is something to think about. In the world of organic agriculture there is unfortunately a divide between the folks behind the “organic movement” and those in the “organic industry”. What’s the difference? Some would like to believe there is a big difference.

While the idea of Organic has been around since the early 1900’s it has only gained popularity in the recent 10 years due to food safe issues mainly. The “organic movement” is made up of people who believe in a type of agriculture that not only nourishes the people, but also the land and ecosystem it operates in. The movement was a movement of the commons. Meaning that it arose because the community created and nourished it. It grows based on relationships and the sharing

of ideas. As this movement became more attractive, more people became interested in contributing. Contributions sprouted up more and more small farms which held a place at the center of the community.

What happens in our culture when people are attracted to something? More of it is produced. The “organic industry” now provides all of us the opportunity to buy organically grown food just about anywhere. It has created a distribution system that is accessible and main stream. The government has even created a set of rules in which you must follow to call your self organic. To top it off, you are inspected each year to make sure that you are doing what you say you are doing. When you put it that way it doesn’t sound so bad, right?

What we need to be concerned about, and work

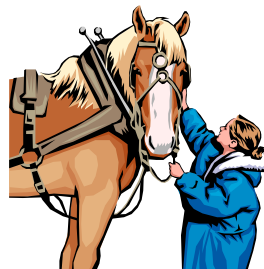
towards uniting are the extreme movement types and the extreme industry types. Movement fears that the industry will continue to lobby for leniency with the organic standards, that the movement folks feel are far to lenient already. Industry need to make organic affordable and assessable to the masses. Movement folks need to make a living. Maybe this is an issue of integrity? Regardless, more and more people are thinking about their food choices, their health and the strength of their community. All of which Agriculture plays a critical point. So, this winter as we are all cruising the grocery store produce section, we’ve still need to think about what we are eating and how it was grown. I believe that we can take the values of the movement and make an industry out of it...with a lot of diligence. See you in the produce section!

Chloe’s New Adventure

Not only is today the last Winter Share pick-up, it is also Chloe’s last day on the farm. Chloe has been our field manager since we began Cure Organic farm in 2005. She does just about everything you can think of on the farm, including growing the veggies, taking care of the animals, and leading the crew out in the fields. She is a great farmer and we will

miss creating the growing season with her.

So where is she going? Chloe has accepted a position in Vermont, near Burlington on a farm that grows grains for their bakery using draft horses. Chloe will also be raising chickens and sheep there.



Help us to send her off with good wishes for her new adventure and a friendly reminder that she is always welcome back here at the farm.

Hint: Grain CSA share anyone?

In your share this week:

Head Lettuce

Winter Squash

Baby Fennel

Bok Choy

Potatoes

Onions

Garlic

2008 CSA Shares are now available for renewing members. We will be offering 150 shares for the 2008 season. Current members should have received a brochure with a registration form by now. Members can also sign up using a credit card via our website at www.cureorganicfarm.com/csafarm.htm

We will open shares up to the general public on January 15th.

Coming Next Week

Rest, Relaxing and Christmas Cookies!

Happy Holidays

Recipes

Stir-fried Tofu with Bok Choy

1 large or 2 small bunches bok choy
1 carton soft or firm tofu, drained
1 C vegetable stock, chicken stock or water
2 tbsp. soy sauce
1 tbsp. oyster sauce (if vegetarian, omit or substitute Lan Chi Chilli Paste)
1 tbsp. roasted peanut oil
3 garlic cloves, minced
1/4 tsp. salt
1 tbsp. cornstarch mixed w/1tbsp. water

Cut bok choy leaves into 3-inch pieces, the stems into 2-inch pieces. Cut tofu (gently!) into 1"-ish cubes. Mix together stock, soy sauce and oyster sauce. Heat a wide nonstick skillet, add the oil and when hot, add garlic and bok choy. Sprinkle with

salt and stir-fry over high heat for about 2 minutes, until greens are wilted. Add stock, reduce heat to low, add tofu. Cover and simmer until tofu is heated through, 4 to 5 minutes. Add diluted cornstarch and gently stir into the juices without breaking tofu. Serve over rice.

Carrot, Fennel & Orange Soup

1 med. fennel bulb, sliced (save fronds)
2 tbsp. unsalted butter
4 C sliced carrots (appx. 1 1/2 lbs)
1 garlic clove, sliced thin
6 C water
1 tsp. salt, or to taste
1/3 C fresh orange juice
1/4 C sour cream

In a 3 qt. heavy saucepan, cook fen-

nel slices over med. heat, stirring, until soft & beginning to turn golden. Add carrots & garlic, stir & cook 1 min. Add water & salt, simmer, covered, 20 min. until carrots are tender. Puree mixture in a blender (in batches) w/ OJ & sour cream until smooth. Salt & pepper to taste. Transfer back to pan and reheat (do not boil). Serve garnished with fennel fronds.



Roasted Balsamic Potatoes and Onions

about 2 tbsp. olive oil
1 1/4 to 1 1/2 lbs. of potatoes, larger potatoes cut into chunks
3/4 lbs. onions, peeled, root ends intact [cut off the roots themselves, just leave that core in that keeps the layers together], cut into wedges
1/4 C balsamic vinegar
1 tbsp. fresh thyme or 1 tsp. dried
Salt and pepper

Preheat oven to 400 degrees F. Toss potatoes and onions in a bowl with olive oil to coat evenly then spread out on a rimmed baking sheet, cover with foil and roast 30

minutes. [Keep that bowl handy; we'll be using it again!] Remove foil, transfer partially cooked veggies back into bowl, then toss with vinegar and thyme, plus salt and pepper to taste. Spread back out on same pan and roast, uncovered, another 30 - 40 minutes, turning occasionally, until onions are browned and potatoes are crisp on the edges.

Braised Garlicky Winter Squash ("Zucotte")

from Greene on Greens
serves 4

3 tbsp. butter
2 tbsp. white wine
10 cloves garlic
1 1/4 lbs. butternut or other winter

squash, peeled, seeded, diced
salt & freshly ground black pepper
3 tbsp. chopped fresh parsley

Melt 1 tbsp. of the butter in a large heavy skillet over low heat. Add the wine and garlic. Cook, covered, stirring occasionally, 20 minutes. The garlic will brown slightly but should not burn. Mash the garlic with a fork. Stir in the remaining 2 tbsp. butter and the squash. Toss thoroughly to coat. Cook covered, stirring occasionally, until the squash is tender, about 20 minutes. Add salt and pepper to taste, and sprinkle with the parsley.

Words to Live By

"the happiest days of our life are found in the sharing of special moments with those we love"

-adele basheer

