

# Recipes

## More Deception- Winter Squash

Since last week's ideas were a hit, here are some more creative ideas adapted from *Deceptively Delicious* for sneaking winter squash into your kid's food.

Half your winter squash, scrape out the seeds and strings, and place on a baking sheet, flesh side down and roast at 400 degrees for approximately 45 minutes, or until tender. Then scoop out the flesh and puree the squash until smooth. You can use your puree in the following.

- Add 1/2 cup of squash puree to your favorite pancake recipe.
- Add 1/4 cup squash puree to your favorite chicken noodle soup.
- Add 1/2 cup squash puree to any macaroni and cheese recipe
- Add 1/2 cup of squash puree to 1/2 cup of cheese and use for quesadillas.
- Add 1/2 cup of squash puree to 1/2 cup of cheese and use for grilled cheese sandwiches.
- Add 1/2 cup squash puree to ground beef and your favorite taco seasonings, for some extra nutritious tacos.



## Sweet and Sour Bok Choy

- 1/4 cup balsamic vinegar
- 1 red chile pepper, stem and seeds removed and diced
- 1 large clove garlic, lightly crushed with the side of a knife blade and quartered
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons sugar
- 1 tablespoon water
- 1 tablespoon cornstarch
- 1 bok choy, cut into bite sized pieces and tough spines removed or 3 baby bok choy, halved and tough parts removed from stem end

Through the feed tube of a running blender add, 1 at a time, the vinegar, chile pepper, garlic, salt, black pepper, and sugar. Remove to a bowl. In a separate small bowl, create a slurry by gradually whisking 1 tablespoon water into the cornstarch. Then whisk the slurry into the sauce.

Steam bok choy until tender and coat with sauce.

## Fennel Idea

Fennel is great roasted, so anytime you're doing a roast that calls for the holy trinity of carrots, onions and celery, use some fennel instead of the celery.

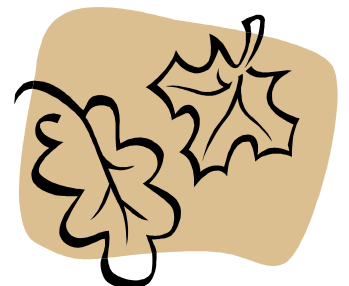


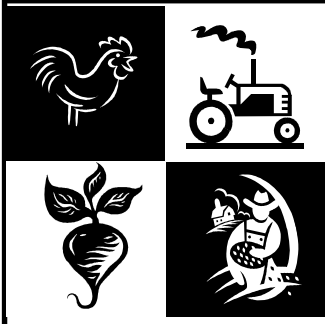
# Words to Live By

*A Child's Calendar- November*

*The stripped and shapely  
Maple grieves  
The ghosts of her  
Departed leaves.  
The ground is hard,  
As hard as stone.  
The year is old,*

*The birds are flown.  
And yet the world,  
In its distress,  
Displays a certain  
Loveliness---*





# Cure Organic Farm Newsletter

Distribution Week #20

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7416 Valmont Road, Boulder, CO 80301 - 303-666-6397  
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This newsletter is also available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## Pumpkin History 101

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C. References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was changed by the French into "pompon." The English changed "pompon" to "Pumpion." American colonists changed "pumpion" into "pumpkin."



Native American Indians used pumpkin as a staple in

their diets centuries before the pilgrims landed. They also dried strips of pumpkin and wove them into mats. Indians would also roast long strips of pumpkin on the open fire and eat them. When white settlers arrived, they saw the pumpkins grown by the

Indians and pumpkin soon became a staple in their diets. As today, early settlers used them in a wide variety of recipes from desserts to stews and soups. The origin of pumpkin pie is thought to have occurred when the colonists sliced off the pumpkin top, removed the seeds, and then filled it with milk, spices and honey. The pumpkin was then baked in the hot ashes of a dying fire.

The origin of Halloween dates back at least 3,000 years to the Celtic celebration of Samhain (pronounced "sow-ain"). The festival was held starting at sundown on October 31st and lasted until sundown on November 1st. It was similar to the modern practice of the New Years celebration.

On this magical night, glowing jack-o-lanterns, carved from turnips or gourds, were set on porches and in windows to welcome deceased loved ones, but also to act as protection against malevolent spirits. Burning lumps of coal were used inside as a

source of light, later to be replaced by candles.

Samhain was not the name of a "Lord of the Dead", no historical evidence has ever been found to back this up, it was simply the name of the festival and meant "Summer's End". It was believed that the souls of the dead were closest to this world and was the best time to contact them to say good bye or ask for assistance. It was also a celebration of the harvest. It is still treated as such today by those who practice Wicca or other nature based religions. It has absolutely nothing to do with satan.

When European settlers, particularly the Irish, arrived in America they found the native pumpkin to be larger, easier to carve and seemed the perfect choice for jack-o-lanterns. Halloween didn't really catch on big in this country until the late 1800's and has been celebrated in many ways ever since!



That we may fill your table with food from our fields once again next season.

All the best!

## In your share this week:

*Tomatoes*

*Braising Mix*

*Fennel*

*Bok Choy*

*Winter Squash*

*Carving Pumpkins*

*Peppers*

*Potatoes*

### Fruit Share

*Pears*

**Winter Share** begins next week. For those of you who are joining us for the extended season, please remember to come on out to the farm to pick your Winter Share up next Wednesday, Oct. 22nd from 3-6 pm. Please note the time change, as it is far to dark and cold by 7pm!

### Holiday Turkeys

Sign up for your turkeys if you haven't already. Turkeys will be available the week before Thanksgiving for pick up out here at the farm. They weigh between 15-25 pounds and cost \$3 pound.

## The Season's End

At the beginning of each CSA year I always wonder how we will feed all of the families for five months off of these 6 acres that we farm. To be honest, I am always a bit nervous! With careful planning and a lot of hard work from committed interns and dedicated volunteers, together somehow we pull it off.

Many Thanks to all of you who keep this farm alive from season to season with your continued support. With out people like you who truly care about where and how their food is grown there would be no place for our family farm in this time of globalized food markets. Here's wishing you a healthy winter, and hopes