

Cure Organic Farm Newsletter

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

Lettuce Give Thanks and Praise

Hoping that you enjoyed your first week of fruit and vegetables. We always enjoy hearing about who came up with new and inventive ways to create a meal out of a surprise menu that is CSA. Braising mix cereal?

The surprise of the harvest is one of the joys and conundrums of a CSA. Not knowing what will be in peak form for you is a constant reminder to us to constantly bring new crops into the rotation so that vegetable soup or veggies with noodles are not the daily cuisine.

Alas, the fava beans are now in flower and the peas are just beginning to form their fruit.

The winds of last week were a blowdryer to our tender baby greens and so we had to cut them back and start anew. What you will enjoy in the braising mix this week is the first growth back from that experiment, and occasionally that is what we have to do on the farm when nature throws us a curveball

like wind gusts of 40 mph. We enjoy the guessing game of the seasons (do we have any other choice?) and it keeps us curious as to how we can work within the system to bring you delicious food. And so along those lines of thought comes the curious garlic scape. What is a gar-lic scape you may ask, well it is the flower of the gar-lic plant and it notifies us that the cloves are beginning to form on the bulb of the gar-lic root. We don't know who had the idea of taking that flower and eating it, but we are glad that they did because they are scrumptious. How do I eat a garlic scape you may ask, well you have a multitude of ways before you. Our staff favorite would be to grill them as you would asparagus. Another is to just chop them up and use them as you would a garlic clove in your cooking. They are also very fashionable vegetable accessories necklace or bracelet if your child is prone to showing you things that you would have never have thought of (Georgia).

We are very proud to announce as well a new eatery in town that is truly remarkable not just for food, but also an incredible mission. The Kitchen (next door) has opened their doors to all and everyone who is interested and Al-berto is cooking up some wonderful sandwiches and tossing many a salad for you to enjoy. Partial proceeds from the food go to fund the Kitchen Foundation which aims to bring a garden to every school, and all proceeds from merchandise (t-shirts, mugs, tote bags) fund this endeavor as well. We are proud supporters of this initiative and wish them all the best. It is always nice to know where your money is going to and to what it is supporting and we here at the farm cheer the efforts of Hugo and Kimbal as they venture to build gardens for the many.

Local Californian Fruit?

There is a nice little farm a bit west of here growing strawberries and they are delicious. As a fruit grower in Colorado you can watch your entire season disappear overnight. Thankfully, that has not been the case this season, but the cold and wet weather has hampered early cherries and strawberries on the Western slope and on the Front Range. We strive our hardest to bring to you the best quality that we can find for your fruit share and at times that means having to go to the gardens of California. We purchase this fruit through Grower's Organic in Denver who work personally with family farms across the United States to distribute their food to restaurants and small grocers in the Front Range. We will be bringing Kris and Kevin Krupp's fruit to you as soon as they have it harvested, but at the moment that is not possible. We hope that you understand the situation and can enjoy the fruit of another families farm just as much as we do our own local farms. Please let us know if you have any suggestions as to how to improve this for all of us. We would love to better serve you and your family.

In your share this week:

Carrots

Cippolini Onions

Salad Mix

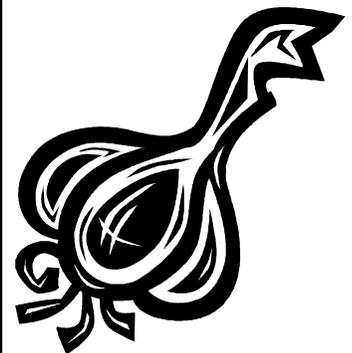
Braising Mix

Turnips

Garlic Scapes

Fruit Share

Strawberries



Coming Next Week :

Arugula

Turnips

Cipollini Onions

Snap Peas?

And much more!

Recipes

Braising Greens and White Bean Soup

2 tablespoons of olive oil
2 celery stalks, chopped
2 carrots, peeled and chopped
3 small cippolini onions, chopped
6 cloves of garlic, minced or pressed
2 rosemary sprigs
2 thyme sprigs
1-1/2 pounds of red potatoes, washed and cut into small pieces
8 cups of veggie broth
4 cups of cooked cannellini beans
2 cups of braising greens, chopped
Freshly ground black pepper

Sauté celery, carrots and onion in olive oil until soft. Add garlic, rosemary and thyme and sauté for one more minute. Add red potatoes and veggie broth. Simmer on medium heat until potatoes are soft, about 20 minutes. Add beans, greens and ground pepper. Soup is ready when greens are tender.

8 ounces soba noodles
Crushed red pepper

Heat the oil in a large saute pan. Add the garlic and ginger and stir over medium heat until beginning to brown, about 2 minutes. Add the greens and the soy sauce and stir to mix. Cover the pan and continue cooking until the greens are wilted and tender.

Greens and Soba Noodles

1 tablespoon olive oil
3 cloves garlic, minced
2 teaspoon chopped fresh ginger
1 pound braising greens, chopped
2 tablespoons soy sauce

Meanwhile, bring a large pot of water to a boil. Add the noodles and cook until tender, about 3 minutes. Drain, reserving 1/2 cup liquid. Stir the reserved liquid into the greens and divide the noodles among four bowls.

Spoon the greens and their juices over the noodles. Sprinkle the pine

Garlic Scape Pesto

1 pound garlic scapes
1 cup grated parmesan cheese
Olive oil (about 1/2 to 1 cup)
2 Tbls lemon juice (optional)
1/2 cup Walnuts (optional)

Chop the garlic scapes into 3 inch lengths. Put it in the food processor and process until pureed. Add the parmesan and walnuts and process until smooth. Add lemon juice then slowly add the olive oil as the food processor runs and continue until all the oil is combined into the garlic. Store in an air-tight jar in the refrigerator for up to 2 weeks or freeze.

White Bean Garlic Scape Dip

1/3 cup sliced garlic scapes (3 to 4)
1 tablespoon lemon juice
1/2 teaspoon coarse sea salt
Ground black pepper to taste
1 can (15 ounces) cannellini beans
1/4 cup extra virgin olive oil

In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée. With motor running, slowly drizzle olive oil and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip.

Turnip Ideas:

- boil and mash them like you would a potato, or add them to mashed potatoes.
- Add sliced to your favorite soup
- Chop them up and use in a salad
- Add to your favorite risotto dish

Garlic Scape Ideas:

With mild garlic flavor they are wonderful additions to stew, roasts, marinade, salads, sandwiches, sauces, bread, pasta, pesto, stir-fry, roasted, or even steamed and eaten as a vegetable. The possibilities are endless!



Words to Live By

"Earth laughs in flowers."

— Ralph Waldo Emerson