



Cure Organic Farm Newsletter

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“The Tomatoes are planted, the tomatoes are planted!”

This is the chant which we all invoke after the 16,000 seeds which were started in the cold winter greenhouse have become 8,000 sprouts in the 100 degree field (you also chant **to the interns “Pool passes on the fridge, pool passes on the fridge”**) across the road and we their proud parents can now let them go forth and prosper. It is the end of June, the beginning of July. This is when things begin to get very interesting.

On the farm you are always thinking one crop ahead. So as the beans and peas which were planted in April begin to appear on your plates we are thinking about winter squash which you will have in the fall (notice the generalized arrival date).

Each and every year we are wondering what the weather will bring which will determine what it is that you will eat. It is the ultimate guessing game, and through the crop history of the farm (a very old tome which is hidden in the office and guarded by wolves) we

can see what did what when. Such as the tomatoes that were planted in the east field last year and produced fruit in late August and therefore we should put the beans that were in the middle section last year in that section this year to replenish the soil from what the tomatoes took out and what the beans can put back. Adrian Card, our State Agricultural Agent, helps us determine the soil science of it all as well with his measuring devices (we are not sure what they exactly do, but they do look scientific) which can be found in the hoop houses and the east field.

Many of you have noticed the honey bee hives in the front yard, especially the kids campers who ask daily whether or not we need or would like a helper to taste the honey to make **sure that it isn't too sweet..** We are here to report that they are filling up with our favorite vegetable and will be ready in the fall (repeated timeline). If you would like to see the bees dancing you can see their minute performances (same repertoire

each showing, i.e. pull pollen and place in pockets located in legs, repeat) on top of the sweet peas, agro stemma and bachelor buttons that are shining brightly all around the store property in the hoop houses and the field and we are dutifully filling vases with the stems that they do not want.

We, read this as Mark (the resident genius), have rebuilt the pond at the **property. We didn't realize** that ducks can be as voracious in their mud raking as they actually are and so we built up a fence to keep the ducks out (lots of disgruntled quacks), brought over a machine the size of Rhode Island to dig the muck out, lined the pond in plastic, had the volunteers fill up 300 sand bags (Thank You!) and now have a duck proof pond though the ducks will tell you it is a larger more improved bath.

The baby pigs are soon to be moved over to the rest of the gang across the street and then more flowers will be planted to improve the scent.

The birthing of the lambs is continuing with another boy, Calico, arriving over the weekend albeit without the same exuberant response from Missy and Laura (seen one you seen them all) with a few more babies expected over the next few weeks.

CSA BBQ Next Week!

You don't want to miss our first CSA BBQ of the season on Wednesday July 6th, 5-7pm at our Farm Store. We'll have grilled chicken, wheatberry salad with fresh veggies, a vegetarian gluten free casserole, and many other goodies. And as a special treat The Tasterie Truck will be here selling their outrageously delicious desserts. Please RSVP with us (cureorganicfarm@yahoo.com) if you plan on attending and if you do have special dietary needs, let us know. Cost is \$10 for adults and \$5 for children 7 and under.

In your share
this week:

Sugar Snap Peas

Cipollini Onions

Head Lettuce

Baby Red Russian Kale

Rainbow Chard

Fruit Share

Cherries

Strawberries



Coming Next Week...

Lettuce

Peas

Onions

Rainbow Chard

And much more!

Recipes

Sauteed Swiss Chard with Parmesan Cheese

2 tablespoons butter
2 tablespoons olive oil
1 tablespoon minced garlic
1/2 small onion, diced
1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
1/2 cup dry white wine
1 tablespoon fresh lemon juice, or to taste
2 tablespoons grated Parmesan cheese
salt to taste (optional)

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

Buttered Sugar Snap Peas with Fresh Mint

1 lb. sugar snap peas, stems and strings removed
2 tbsp. butter
1/2 tsp. salt
freshly ground pepper
1/4 C coarsely chopped fresh mint

Blanch peas 1 minute in a pot of boiling salted water. In a large skillet over medium-high heat, melt the butter. Add peas and stir until bright green and crisp-tender, about 3 minutes (do not over cook! You want that crunch). Season with salt and pepper to taste, toss with mint, and serve hot.

Greens, Greens, Greens

The very easiest is simply to steam them until wilted, then dress with a flavorful vinegar such as champagne or balsamic, and perhaps a little salt. Wait to add the vinegar until you're ready to serve though, as the acidity causes the leaves to lose their bright green color in a very short order (but won't affect the taste).

Or, instead of steaming, chop and saute your garlic scapes or onion, then add the greens and saute until they are just tender, but still colorful and alive. Near the end of cooking time, splash in a little soy sauce.

If you want, add a few drops of sesame oil at the end for an added dimension.

Any of these greens preparations go well as a side with rice or quinoa, or even pasta! Don't be afraid to experiment.

Freezing Greens

Wash and cut greens, then put in a covered glass microwave container and cook on high for 1 minute. Cool and freeze in air-tight containers in the portions you think you'll need. When you need them, you don't even have to thaw them since most of the time you are going to have to finish cooking them.



Words to Live By

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

~Luciano Pavarotti and William Wright, *Pavarotti, My Own Story*