

Cure Organic Farm Newsletter

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On your mark, get set, grow!

We hope everyone had a wonderful long weekend picnicking with their food and enjoying the fireworks. Now we know that the fireworks are meant to symbolize our belief in liberty and the pursuit of happiness, but we here on the farm take it a bit differently. We believe it is the community acting as the starting pistol for July, so off we go.

To begin, the flowers are now in full bloom over at the store with bachelor buttons (yes the petals are edible but not the bulb unless you would like to imitate a bovine), agrostemma the diva of the group in all of its violet glory has already gone through one harvesting and is ready for the next. Sweet peas the understated gentle beauty are climbing up their trellace of twine waiting to be picked. Daisies are stretching along the raised beds fighting for space with the spray roses, lilies, and poppies. And the sunflowers are knee high and soon will be above our heads.

The bees are perhaps the happiest about the idea to grow flowers which makes their commute from the hive extremely short enabling them to have more time with their queen. The flowers are

also being grown for your special events whether it be a wedding, party or kitchen table display. Please let us know what you need so that **the bride's mother does not** have to stop by the day before the wedding in a quandary!

In other pastures, the fruit has arrived freshly plucked from the trees over at **Thomas Cameron's Rancho Durazno** in Palisade, Colorado. We met Thomas through our resident geezer John Ellis. John and Thomas have been friends for many seasons and when we had the opportunity to go over and see what John was talking about with this **"gorgeous fruit orchard"** we took him up on it.

Well let us tell you, if you have never had the chance to visit Palisade we think it is due time you developed a cough and called in sick for a week. Put the bikes on the back of the car, and throw on some Willie Nelson music for the drive.

You will notice you have arrived in heaven when you realize that they have translated heaven into the word Palisade. Nestled beneath a red rock mesa is the fruit valley of Palisade.

Thomas has been growing fruit (cherries, apricots, plums (he won over Paul with his elephant heart plums), and peaches for over 30 years so he knows a bit about things. He offers a WWOOF program (Willing Workers on Organic Farms) so if you would like to quit your job and become a fruit picker alongside some others from France, Spain, and Portugal you can.

Our favorite time to go is in the spring late May so that we can be amongst all of the blossoms and feel as if we are inside of a very nice smelling cloud, but anytime is enjoyable really. Did I forget to mention that it is where the majority of Colorado wine is grown as well.

You have enjoyed the first cherries of the season last week and this week we have some of his apricots (pancetta wrapped apricots on the grill). You will then be in for his plums and peaches which might make you reconsider that harvesting opportunity.

In your share this week:

Carrots

Cipollini Onions

Lettuce

Rainbow Chard

Snow Peas

Fruit Share

Cherries

Apricots

Coming Next Week...

Lettuce

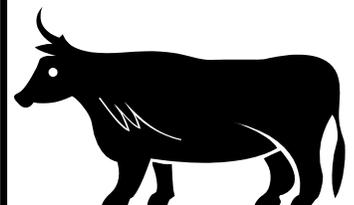
Carrots

Fava Beans

And much more!

Where's The Beef?

Next Monday, July 11th we'll be picking up another whole grassfed cow from our neighbors, the Sawhills. We'll have ribeye, New York strip, fajita meat, ground beef and tons of other cuts for your summer grilling. We also have several exciting new pork products featuring our Mangalitsa and Berkshire pigs, coming from our friends at Il Mondo Vecchio. In mid-July we'll have our own prosciutto, lomo and cotto ham as well as some new sausages!



Recipes

Caramelized Onions

Do you have a bin full of onions from the last few weeks? Try caramelizing **them. They're great on pizza, in pasta, on grilled bread, on top of steak, with mushrooms...** They're also great standing over the pan, eating quickly so your family doesn't see you ;) *Connie*

3 tablespoons butter
2 tablespoons extra-virgin olive oil
2-1/2 pounds onions, thinly sliced
Salt and pepper

In a large skillet, melt the butter in the olive oil over medium-high heat. Add the onions and 1/4 teaspoon each salt and pepper, and cook, stirring, until the onions begin to soften, about 5 minutes. Turn heat to medium and keep cooking until brown and sweet. Stir occasionally. I like to let them go for 30 minutes to a full hour. They only need occasional checking on, as you do your other cooking.



Sesame Snow Peas

1 1/2 cups snow peas, about 6 ounces, strings removed
1 teaspoon soy sauce
1/4 teaspoon dark sesame oil
1 teaspoon toasted sesame seeds

Toss the snow peas with soy sauce and sesame oil in a medium microwave-safe bowl. Cover tightly. Microwave at full power until crisp-tender, about 1 1/2 minutes. Transfer to a serving dish, sprinkle with sesame seeds, and serve.

Savory Swiss Chard

2 tablespoons extra-virgin olive oil
1 large bunch red or green or rainbow chard, stemmed and coarsely chopped
Freshly grated nutmeg, about 1/4 teaspoon
1/2 teaspoon smoked sweet paprika or ground cumin
Salt and freshly ground black pepper
1 teaspoon Worcestershire sauce
1/2 cup chicken stock

In a large skillet heat extra-virgin olive oil over medium-high heat. When oil is hot, add the greens to the pan and wilt. Season the greens with nutmeg and smoked sweet paprika or cumin, salt and pepper and a dash of Worcestershire sauce. Add the chicken stock and simmer for a few minutes then serve.

Grilled Apricots with Bittersweet Chocolate and Almonds

12 fresh apricots, pitted and halved
Vegetable oil
4 ounces bittersweet chocolate, melted
1/4 cup slivered almonds, toasted and chopped

Heat grill to high. Brush apricots with oil and grill, cut side down, until golden brown, about 1 1/2 minutes. Turn over and continue grilling for 1 minute. Transfer to a serving plate and drizzle with melted chocolate and almonds.



Words to Live By

"Summer night-
even the stars
are whispering to each other."

— *Kobayashi Issa*