



Cure Organic Farm Newsletter

Distribution Week #7

July 20, 2011

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

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

Green Bean Bliss

Ah green bean season. The season where hours are spent in one bed picking little green treasures, one at a time, during the hottest part of the day. Green bean season is a sure sign that summer is in full swing. The snap bean plants are knee high and filled with purple, pink and light yellow flowers. Each promising to become either a green, purple or yellow wax snap bean.

Green beans are among the most widely used garden vegetable in the US. They are native to Central America and Andean regions of South America. Bean seeds from archaeological sites in Peru and Mexico have been radio-carbon dated to 3000 and 5000 B.C. The bean has long been cultivated in North America and is known as one of the Three Sisters by Native Americans, accom-

panying corn and squash.

Growing snap beans has many benefits on the farm. The most significant (other than tasting great) is what they contribute to the soil's health. Like all legumes, snap beans fix nitrogen into the soil, making it available for the next crop. Usually we follow a bean planting with a leafy green like lettuce or chard.

It appears as though we have a great crop of green beans this season. This translates into a ton of picking for us and a ton of cooking, eating and storing for you!

Storage Tips:

- Refrigerate in a plastic bag. Beans will maintain their integrity very well for one week to ten days.
- Beans are easily frozen. Blanch in boiling water for two minutes, rinse in cold water to stop the cooking process, drain and pack into airtight containers (e.g zip lock bags)



New Goodies at the Store

Our Farm Store has many new arrivals you'll want to come check out. We now have German Sausages, Brats and Italian Sausages from our Berkshire pigs. We've also got wool from our Rambouillet sheep and new selection of soaps from our friends at RAS Farms. Come visit us Wed—Fri 11-6 or Sat & Sun 10-4.

In your share this week:

Carrots

Fava Beans

Rainbow Chard

Italian Parsley

Beans

Summer Squash

Cauliflower

Fruit Share

Peaches

Don't miss our next **What's for Dinner? class on 8/17** where Michelle will be making sweet & savory empanadas with your CSA share. Last week Michelle made us a feast to go along with our cooking lesson, so we happily ate and cooked. Register now at: cureorganicfarm.com/classes.htm

Coming Next Week :

Beans

Squash

Eggplant

And much more!

Recipes

Summer Squash Carpaccio

3 medium summer squash, thinly sliced with a mandolin
1 tsp salt
1/4 cup lemon juice
1 tsp raw honey or maple syrup
1/4 cup olive oil
salt and pepper, to taste
6 cups baby arugula or other greens
3/4 cups sprouts, of choice
1/2 cup feta cheese

Place the sliced squash in a strainer over a bowl and toss with the salt. Let sit, mixing the squash around once or twice, for about 20 minutes. When wilted, rinse under fresh water and place on a clean towel. Roll up the towel and gently squeeze the excess water from the squash.

Meanwhile, whisk together the lemon

juice, honey, and olive oil. Season with salt and pepper. Taste and adjust flavors if necessary. Set aside. Whisk again before tossing with the salad.

Place the squash in a medium bowl and toss with 3-4 T of the vinaigrette. Set aside. Combine the greens, 1/2 cup of the sprouts, and the cheese in a large bowl. Toss with enough

vinaigrette to lightly coat the greens.

Lay the squash slices on a large platter in 1 layer. Top with the salad mixture and garnish with remaining sprouts.

Author: Bauman College Staff

Shallot Vinaigrette

1/4 cup white wine vinegar, champagne vinegar, or aged sherry wine vinegar
2 to 3 teaspoons Dijon mustard
1 teaspoon kosher salt
Freshly ground black pepper
2 tablespoons finely minced shallots
2/3 cup extra-virgin olive oil

In a small mixing bowl, whisk together the vinegar, mustard, salt, and pepper to taste. Stir in the shallots. Gradually whisk in the oil to make a smooth dressing. Use immediately or store covered, in the refrigerator, for up to a week.

Michelle's Vegetable Layered

Lasagna (from last week's *What's For Dinner?* class)

For Veggies:

Olive oil to coat the skillet
2+ cloves garlic, minced
1/2-1 onion, chopped
2 1/2+ cups coarsely chopped veggies (chard, braising greens, mushrooms, squash, tomatoes, bell pepper, corn, fava beans...)
Herbs (basil, oregano, marjoram, thyme)
Salt & Pepper to taste

For Polenta

3 cups low or nonfat milk

1 tsp salt
1 tsp sugar
1 cup polenta
1/2+ cup grated parmesan cheese
1 tbsp olive oil
1/2+ cup ricotta (and some fresh mozzarella)

Preheat oven to 400 degrees. Lightly grease a casserole dish (2 1/2-3 quart) For the veggies: Heat the oil in a large skillet or wok over medium heat. Add the onion, garlic and chard stems, stirring until soft. Season with salt & pepper. Add the remaining veggies and cook until softened but still bright Remove pan from the heat, stir in chopped fresh or dried herbs.

For the polenta: Put milk, olive oil, salt & sugar in a large pot and bring to a simmer over medium heat. Slowly stir in the polenta. Cook, stirring constantly, until it begins to thicken. Add 1/4 cup parmesan and continue stirring. Spread half of this mixture into prepared casserole dish. Spread the ricotta cheese evenly on top. Then add the veggie mixture. Finish with the remaining polenta and top with parmesan cheese. *

Bake uncovered for 25 minutes, until golden brown on top.

*Tomato sauce can be spread on top of polenta, then sprinkled with cheese.



Words to Live By

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

-Anais Nin