



Cure Organic Farm Newsletter

Distribution Week #8

July 27, 2011

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

July, July oh where have you gone?

Well, first off let us all give an enormous round of applause to Jeff, Laura, Missy, Connie and Mark for the fantastic job that they did of running the farm while the owners were away! It is so rare to be able to visit family for a bit during the summer and without the wholehearted trust that we have in these incredible people it would not have happened. So once again thank you thank you thank you for being who you are, namely brilliant.

The farm season is here in full regalia now with the first tomatoes making their delicious and bountiful entrance while the flowers over at the store are humongous and a kaleidoscope of colors. Some of the sunflowers might actually be entries for the Guinness book!

One of the most intriguing new vegetables that we are growing are the Roman artichokes (they have an accent). The artichokes are extremely sensitive to the cold and so we

Peggy Markel & Slow Food

She is too modest to tell you so let me. Peggy Markel brought Slow Food to the United States. She knew this Italian who had this idea that maybe it wasn't such a great thing this fast food so why not celebrate the pleasure of eating. That guy was Carlo Petrini and Peggy has championed this philosophy with gusto. Join us on Saturday evening over at the store for a Moroccan feast which Peggy will create with our veggies and sit back and enjoy a meal with one of the vanguards of delicious food. Please contact Slow Food Boulder at slowfoodboulder.com for tickets and support a wonderful organization.

planted them in February and had them in the hardening off area for over 3 months and then they take 2 months to take fruit, but what you receive in return might be a taste of heaven. They are Paul's favorite and he has so far eaten all of the ripe ones so please let Anne know that some other people might enjoy a taste.

Along these lines, Georgia has become addicted to the Prosciutto and the Prosciuttini so much so that the Prosciuttini is now all gone and the Prosciutto is on it's last leg (ha, ha). If you have not tried some please do as we will not have any more until Christmas. Mark at Il Mondo has really done a fantastic job and we are one of only two Mangalitsa Prosciutto producers in the States.

If you see Missy and Laura please ask them about their dining experience as Ambassadors of Cure Organic Farm at the recent Outstanding in the Field dinner held over at Wyatt's Red Wagon Farm.

Jim Denevan has created quite the experience for people to see and enjoy local food. If you have not had the chance to enjoy one of his meals please ask the girls for the gossip and good humor of a great evening.

The events keep occurring! Michelle's first jam class was held this past Saturday and everyone arrived with smiles on their faces and even larger smiles when they left. Raspberry, blueberry and peach jam was made and devoured as well as Michelle's incomparably delicious scones and empanada's. We give our biggest thanks to her for contributing so much so joyfully to everyone.

The month is just about over so get ready for August when everything will be arriving, not only vegetables but Nelly, Mae and Chica's Berkshire piglets! They are due in early August and they will be moving over to the maternity ward within the grove of trees by the hoop houses this upcoming week so please do not disturb them. They need to nestle down and get comfortable for the new family that is arriving.

It is wonderful to be back and we look forward to seeing you tonight whether at the farm or at Market. Until then.

In your share this week:

Carrots

Green & Yellow Wax Beans

Rainbow Chard or Kale

Basil

Beets

Summer Squash

Garlic

Fruit Share

Peaches

Rainier Cherries

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

Zucchini-Carrot Muffins

makes 24

1 1/2 C whole wheat flour
1/2 C unbleached white flour
4 tbsp. powdered milk
1 tbsp. baking powder
1/2 tsp. sea salt
1/2 tsp. allspice
1/2 tsp. nutmeg
1 tsp. cinnamon
3 eggs
1/4 C safflower oil
1/2 C mild honey
4 heaping tbsps. orange or ginger marmalade
1 tsp. vanilla
1/2 C milk
1 C grated carrot
1 C grated zucchini

1/2 C chopped walnuts

Preheat oven to 375 degrees. Butter muffin tins. Sift together flours, powdered milk, salt and spices. Beat together eggs, oil, honey, marmalade, vanilla, and milk. Stir in grated carrot and zucchini. Quickly stir wet ingredients into dry, and fold in walnuts. Spoon into muffin tins, filling 3/4 full, and bake in preheated oven 20 minutes. Cool on a rack, or serve warm.

Pacific Rim Green Beans

1 lb. green beans, cut in half
1 tsp. butter
1 tsp. oil

1 clove of garlic, minced
1 onion, chopped
2 tsp. chopped sweet peppers
1 chili pepper, minced
1 tsp. grated fresh ginger
3/4 C chicken stock
2 tsp. soy sauce

In a sauce pan heat butter and oil over medium heat. Add garlic, onion, sweet pepper, chili pepper and ginger and saute until softened. Add beans, tossing until coated. Stir in chicken stock and soy sauce. Cover and cook over moderate heat until beans are tender-crisp.

Beet Burgers

2 C grated beets
2 C grated carrots
1/2 C grated onion
1 C cooked rice
1 C toasted sunflower seeds
1/2 C toasted sesame seeds
2 eggs, beaten
2 tbsp. soy sauce
1 C grated cheddar cheese
3 tbsp. flour
1/4 C oil

minced fresh or dried garlic, cayenne, and fresh or dried parsley to taste

Toast sunflower and sesame seeds in dry skillet or hot oven several minutes, tossing often. Mix ingredients, form into patties, and bake at 350 degrees.

Unless patties are very large, it should not be necessary to turn them.



Words to Live By

So, friends, every day do something that won't compute...Give your approval to all you cannot understand...Ask the questions that have no answers. Put your faith in two inches of humus that will build under the trees every thousand years...Laugh. Be joyful though you have considered all the facts....Practice resurrection."

— Wendell Berry (The Country of Marriage)