



# Cure Organic Farm Newsletter

Distribution Week #9

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

## Totally Tubular

Right when the temperature hits 100 is when you start thinking about the virtues of snow and seasonal eating.

Along those lines please keep in mind that winter share is becoming more of a reality and less of a distant shore. The shares dwindle down to just around 80 so get your email prowess up to speed and start thinking winter. We will once again hold it over in the warm confines of the Store so there will be no need for coveralls.

The tomatoes are becoming quite the starlets across the street with their colors making the rows a quilt of red, redder, reddest, rose and green. The first ones to show their true colors are the German Johnson, they fall into the red division, and when they do it is time to gobble them up. We have done our fair share of taste tasting and we are proud to present the first fruits of the season.

The Cherokee Purple are the scene stealers with their gorgeous color

and size, but with over 36 varieties growing we try to offer you some lesser known gems such as the Persimmon, Japanese, Rose de Berne and many others.

Each variety has it's own personality with the Persimmon being a bright yellow, the Japanese a rich burgundy and the Rose de Berne a light pink. Hayley will be more than happy to show you all of their distinct variations over at the Store.

Next up are the potatoes. We have never grown such magnificent taters. We are growing them over on the City Open Space and with the previous harvests being hay over that property the soil has just been incredible with low weeds and great moisture which are the key ingredients for perfect potatoes. The result has been Yukon Gold and Sangre varieties which we would like to vacuum pack and bronze for future generations to view, but instead we will devour them and we hope you will as well .

Bob's corn fields are ripe across the street and so if you have not had the chance o try some of his peaches and cream variety please just walk over and get your fair share which will undoubtedly lead to more return visits. It has been such a pleasure to be able to share the corner over the years and we are so happy to call 75th and Valmont the little horn of plenty for Boulder.

We recently checked on the beehives and can report that honey is on the way as well as that the bees are very protective of it as Anne found out when a bee dive bombed her right between the eyes! After much ice and Apis pills she is very much less swelled.

The Slow Food event was a great success with everyone realizing the pleasure of a Moroccan feast after Peggy had shown the time and care it requires to deliver such delicacies.

If you have not made a Berber omelet than make your way over to Peggy's website and demand the information because it should become common knowledge, yes it is that good.

The CSA barbeque is this evening over at the Store so please bring a plate and fork if possible and a very large appetite because Kate & Company have prepared many things which need to be savoured and talked about. Enjoy.

## In your share this week:

*Carrots*

*Green & Yellow Wax Beans*

*Rainbow Chard or Kale*

*Parsley*

*Potatoes*

*Summer Squash*

*Onions*

### 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](http://cureorganicfarm.com/classes.htm)

## Love Potion #10

The way to the heart is by way of the taste buds, at least we believe it is. The easiest way to capture the heart of a farmer is to tell them that their food is delectable. So we are courting the fruit farmers of the Western Slope with odes to their peaches and cherries and we advise you do the same because it has been a rough summer of hail and spring frost.. So in order for a bountiful fall let us give many thanks and praise to the ones who make a dinner complete by giving us the dessert. Three cheers for the fruit farmer and we cannot wait for the apples and pears!

## Coming Next Week :

Beans

Squash

Carrots

Beets

And much more!

## Recipes

### Carrot, Zucchini Squash Ribbons

- 2 large carrots, peeled
- 3 large zucchini (or squash), peeled
- 3 large yellow squash, peeled
- 2 tablespoons butter
- 2 cloves garlic, minced
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 lime, juiced

Cut carrots, zucchini, and squash into thin ribbons with a mandoline slicer.

In a large skillet, melt butter over medium-high heat. Add garlic and cook for 2 minutes. Add carrot ribbons. Toss in zucchini and squash ribbons,

salt, pepper, parsley and lime juice. Cook for 6 to 10 minutes.

### Chard (or Kale) and Rice

- 2 tablespoons extra-virgin olive oil
- 3 to 4 slices bacon, finely chopped
- 2 cloves garlic, grated
- 1 small bunch chard, stemmed and chopped (or kale)
- Freshly grated nutmeg
- Kosher salt and freshly ground black pepper
- 1/2 teaspoon smoked sweet paprika or sweet paprika
- 1 cup white rice
- 1 3/4 cups chicken stock or water

Heat the extra-virgin olive oil in a saucepot over medium heat. Add the bacon, cook 2 minutes, then add the garlic and stir 1 minute. Add the bacon, cook 2 minutes, then add the chard and season with a little nutmeg, salt, pepper, and paprika. When the chard is wilted add the rice and stir 1 minute more. Add the stock or water and bring to a boil. Reduce the heat to a simmer and cover the pot. Cook 15 to 18 minutes, or until the rice is tender. Fluff with a fork and serve.

### Szechuan Green Beans

- 2 cups canola oil, plus 1 tablespoon
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced garlic
- 1/4 cup soy sauce
- 1 ounce hot chili garlic sauce
- 1/4 cup rice wine vinegar
- 2 tablespoons hoisin sauce
- 1 tablespoon mirin or white wine
- 1/2 teaspoon sesame oil
- 1 teaspoon chopped fresh cilantro
- 1 pound green beans, cleaned
- 2 tablespoons chopped peanuts
- 1 tablespoon chopped fresh parsley

To medium Dutch oven, add 2 cups canola oil and heat to 350 degrees F.

In medium saute pan over medium heat, add 1 tablespoon oil. Add gin-

ger and saute for 2 to 3 minutes. Add garlic and cook for 1 minute or until it turns light brown; quickly add soy sauce, chili sauce, rice wine vinegar, hoisin, mirin, sesame oil and cilantro.

Fry the green beans in the canola oil for about 45 seconds, or until beans turn dark green. Remove, strain, and add to sauce. Toss and garnish with peanuts and parsley.

### Zesty Potato Salad

- 2 pounds potatoes, quartered
- 1 cup mayonnaise
- 1 tablespoon lemon juice
- ground black pepper
- 1/2 cup chopped, kalamata olives
- 1/2 cup chopped pimientos
- 1/4 cup chopped fresh parsley
- 1 teaspoon salt
- 1 teaspoon freshly

Bring a pot of salted water to a boil. Cook potatoes until tender, about 20 minutes. Drain and cool for 5 minutes.

In a bowl, whisk mayonnaise, lemon juice, salt, and pepper. Add potatoes, olives, pimientos, and parsley and toss to combine. Serve cold from the fridge, or at room temperature.



## Words to Live By

Life is so brief that we should not glance either too far backwards or forwards...therefore study how to fix our happiness in our glass and in our plate."

- Grimod de la Reynière