



## Calypso Farm Notes

August 6<sup>th</sup>-10<sup>th</sup> 2007

I hope everyone has had the chance, or is planning to, go to the Tanana Valley State Fair. What a fun and exciting time! We have been busy getting our vegetables, crafts, sheep and goats ready.

In the shares we have included all different colored carrots to add some colors to your salads, coleslaws and stir-fries...enjoy your orange, purples, and whites! We have also included Brussels sprout tops. The tops are great in stir-fries, along with the colorful carrots...yum! We harvest the tops so that the plant can put all of its energy making big sprouts- which you can all look forward to eating later on in the season. *Our moms would be so proud of us.*

Stir-frying things up, Kelly

### Your Share This Week:

- Lettuce
- Summer squash
- Broccoli
- Beets
- Carrots
- Peas
- Bunching onions
- Brussels sprout tops (Thursday)

### ***Roasted Beet and Sugar Snap Pea Salad*** *From Bon Appetit*

3 medium beets, tops removed  
1/2 pound sugar snap peas, trimmed  
1 tablespoon and 1 teaspoon Dijon mustard  
1 tablespoon and 1 teaspoon cider vinegar  
1/4 cup olive oil

3 tablespoons fresh dill, finely chopped  
1 1/2 teaspoon sugar  
1 head lettuce

Preheat oven to 375 degrees F. Wrap beets in aluminum foil. Bake until tender, about 1 hour 15 minutes, cool. Peel beets and cut into wedges.

Cook sugar snap peas in a large sauce pan of boiling salted water until slightly tender, about one minute. Drain and rinse with cold water. Pat dry.

Mix mustard and vinegar in a small bowl. Gradually mix in oil, then dill and sugar.

Line platter with lettuce. Mix beets, peas, and dressing in a medium bowl. Season with salt and pepper. Spoon on top lettuce. Serves 4.

## *Herbed Summer Squash and Potato Torte with Parmesan*

*Adapted from Bon Appetit*

Thinly sliced bunching onions	3/4 teaspoon black pepper
1 cup grated parmesan cheese	1 1/2 pounds Yukon gold potatoes cut into 1/8 inch rounds
2 tablespoons all purpose flour	12 ounces summer squash, cut into 1/8 inch rounds
1 tablespoon fresh thyme, chopped	
1 tablespoon fresh parsley, chopped	
1 1/2 teaspoons salt	

Preheat oven to 375 degrees F. Butter one 9" x 11" baking dish or two 8" cake pans. Set aside 1/3 of the sliced onion. Toss remaining onions, cheese, flour, thyme, parsley, salt and pepper in bowl.

Layer potato rounds in concentric circles in bottom of pan, over lapping slightly. Layer the squash on top of the potatoes. Sprinkle with cheese and herb mixture. Repeat until all ingredients are layered. Top with remaining onion.

Cover pan with foil and bake until potatoes are almost tender, about 40 minutes. Remove foil and bake uncovered until top is golden brown, about 25 minutes longer. Cool and enjoy!  
Serves 8.

## *Mixed Vegetable Stir-fry with Coconut-Basil Sauce*

*Adapted from Vegetarian Cooking for Everyone*

1 pound vegetables-carrots, broccoli, beets, summer squash, onions	1/2 teaspoon finely grated lime zest
6-10 dried Chinese black or shiitake mushrooms	1 15-ounce can unsweetened coconut milk
3 garlic cloves	Salt
2 tablespoons seeded and diced jalapenos	1 teaspoon red pepper flakes
1 stem lemongrass, minced, or 1/2 teaspoon finely grated lemon zest	1 tablespoon soy sauce
	1 tablespoon fresh lime juice
	10 large basil leaves, finely sliced

Parboil the harder vegetables one at a time in salted water until tender, then cool. Soak the dried mushrooms in 1/2 cup warm water until soft. Reserve the water, discard the stems, and slice the caps in half or into strips.

In a mortar or small food processor, make a paste of garlic, jalapenos, lemongrass and lime zest. Heat a wok, add the coconut milk and the paste, and simmer for 1 minute. Add the vegetables and reserved mushroom water. Season lightly with salt, then add the pepper flakes and simmer for 5 minutes. Stir in the soy sauce, lime juice, and basil leaves and simmer for 1 minute more. Serve over basmati rice. Serves 3 to 4.