



## Calypso Farm Notes

August 13<sup>th</sup>-17<sup>th</sup> 2007

If anyone had the chance to indulge themselves in elephant ears, cotton candy, and the ever-so-famous fried candy bar, don't worry, you will have a chance to redeem yourself with loads of healthy vegetables this week! *Ah, fair time!*

The fair was great to us, and I think the animals will be happy to be home, again. Back on the farm we are ready to dive into our August projects: compost building, weed control, creating a pond, and finishing the resource center! School is back in session, so fall field trips are being scheduled. If you are interested in helping out at the farm, we would love to see you! Thank you to everyone who has spent time up at the farm! We really appreciate having you here.

And if you have found a new way to spice up your veggies, please send me your recipes! I have put a few in the notes, but I am always looking for more! If you have any comments on the recipes that have been in the notes, I would love to hear them.

### Your Share This Week:

- Salad greens
- Lettuce
- Summer squash
- Broccoli
- Turnips
- Carrots
- Cucumbers
- Brussels sprout tops (Monday)
- New potatoes
- Cabbage

Indulging in Goodness, Kelly

### ***Golden Roasted Potatoes with Chile Mayonnaise*** *Adapted from Vegetarian Cooking For Everyone*

Potatoes, about a pound  
Vegetable oil

Salt  
Red Chile Mayonnaise, see below

Preheat oven to 400 F and lightly oil baking dish.

Neatly peel the potatoes with a paring knife and cut them lengthwise into quarters or sixths if very large. Toss them with just enough oil to coat and season with salt. Bake until they are tender and covered with a golden crust, about an hour, turning them a few times so that they color evenly. Serve with the mayonnaise. Serves 4.

*Red Chile Mayonnaise*  
*From Vegetarian Cooking for Everyone*

1 large egg yolk at room temperature	3/4 cup peanut oil or mild olive oil
1 teaspoon Dijon mustard	2 teaspoons extra virgin olive oil
Salt	1 or more teaspoons ground red chile
2 to 3 teaspoons fresh lemon juice, white wine vinegar, or tarragon vinegar	

By hand rinse a 1-quart bowl with hot water and dry and set it on the counter with a towel wrapped tightly around the base to keep stable. Add the yolk and whisk it vigorously back and forth until thick and sticky, then stir in the mustard, a pinch of salt, and the lemon juice. Whisk in the peanut oil in droplets until the egg and the oil have begun to thicken (when one-third to one-half the oil has been added), then whisk in the remaining oil in a thin, steady stream. Add the extra virgin oil at the end and season to taste with additional salt and a little lemon juice. To thin, whisk in lemon juice or vinegar by drops or 1 to 2 tablespoons boiling water as needed. Stir 1 or more teaspoons ground red chile, to taste, into one cup mayonnaise. (Remember the heat will increase as it sits.) Makes about 1 cup.

*Cabbage Coleslaw with Buttermilk-Horseradish Dressing*  
*Adapted from Vegetarian Cooking for Everyone*

4 cups thinly sliced cabbage, about 1 pound	Buttermilk Dressing with Horseradish, see below
1 green bell pepper, finely sliced or grated	Chopped dill
1 small onion, grated	
Salt	

Toss the cabbage, pepper, and onion in a bowl with 1/2 teaspoon salt. Toss with the dressing. Cover and refrigerate for 1 hour or until needed. Taste for salt and serve garnished with chopped dill. Serves 4 to 6.

**Buttermilk Dressing with Horseradish**

1/2 cup buttermilk	2 garlic cloves
1/2 cup yogurt, sour cream, or mayonnaise	Salt
1 tablespoon prepared horseradish	1/4 cup chopped parsley
1/2 teaspoon wasabi or to taste	Fresh lemon juice or white wine vinegar

Combine the buttermilk, yogurt, and horseradish in a bowl. Dilute the wasabi in a little water, then whisk it into the yogurt mixture. Pound the garlic with 1/4 teaspoon salt until smooth, then add the parsley and pound again just to bruise the herbs. Add this to the buttermilk mixture with lemon juice to taste. Makes about 1 cup.