



Calypso Farm Notes

August 20th-24th 2007

The garden continues to thrive through this amazingly beautiful August! We have been busily making compost piles, clearing any unwanted plants from the garden beds and enjoying our meals full of fresh vegetables. We expect to continue providing weekly harvests through the end of September.

We have a number of fall projects underway including the construction of our new Resource Center and the development of a new water catchment pond. Tom is organizing a two-day work project to finish the pond. If you are available, please come to the farm this Friday and Saturday between 10am-5pm to help with pond development. An Americorps work crew will be here to assist for both days.

Your Share This Week:

- Salad greens
- Celery
- Summer squash
- Cauliflower
- Beets
- Carrots
- Joi Choi
- New potatoes
- Parsley
- Bunching Onions

Enjoy the bounty this week! Susan

PS. Don't forget that you can reuse your salad bags. (One shareholder has found that they will hold up for up to four reuses before falling apart!)

Wok-seared new potatoes

Adapted from China Moon cookbook

Potatoes, halved or quartered if large
4 to 6 tablespoons of vegetable or peanut oil
Red chili flakes
Ginger
1 tablespoon coriander seeds ground

Salt
2 tablespoons finely chopped bunching
pepper corns
Onion

Put potatoes in the wok or heavy skillet, single layered. Add enough water to cover potatoes and simmer over moderate heat until potatoes are tender but firm. When done drain and put potatoes to the side. In a small skillet prepare the oil; heat oil with chili flakes, crushed ginger, pepper corns, and onions, let simmer. Heat wok and spoon in two tablespoons of oil, swirl and glaze the wok, reduce heat. Put about half of the potatoes in and toss till golden brown. Drizzle in more oil if needed. Repeat with the second batch of potatoes. Toss all potatoes together and sprinkle with salt and ground coriander. Serve hot.

Carrotty Bulgur Salad
From *The Single Vegan*

1/4 cup bulgur wheat	1/2 cup mushrooms
2 carrots	3/4 cup minced parsley
1 3/4 tablespoons of peanut	1 tablespoon of vegetable oil
1 tablespoon of lemon juice	Salt and pepper
Optional: diced tomatoes, cooked garbanzo beans	

Soak bulgur wheat in cool water for 1 hour. Drain. Add coarsely grated carrots, sliced mushrooms, minced parsley and coarsely chopped peanuts to bulgur. Mix well. Drizzle oil and lemon juice over and toss well. Season to taste with salt and pepper.

As for options toss in diced tomatoes and/or garbanzo beans.

Potato, Zucchini and Green Onion Pancakes
Adapted from *Cooking Light* recipe

1 potato	1/4 teaspoon black pepper
1 cup grated zucchini	1/2 cup fat-free milk
1 cup all-purpose flour	1/4 cup low-fat plain yogurt
1 teaspoon baking powder	1 tablespoon vegetable oil
3/4 teaspoon salt	1/4 teaspoon hot sauce
1/2 teaspoon dried thyme	3 large eggs, lightly beaten
1/4 teaspoon baking soda	1/2 cup chopped green onions
1/4 teaspoon ground nutmeg	2 teaspoons chopped fresh chives

Place potato in a saucepan, and cover with water, bring to a boil. Reduce heat, and simmer 15 minutes or until tender, drain and cool. Shred potato. Drain zucchini well.

Lightly spoon flour into a dry measuring cup, and level with a knife. Combine the flour and next six ingredients (flour through pepper) in a large bowl. Combine milk and next 4 ingredients (milk through eggs) and add to flour mixture, stirring until smooth. Fold in potato, zucchini, and onions.

Spoon about 1/4 cup batter onto a hot griddle or skillet. Turn the pancakes when the tops are covered with bubbles and the edges look cooked. Top pancakes with plain yogurt and chives.

Yield: 4 servings