



Calypso Farm Notes

August 27th - 30th 2007

***Note for Folks with Monday Pick-up – Next Monday, Labor Day, harvest and pick-up will be on Tuesday.

The new pond is fenced and lined! An amazing feat – completed in just one day by Tom and over 20 volunteers. We owe a big thanks to the SAGA Americorps crew, several Board members and a handful of other dedicated folks for spending Saturday at the farm...and not stopping until the project was complete. The new pond will hold an additional 90,000 gallons of water for irrigating the field - the current, smaller pond holds about 40,000 gallons. This is a great relief for next year and would not have happened without all of the help!

Your Share This Week:

- Lettuce
- Pak Choi
- Cucumbers
- Carrots
- Broccoli
- Dill
- Potatoes
- Kale
- Peas

The field trip season is upon us! Along with the favorites, Pizzamaking, Natural Dyeing and Fall on the Farm – we are happy to be offering some new field trip choices for teachers and home school families this year – they are Math in the Garden, Writing in the Garden, Sensory Awareness and Insects. We are fully booked with classes coming almost every day through the third week of September. If you are interested in volunteering for field trips, please call the farm.

Enjoy the bounty this week! Christie

P.S. The 7th Annual Benefit Dinner and Auction is coming up on September 22nd at Pike's Waterfront Lodge. If you are interested in donating an item or would like to volunteer, please let us know! Advance dinner tickets are available at the veggie drops, Gulliver's Books and If Only (downtown).

Vegetable Oven Pancake

Adapted from *Simply in Season*

1 tablespoon butter	2 eggs
2/3 cup broccoli and carrots	1/4 teaspoon salt
3/4 cup milk	1/2 cup shredded cheese
2/3 cup flour	Chopped fresh dill to taste

Preheat the oven to 400 degrees. While the oven heats, place butter in 9-inch pie pan and place in the oven to melt. Steam vegetables lightly on the stovetop. Place in the bottom of the pie pan. Mix milk, flour eggs, dill and salt until smooth. Pour over the vegetables. Bake until puffed and golden brown, 20-25 minutes. Sprinkle cheese on top. Cut into wedges and serve immediately.

Steamed Greens and Fresh Cucumber Salad

George Gianakopoulos

1 bunch kale or swiss chard	1 tablespoon oil
1 cucumber	Salt and pepper
1 teaspoon seasoned vinegar	

Steam the swiss chard or kale and put in a bowl to cool. Peel and slice the cucumber and add to the cooled swiss chard. Add oil, vinegar and salt and pepper and serve.

Veggie Burrito Bake

Adapted from *Simply in Season*

2 large cloves garlic, chopped	2 carrots, chopped
1 medium onion	A few broccoli florets, chopped
3/4 cup rice	Salt and pepper
3/4 teaspoon ground turmeric	2 cups cooked black beans
1 1/2 cups vegetable broth	1 tablespoon chili powder
3 stalks kale, chopped	1 cup Monterey Jack cheese, shredded

Saute 1 clove of garlic, the onion, the uncooked rice and the turmeric in 1 tablespoon oil until the onion is soft. Add the vegetable broth and mix well. Simmer, covered, until the liquid is absorbed, about 15 minutes for white rice, 40 minutes for brown rice. Remove from heat, let stand 5 minutes, fluff with fork. While the rice cooks, heat 1 tablespoon oil in pan on high heat. Add the other clove of garlic, the vegetables and salt and pepper. Add a little water to prevent sticking, if needed. Cook until vegetables are tender crisp. Mix the beans and chili powder in a bowl. Layer the ingredients in a 2-quart casserole dish as follows – half of the veggies, all of the rice, all of the beans, the remaining veggies. Sprinkle the cheese on top. Cover and bake at 375 degrees until sizzling, 45 minutes. Serve warm by spooning into warm flour tortillas. Garnish with salsa. Guacamole, sour cream and/or chopped fresh cilantro. Enjoy!