



Calypso Farm Notes

September 3rd-6th 2007

Happy Fall! This weekend's beautiful but slightly cooler weather seems to have signaled the leaves to really start turning and falling from the trees. The garden, still lush and full of a few more week's worth of food, is looking like an autumn garden – lots of sunflowers and deep red amaranth and seed pods forming on some of the flowers and early season salad varieties. We spent the weekend preserving apples, pickling and freezing. We decided to make it an annual tradition to spend this weekend putting away food for the winter and Tom suggested we rename it "Savor Day." Pretty clever!

If you are wondering how many more weeks the CSA will go – we are planning to have shares until the last week of September – making it 17 weeks of fresh food for you this year!

Denise, Calypso's Youth Garden Supervisor, has been busily meeting with teachers and students, doing garden lessons and organizing school-wide compost-making and potato-picking days at U Park, Effie Korkine and Pearl Creek. The kitchen staff at Effie Korkine has been cutting food from the garden and incorporating it into the school lunch as well! Her goal is to get every student from those schools out into their garden learning and eating at least once this Fall and she is fast approaching that goal. If you have a chance, you should drive by these school gardens and check them out before they are put to bed for the winter. They are all beautiful and the students are very proud of them!

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'sBooks and If Only (downtown).

Creamy Carrot Soup

(adapted from *Extending the Table*)

4 carrots
Dash sugar
2 cups broth (chicken or vegetable)
2 tablespoons flour
2 tablespoons white wine (optional)

Your Share This Week:

- Carrots
- Celery
- Fennel Greens
- Potatoes
- Zucchini
- Broccoli
- Rutabaga
- Turnips
- Brussels Sprouts
- Beet Greens

4 tablespoons butter (substitute olive oil, if desired)
1 teaspoon curry powder
Salt to taste
1-2 tablespoons sour cream or yogurt

Melt butter in large saucepan, add sliced carrots and sauté. When carrots are hot, sprinkle sugar over carrots to glaze. Add flour, curry powder and stock. Bring mixture to a boil and continue to cook until carrots are tender. Remove from heat – puree until smooth, then add salt to taste, sour cream and white wine. Top with chopped fennel leaves. Serve immediately.

Vegetable Stir Fry

Stir fries are one of the quickest, freshest ways to enjoy summer vegetables! Many mid summer farm lunches are made up of stir fried vegetables. The basic rule of thumb is chop it up – heat up a bit of olive oil in a wok or skillet – toss the vegetables in – stir and don't cook too long! The following are simple marinades you can use to marinate meat pieces to add to the stir fry or they can be added directly to the vegetables immediately before removing the mix from the skillet. The volume is intended to season approximately 5-6 cups of chopped vegetables. In this weeks share – try using, carrots, celery, beet greens, broccoli...

Chinese Stir Fry Marinade

(adapted from *Extending the Table*)

Mix the following and use to season any mixed vegetable stir fry:

2 cloves garlic, minced	1/4 teaspoon pepper
1-inch ginger root, thinly sliced	1 teaspoon sugar
1 1/2 tablespoon soy sauce (or tamari)	1 tablespoon cooking sherry
1/4 teaspoon sea salt	

Thai Stir Fry Marinade

(adapted from *Extending the Table*)

Mix the following and use to season any mixed vegetable stir fry:

3 tablespoons water	1 tablespoon ketchup
1 tablespoon fish sauce*	1 teaspoon sugar
1 teaspoon soy sauce	1 tablespoon oyster sauce*

*available in Asian Food specialty markets in Fairbanks

Tom Zimmer's Brussels Sprouts

Tom cooks the tastiest, simplest brussels sprouts – here's how he does it:

Prepare sprouts by cutting them in half.

Heat up a lightly oiled skillet. When a sprinkle of water sizzles in the pan, it's hot enough. Add a small chunk of butter and a dash of sea salt. When the butter melts, swirl pan and add halved sprouts, stir enough to coat all of the sprouts with the oil/butter mixture. Cook until they are just bright green and remove from heat.