



## Calypso Farm Notes

September 17<sup>th</sup>-20<sup>th</sup> 2007

I was feeling pretty wimpy this morning – we have had a beautiful summer with the perfect amount of rain all season and haven't had to harvest in the rain much at all. Very different than last summer - kind of the opposite – lots of rain and there weren't many sunny harvests. But the rain is so good. We don't want to go into the winter with the soil being really dry, because in the spring we want to be able to collect all of the water running down the drive way into our new pond and not have it all soak into the ground).

We are saying goodbye to Denise – she was our fearless Youth Garden Supervisor and garden educator this year. She had a great season with the teens in the Effie Kokrine garden and managed to get all of the students at U Park, Pearl Creek and most of the students at Effie Kokrine out into their respective school gardens for activities and feasting this fall! She'll be heading down to New Orleans to be a garden educator with a school garden program down there! Good job and good luck!

Enjoy the bounty this week! Christie

P.S. The 7<sup>th</sup> Annual Benefit Dinner and Auction is coming up on September 22<sup>nd</sup> 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).

### Edge's Fall Medley Stew

Edge tossed this tasty soup together on a rainy harvest day – it's simple and delicious! Everyone loved it!

2 rutabagas - sliced

5 large carrots – sliced

2 red onions – diced

2 cups celery – chopped

2 collard leaves - chopped

1/4 cup butter

Olive oil

3 cups fresh milk

4 teaspoons mild curry powder

In a large lightly oiled skillet add chopped carrots and rutabagas - cook over medium heat, covered. Add enough water to the pan to keep the vegetables moist while cooking. Cook until the roots are

### Your Share This Week:

- Carrots
- Celery
- Potatoes
- Rutabagas
- Garlic
- Onions
- Parsnips
- Broccoli
- Collard Greens

tender. In another skillet sauté the onions in olive oil until just translucent. When carrots, rutabagas and onions are cooked, mix them into a soup pot. Add milk and butter and place over medium heat. Add celery, collards and curry powder. Continue to cook until the soup is warmed through. Add salt to taste. Serve with fresh bread or biscuits!

Serves 8 hungry farm workers

### **Apple, Rutabaga, Lentil Soup**

This is another Calypso Farm original – again made on a rainy fall harvest day. The flavors are wonderful together – give it a try!

3 cups red lentils	1 tablespoon honey
2 rutabagas sliced	1/2 teaspoon cinnamon
2 onions diced	Olive oil
2 cups apples sliced	Salt to taste
2 collard leaves - chopped	

In heavy soup pot, add lentils (rinse several times). Add approximately 8 cups water and set on medium/high heat. Meanwhile sauté onions in olive oil and set aside. Then cook sliced rutabaga and apples in an oiled, covered skillet with some water to retain moisture. Cook until rutabagas are just tender (apples may be softer depending on variety). When lentils have begun to cook and thicken, add cooked onions, rutabagas and apples. Stir in honey, cinnamon and salt to taste. Add chopped collards and cook until the soup is hot and collards are tender.

\*Note – we make this very simple by using homemade chunky applesauce instead of cooking the apples specifically for the soup. We HIGHLY recommend local apples grown by Claire Lammers – you can find him and his apples at the Farmer’s Market.

Serves 8 hungry farm workers

Here’s one we’ve never tried but it sure looks good and comes from one of our favorite cookbooks – *Winter Harvest Cookbook* by Lane Morgan

This dish is intended as a side dish but it looks like a nice dessert as well.

### **English Parsnip Pie**

1 pound parsnips	Dash of fresh orange juice
1/2 teaspoon salt	1 teaspoon grated orange rind (optional)
1 tablespoon honey	2 eggs slightly beaten
Pinch of ginger	Pie pastry – for a small pie pan
Dash of cinnamon	

Preheat oven to 375°. Steam parsnips until tender. When cooled enough to handle, chop them finely. Combine in a bowl with remaining ingredients and pour into the pastry shell. Top with a pastry lattice if desire or leave open. Bake for 30 minutes or until firm.