



Calypso Farm Notes

September 24th-27th 2007

Well, the prolific growing season of 2007 has finally come to an end after receiving our first hard frost this past weekend at the farm. We hope you enjoyed all of what we could grow for you and we certainly could not have done it without your help and support. A big thanks goes to all those folks that helped out with our Annual Benefit Dinner and Auction this past weekend. We were raised over \$20,000 which we will use directly towards the school garden programs! I am glad I had an opportunity to meet all of you and look forward to seeing you again in the spring.

Have fun with your last fall feasting!

Edge

Your Share This Week:

- Carrots
- Turnips
- Brussel sprouts
- Potatoes
- Rutabagas
- Garlic
- Parsnips
- Kohlrabi
- Leeks
- Beets
- Salad Mix

2-cents Soup

This recipe was created under interesting conditions. Without a chef on the day of the auction the whole kitchen staff threw together ideas and created this original favorite. Don't be afraid to throw in your own 2 cents.

2 rutabagas, sliced
5 large carrots, sliced
1 bunch of leeks, sliced
2 cups celery, chopped (optional)
1 bunch of beet greens
1 head of garlic, minced
1 cup warm water

10 brussels-halved
1/4 cup butter
3 cups fresh milk
(Half of the milk can be substituted with heavy cream)
Salt
Pepper

In medium-size skillet, add butter, garlic, and leeks, salt and pepper and cook on medium heat for 3 minutes then cover and let sit. Meanwhile, steam carrots until soft and then mash or process in a food processor. Once carrots are well blended add them together with the leek mixture in a large soup pot with warm water on low heat uncovered. Now add rutabagas and salt and pepper. Slow cook, stirring occasionally until rutabagas are sweet and softened. Once rutabagas are mostly cooked add in the milk/heavy cream. The milk will thicken at a low boil. Be careful not to scold the bottom of the soup.

Add greens and brussels and cook for five more minutes. The longer this soup cooks the sweeter it will get.

Feeds 6-8 hungry Alaskans

Here's one that we've never tried but it looks like a good one. It is slightly altered towards this week's harvest, but it is taken from the Moosewood Restaurant, Simple Suppers

Navajo Stew

2 medium potatoes-cubed	1 15-ounce can of tomatoes
2 red or green peppers-cubed	2 cups of cooked black beans
2 medium size leeks-sliced	1 tablespoon coriander
1 tablespoon ground cumin	Plain yogurt/sour cream
4 garlic cloves-minced	

Preheat oven to 450°F. On a lightly oiled baking sheet roast potatoes with leeks for 10 minutes, then stir and continue cooking for 10 minutes until potatoes are tender but not mushy.

Meanwhile, mix tomatoes and spices thoroughly and set aside. When the potatoes are tender, place them in a 2-3 quart baking dish, stir in the tomato sauce and add the beans and return to the oven until hot, about ten minutes.

Now the stew can be served in bowls and topped with yogurt or sour cream.

Serves 4.

This is another recipe taken from the Moosewood Collections. Enjoy its raw fresh flavor appeal.

Shredded Beet Salad

3 or 4 beets, shredded	1/4 teaspoon salt
2 tablespoons vinegar	2 medium size leeks, minced
1 tablespoon olive oil	1 teaspoon sugar (optional)
2 teaspoons Dijon mustard	2 tablespoons minced fresh parsley

In a serving bowl, whisk together the vinegar, oil, mustard, and salt. Add the beets, leeks, and parsley and toss well. Add sugar to taste.

Serves 4-6.