

Thank you to all the volunteers who came to the farm last week to help us pull dandelions and chickweed! Our lower beds look beautiful and clean, allowing more space for yummy vegetables to grow. The footpaths have also been cleared and seeded with clover to help keep the weeds from coming back. Next week we will be moving from the lower fields to the upper fields to focus on more weeds. Colorful flowers such as indigo, amaranth, and marigolds have been planted in the children's garden for the upcoming natural dying field trips. And it won't be long before the basil is ready for the Pizza Making field trips. Come join us for all the fun!

Your Share This Week:

- Salad Greens
- Chinese Cabbage
- Arugula
- Radishes
- Asian greens

Down at the school gardens, the EATinG program is in full force as students learn where their food comes from, how to grow vegetables and how many vegetables it takes to feed fifteen CSA families- and themselves, of course!

CSA Potluck Picnic

Friday, June 29 5-8pm

Bring your family and a dish and come up to the farm to meet the other Calypso CSA shareholders and their families. Farm tours will be available!

Asian Style Sauté

From Asparagus to Zucchini

2 tablespoons sesame oil
3-4 cloves garlic, chopped
1/2 pound mixed greens, coarsely
chopped

1 tablespoon vinegar
2 tablespoons tamari
freshly ground black pepper

Heat oil in wok or large skillet to moderate heat. Add garlic and sauté 2 minutes. Remove garlic and set aside. Now sauté the greens until just wilted. Remove from heat, and stir in vinegar, tamari, pepper and garlic. Serve immediately. Great as a side dish or with rice. Makes 2-4 servings.

Quick Peanut Sauce

From Vegetarian Cooking for Everyone

3 tablespoons unsweetened peanut butter	1/2 teaspoon chile sauce
2 tablespoons rice wine vinegar	Salt
1 tablespoon chopped cilantro	1 plump garlic clove, minced or pressed
1 teaspoon light brown sugar	2 teaspoons soy sauce or to taste

Combine all ingredients except salt, adding 2 to 4 tablespoons warm water to make it the consistency you wish. Add 1/4 teaspoon salt and then taste. Add to fresh salad.

Speaking of Weeds...

Since dandelions have been on our minds and in our fields, this week we have decided to include some information about this plant/flower/weed!

Dandelion *Taraxcum* is a perennial native to Europe and Asia. It is wind spread, fast-growing, and drought-tolerant. Their roots and leaves may be used for food and herbal medicines.

How to Cook Dandelions

From Wikibooks

Lightly sauté (or roast) a clove of garlic, half an onion and a quarter teaspoon of red pepper flakes in a tablespoon and a half of olive oil. Add a quart of damp dandelion greens to the sautéed vegetables, cover and steam over low heat for about 30 minutes. Season and serve.

To remove bitterness - stick dandelions in a pot with enough water to cover the greens, and boil until they are nice and soft. When the water turns yellow, replace it with fresh water and re-boil. They will have the consistency of cooked spinach when you are done.

Come collect your dandelions here at Calypso-all you can eat, for FREE!!!!!!

Volunteer Opportunities

If any of you are interested in coming out to the farm, we would love to have help with the following projects and activities over the next couple of weeks...

- Weeding!
- Building the new Resource Center
- Field Trips: Life on the Farm, Environmental Education, Seed and Planting, Pizza Making, Natural Dying.