



Calypso Farm Notes

June 25th - 29th, 2007

The Solstice has come and gone, and we can all be thankful for the long sunny days! The plants are getting bigger and bigger, which means good veggies for everyone. If anyone is craving some fresh air we have a lot of projects going at the farm that you could be a part of. This week we will be putting up two walls of our new resource center and we will need some extra hands if you are available. If building isn't your strongest area, we will be clearing the new pond area so that a bulldozer can get back there in early July! Plus, July will be full of fun field trips for any volunteers who like working with children. Thank you for all of your support!

Happy Eatings, Kelly

Your Share This Week:

- Salad Greens
- Radishes/Turnips
- Arugula
- Bunching onions
- Asian greens
- Spinach
- Chard/Kale

CSA Potluck Picnic

Friday, June 29 5 – 8 pm

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

Pasta with Fresh Spinach, Walnuts and Gorgonzola Cheese

From *Asparagus to Zucchini: A Guide to Farm-Fresh, Seasonal Produce*

1 tablespoon olive oil
2 to 3 cloves garlic, minced
3/4 - 1 pound fresh spinach leaves, cleaned
& shredded [or other greens!]

1/4 - 1/3 pound walnut pieces
6 ounces Gorgonzola cheese, crumbled
Freshly ground black pepper
Hot cooked pasta of your choice

Heat oil in skillet over medium heat; add garlic and sauté until golden. Add spinach; toss and cook until wilted. Stir in walnuts and cheese; toss until well combined. Season with pepper to taste. Serve over pasta. 4 servings.

Lemon Vinaigrette

From *Vegetarian Cooking for Everyone*

2 tablespoons fresh lemon juice

1 teaspoon finely chopped lemon zest

Salt and freshly milled pepper

1 shallot, finely diced

5 tablespoons extra virgin olive oil

Combine the lemon juice, zest, ¼ teaspoon salt, and shallot in a small bowl. Let stand for 15 minutes, then whisk in the oil and season with a little pepper to taste. Taste and correct the balance, adding more oil if needed.

Spinach Artichoke Dip

2 tablespoons extra virgin olive oil

1 small red onion, diced

1 box (8 ounces) of plain cream cheese

1 bunch of spinach leaves, chopped

1 can marinated artichoke hearts, chopped

1 teaspoon red pepper flakes (optional)

In a large skillet over medium-low heat add olive oil. When oil is hot, add the diced red onion. Sauté for 5 minutes then add the cream cheese and mix. Then add spinach, artichoke hearts and red pepper flakes, and continue to mix until evenly combined. Serve immediately. 2-4 servings.

Enjoy your veggies and this week's recipes!!!

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...

- Clearing out the pond area
- Building our new Resource Center - putting walls up this week!
- Weeding
- Field Trips: Life on the Farm, Environmental Education, Seed and Planting, Pizza Making, Natural Dying.