



Calypso Farm Notes

July 9th-13th 2007

Summer is here, and you know what that means...Parties, Potlucks, and Picnics!! You will be a big hit when you show up with crunchy finger foods, a fresh salad or a baked casserole.

Last week's rainstorms gave the vegetables an extra boost, and they are getting bigger and bigger. Your shares are also getting bigger, so you might even need an extra bag to take home these yummy treasures.

On the farm, Tom is working hard juggling between building the resource center and creating a new collection pond. Susan, Christie, and Edge are eagerly prepping beds and seeding them for the next round of vegetables! Jonathan and Denise have been busily putting together new field trip ideas. George is photo-journaling the rapidly growing greens. Addie and Elsa are caring for the new lambs, making sure they get their treats every day. Anne keeps us organized and on our toes. And, well, someone has to make sure the hammock is up to code, I guess I'm the only one left.

If you were wondering why we have some vegetables offered on Monday's pick-up, and other vegetables on Thursday, there is a very logical answer for this: some vegetables need more time in between harvests in order to grow back. So, please don't feel left out! We will make sure everyone gets their favorites. Sometimes we will have optional vegetables, like cilantro or rhubarb, for those of you who would like it. They are usually a bonus herb/veggie that not everyone likes or that a lot of you grow yourselves.

Eat and Be Merry, Kelly!

Zucchini Matchsticks with Yogurt Sauce

Adapted From Vegetarian Cooking for Everyone

1 1/2 pounds zucchini
Salt
2 tablespoons olive oil

1/2 cup Yogurt Sauce with Cayenne and Dill, see below

Your Share This Week:

- Mixed Greens
- Lettuce
- Zucchini
- Broccoli
- Garlic Whistles
- Baby Carrots
- Arugula
- Bunching Onions
- Radishes
- Cabbage
- Cilantro (Optional)

Trim the ends of the zucchini, slice each one into long slabs about 1/3 inch thick. Toss them with 1 1/2 teaspoons salt, set them in colander, and let stand for 30 minutes. Mean while, prepare yogurt sauce.

Yogurt Sauce with Cayenne and Dill

1 cup yogurt	Salt
1/2 cup sour cream	2 teaspoons chopped dill
1 large garlic	3/4 teaspoons cayenne or hot paprika

Whisk the yogurt and sour cream together. In a mortar, mash the garlic to a paste with 1/2 teaspoon salt; then add it to the yogurt with the dill and cayenne. If you have time, refrigerate for 1 hour before serving.

Rinse zucchini sticks and pat dry. Heat the olive oil in a wide skillet, add the zucchini, and sauté over high heat until lightly browned in places, about 5 minutes. (If you prefer to avoid oil, steam the zucchini instead.) Turn into a bowl and serve sauce spooned over the top. Serves 4.

Vegetable Gratin-Souffle

From Vegetarian Cooking for Everyone

Butter for dish	1/2 small onion or 2 shallots, finely diced
3 cups vegetables, cut 1-inch pieces (greens, broccoli, onion, zucchini...)	1/2 cup grated Gruyere
1/2 cup fresh bread crumbs	2 eggs, separated
3 tablespoons butter	Salt and freshly milled pepper
1 cup milk	Pinch grated nutmeg

Preheat the oven to 375 degrees F and lightly butter an 8-x 10- inch gratin dish. Steam or pre-boil the vegetables until barely tender when pierced with a knife. Drain, rinse under cold water, then finely chop.

Lightly brown the bread crumbs in 2 tablespoons butter in a small saucepan, then stir in milk. When it's hot to touch, turn off heat. Meanwhile, cook the onion in the remaining butter in a small skillet over medium heat until translucent, about 3 minutes. Combine the onion, vegetables, and bread crumb mixture in a bowl, then stir in the cheese and egg yolks. Season with salt and pepper to taste and the nutmeg. Beat the whites until stiff, then fold them into the mixture. Pour into the prepared dish and bake until puffed and browned, about 25 minutes. Serve immediately. Serves 4.

July Events

Thursday, **July 12th** – Effie Kokrine Charter School Garden Party. Come see the schoolyard gardens.

Friday, **July 13th**, 5 to 8 pm – Membership Picnic/Potluck at Calypso Farm.

Wednesday, **July 18th**, 6 to 7 pm – Exploring Vegetables Workshop at Calypso Farm

Saturday, **July 21st** – Come join us in the Golden Days Parade

Sunday, **July 22nd**, Noon to 4 pm – Annual Open House at Calypso Farm. Family Fun Day!