



Calypso Farm Notes

July 16th-20th 2007

It has been great seeing everyone up at the farm and at all the events going on this summer! If you haven't been to the farm this season, you should definitely come and visit this Sunday. From noon until 4 pm we are encouraging everyone to bring their family and friends to Calypso's Open House. There will be brick oven-baked pizzas, fresh salads, and taste testing of vegetables. You can visit the baby goats, chickens, and lambs. Activities such as spinning demos, farm tours, natural dyes, compost creation and much more will be going on all day long. It is going to be a fun packed afternoon! Plus, it will be a great way to see where your produce is grown, meet everyone who grows your food, and meet other farmers from this area.

Your Share This Week:

- Mixed Greens
- Merlot Lettuce
- Zucchini
- Broccoli
- Carrots
- Beets
- Peas
- Kohlrabi
- Collard Greens
- Asian Greens
- Dill

Last week was a busy week of building a huge compost pile, clearing the pond site for the bulldozer, and systematic weeding along the beds. This week we will be continuing those projects and putting a roof on our new Resource Center! On Saturday we will be taking part in the Golden Days Parade at 10 am, please come walk with us to spread the message for others to Eat Local!

Have a great week, enjoy your veggies, and soak up the sun shine days while you can! Kelly

Dill Pesto

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

2/3 cup sliced green onions (including tops)
1/4 cup chopped fresh parsley
1/4 cup freshly chopped fresh dill weed
3 tablespoons cider vinegar or part vinegar,
part lemon juice
1/4 cup freshly grated Parmesan cheese

1/2 – 3/4 cup olive oil
Salt and Pepper to taste
1/4 cup pine nuts or walnuts

Place all ingredients except nuts in food processor. Blend smooth, add nuts and process until nuts are chopped. Makes about 1 1/4 cups.

Beet Soup

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

4 large beets	1 large onion
1 large potato	Salt and pepper to taste
Other vegetables: celery, spinach, carrots, kale, chard, etc.	Plain yogurt

Wash and chop all vegetables into chunks. Place all together in a large steamer and steam until they are very soft. Using the water from the steamer, and any other stock or water as needed, blend cooked vegetables until very smooth and thick. Return to soup kettle and heat gently to avoid sticking. Add salt and pepper and serve with a generous portion of tart plain yogurt in the center of the bowl. Makes 4-6 servings.

Sweet Zucchini Biscuits

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

1/2 cup margarine or butter	1/2 teaspoon ground mace
1 cup packed light brown sugar	1/4 teaspoon salt
2 eggs	1 1/2 cups shredded drained zucchini
1 tablespoon orange or lemon juice	1/2 cup chopped pecans
2 1/2 cups all-purpose flour	1 tablespoon grated orange zest (orange part of rind only)
2 teaspoons baking powder	Powdered sugar
1/2 teaspoon ground cinnamon	

Preheat the oven to 350 degrees F; grease 2 baking sheets. In medium bowl, beat margarine until fluffy. Beat in sugar, eggs, and orange juice. In another bowl combine flour, baking powder, spices and salt; stir into wet mixture. Stir in zucchini, pecans, and orange zest. Drop dough by teaspoonfuls onto cookie sheets. Bake until biscuits begin to brown at edges, about 10 minutes. Cool on wire racks. Sprinkle with powdered sugar before serving. Makes 5 dozen.

July Events

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

Saturday, **July 21st** – 10 am - Come join us in the Golden Days Parade

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