



Farm Note ...

From the Farm:

Greetings Shareholders!

I hope you've all been out and enjoying the wonderful bits of sunshine we've had this last week. Up at the farm, there are many new flowers on the verge of blossoming and many of us would claim that the nice sunshine has made the Brussels Sprouts grow at least an inch!

This week we've been very grateful to Chris Akert for delivering huge amounts of manure. With the weather continuing to be so beautiful the next week or two will be dedicated to building our compost piles. Building compost is a fantastic volunteer opportunity because building every pile requires a group effort. Anyone interested in volunteering should call the farm for details.

Everyone up at the farm is excited for our up and coming "Pick up your share at the Farm Day" Our goal in having shareholders pick up one weekly share at the farm is having folks who might not normally work their way up to the farm, come and visit. Our hope is that shareholders will leave the farm with a renewed sense of connection as to where their food is coming from.

So mark your calendars! Sunday the 24th from 12:00 to 3:00 BOTH Monday and Thursday shareholders will be coming up to the farm to pick up their shares. Anyone with questions or concerns can give us a call.

Best Wishes,
kyla mcgroarty

Some of our Farm Animals



Our meat birds as chicks - June



Our meat birds grow - August



Kjell (pronounced Shell) - our new Shetland ram



Sabrina - our new Shetland ewe



The goats

Weather Window:

The weather this week has been sunnier and warmer, with temperatures in the day in the upper fifties to mid sixties.

Your share this week:

- ◆ Carrots
- ◆ Kale
- ◆ Salad Mix
- ◆ Bunching Onions
- ◆ Herb Choice
- ◆ Broccoli
- ◆ Peas
- ◆ Head Lettuce

Volunteer Activities at Calypso:
COMPOST BUILDING - We need you! Working on the Resource Center, recipe collecting, and weeding

Noteworthy:

By Alice Stickney

Are you a Locavore?

In 2005, a small group of people decided to eat more locally grown food. Www.locavores.com states: "We are a [group of concerned culinary adventurers](#) who are making an effort to eat only foods grown or harvested within a [100 mile radius of San Francisco](#) for an entire month. We recognize that the choices we make about what foods we choose to eat are important politically, environmentally, economically, and healthfully." What started with a handful of people in 2005 has grown so quickly that "Locavore" was recognized as the Word of the Year by the Oxford American Dictionary in 2007.

This movement inspired others to try a local foods diet, including Barbara Kingsolver (*Animal, Vegetable, Miracle*: yearlong, restricted radius, few exceptions) and Linden Staciokas (Fairbanks, Daily news-Miner, Sept, 2, 2007: summer, Alaska as foodshed, several exceptions). In the same way that being a shareholder of the Calypso CSA encourages us to eat more seasonally, so trying to be a "locavore" for a week, month, year, etc. or within 100 miles or the Pacific Northwest, challenges us to look harder at the food choices we make, and what producers we support.

Schedule of events

August 24th, 12:00-3:00 pm **CSA Pick-up at the Farm Day**, Calypso Farm

August 27th, 6:00-9:00 pm Natural Dyeing in the Garden, Calypso Farm

September 3rd, 6:00-8:00 pm Seed Saving Workshop, Calypso Farm

September 26th, 6:00 pm CSA Core Group Meeting, Gulliver's Back Room

September 27th, 8th Annual Benefit Dinner and Auction, Pike's Waterfront Lodge

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Kids Corner

Make your own potato stamps! (from Potato Printing)

Start with a thick slice of potato – about 1 ½ inch thick. Cut shallow lines into the slice with a nail, sharp pencil point, or toothpick. The lines should be about 1 to 3 mm deep. Make sure that your lines are cleared of little bits of potato by running your tool through them. Wash bits off under running water. Use thick poster paint, tempura or printing inks. You can spread paint or printing ink on that potato with a knife. Next, carefully wipe or scrape the paint or ink off the surface of the potato. Use the edge of a knife or a damp paper towel. Leave the lines full. You can also spot-wipe, dabbing a small piece of damp towel between the lines. Remaining paint or ink will make a nice background. Now press the painted or inked side of the potato on a piece of paper. Press the potato down very firmly, but be careful not to move it around. Lift straight up and you have your first proof. If it is blurry, your paint was probably too watery. Stir a little cornstarch into poster or tempura paint to thicken it. If you are getting white lines instead of colored ones, the lines may be too deep, or there may not be enough paint or ink in them, or you may need to press harder on the potato. A mixture of white and colored lines can look nice.

Trivia question of the week:

This fleshy root plant is believed to have originated in North Africa and while the Romans used them for their roots, other peoples consumed only the leaves. The United States began cultivating this vegetable around the early 19th century.

Last week's answer:

Chard

Around the table

Fresh Greens SoupAdapted from *Fresh From the Garden*

5 tablespoons butter
 3 **green onions**, chopped
 3 garlic whistles, chopped
 6 cups strong chicken or vegetable stock
 1 bunch **kale**
 1 bunch swiss chard
 2 cups **salad greens**
 6 radishes, diced
 2 tablespoons flour
 1/2 cup heavy cream
 1 small **head of lettuce**
 Salt and pepper to taste

In a heavy saucepan, heat 2 tablespoons of the butter over low heat. Add the chopped green onions and garlic and 1/4 cup of broth. Simmer for a few minutes. Add radishes and simmer until they are tender. Add the chopped kale and half of the swiss chard. Remove from heat, strain liquid into a bowl and puree vegetables in a food processor until smooth. Whisk the puree into the broth and set aside. Melt the remaining butter in a heavy saucepan, whisk the flour into the butter and cook for 1 minute without browning. Whisk in the pureed soup and bring to a boil, reduce heat. Add the heavy cream with the chopped lettuce, salad greens and remaining swiss chard, and simmer until the leaves are just wilted. Season with salt and pepper and serve hot with bread and butter. Serves 6

Bean and Kale RaguSubmitted by Stefani N to *Allrecipes.com*

2 tablespoons olive oil
 1 **onion**, chopped
 1 pound **kale**, stems removed and leaves coarsely chopped
 1 (14 ounce) can diced tomatoes with green chili peppers
 2 cloves garlic, minced
 1 1/2 cups water
 2 bay leaves
 1/4 teaspoon ground cumin
 1 teaspoon onion powder
 2 (15 ounce) cans canned cannellini beans, drained and rinsed
 1 tablespoon chopped fresh oregano
 1 teaspoon chopped fresh basil
 salt and ground black pepper to taste (could substitute fresh tomatoes and green chilis, and 4 cups of any cooked beans)

Heat the olive oil in a large deep skillet over medium-high heat. Add the onions and kale. Cook and stir until the onions become transparent and the kale wilts and reduces in volume, 5 to 7 minutes. Reduce the heat to medium. Stir the tomatoes and green chiles, garlic, water, bay leaves, cumin, and onion powder into the kale mixture. Simmer the vegetable mixture until the kale is soft, about 1 hour. Stir in the cannellini beans and continue simmering until beans are heated through, about 10 minutes. Stir in the oregano and basil. Add salt and pepper to taste.

Beet Soup - Dog Hollow FarmFrom *Asparagus to Zucchini*

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 all vegetables and cut into chunks; place in large steamer over boiling water; steam until 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 pot; heat gently to avoid sticking. Add salt and pepper. Serve each bowl and a generous portion of yogurt in center of soup. Makes 4-6 servings.

Broccoli RomeoFrom *Winter Harvest Cookbook*

Aside from eating it raw, this is the simplest way to cook broccoli and retain all of the nutrients and flavor:
 Dunk **broccoli** (florets or small heads) in fresh cold water – drain. Place in saucepan. There will be enough trapped water for cooking. If you like, add minced garlic, salt and pepper. Drizzle liberally with olive oil, cover with a well fitting lid and cook on low heat. Cook for 10-15 or until bright green and just tender. Serve. There will be no water to discard.