



Farm Note ...

From the Farm:

We decided to load this issue with recipes. Enjoy! Anne

Sweet and Sour Cabbage Wedges
From *Food Digest*

2 tablespoons olive oil
1/2 head green **cabbage**, quartered through core
1/2 cup cider vinegar
2 tablespoons sugar
1 1/2 cups water
coarse salt and pepper

In a large skillet, heat oil over medium. Add cabbage, and cook until golden brown, 2 to 4 minutes per side. Add vinegar, sugar and 1 1/2 cups water, bringing liquid to a simmer. Cook turning once, until cabbage is tender and liquid is syrupy, 12 to 15 minutes. Season with salt and pepper.

Sugar Snap Peas with Peppered Orange-Butter Sauce
From *The Complete Vegetable Cookbook*

2 tablespoons butter
2 tablespoons flour
1 cup orange juice
1 pound sugar snap **peas**
1 teaspoon minced fresh jalapeno pepper

In a large skillet, melt the butter, stir in the flour, and cook over low heat for one minute. Add the orange juice and bring to a boil, whisking constantly to make a smooth sauce. Simmer until thickened. Add the sugar snaps and jalapeno and simmer, stirring, for eight to ten minutes, until peas are cooked but still crisp. Serve immediately.

Mashed Cauliflower and Onion Fritters
From *Fresh from the Garden* cookbook

1 small head of **cauliflower**
3 large eggs
3 tablespoons all-purpose flour
1 teaspoon baking powder
2 teaspoons grated raw **onion**
Freshly ground white pepper
peanut oil for frying

Boil cauliflower for 15 minutes in salted water or until tender. Drain well and separate head into florets, then mash with a fork lightly. Set aside. In a large mixing bowl, combine the eggs, flour, baking powder, and grated onion, season with salt and pepper, and whisk well until blended. Fold in the cauliflower and let batter rest at room temperature for 1 hour. Heat the oil and drop the batter by heaping tablespoons without crowding the pan. Fry for 1 to 2 minutes or until nicely brown. Sprinkle with coarse salt and serve hot!

Carrot Salad
From *Farmer's Market Recipes*

3 cups of fresh **carrots**, grated
1 cup low fat vanilla yogurt
2/3 cup raisins
1/4 cup sunflower seeds
1/4 teaspoon nutmeg

Combine all ingredients except nutmeg. Sprinkle salad with nutmeg before serving. Makes 6-8 servings.

Carrot and Pineapple Muffins
From *Fresh From the Garden* cookbook

2 cups all-purpose flour
2 teaspoons baking powder
1 1/2 teaspoons baking soda
pinch of salt
1 teaspoon ground cinnamon
pinch of ground nutmeg
pinch of allspice
pinch of ground ginger
2 cups sugar
1/2 cup corn oil
1/2 cup sour cream or plain yogurt
4 large eggs
2 cups grated **carrots**
1 can crushed pineapple

Preheat the oven to 375 degrees F. Lightly butter 3 standard muffin pans. Sprinkle each tin with a little sugar, shake out the excess and set aside. In a large bowl, sift together the flour, baking powder, baking soda, salt and spices and set aside. Combine sugar, oil, sour cream or yogurt, and eggs in food processor and process until smooth. Add the carrots and pineapple and pulse twice. Add to the flour mixture and fold gently but thoroughly. Do not over mix. Spoon the batter in the prepared pans. Bake for 20 minutes, remove from oven and let cool for 10 minutes. Serve warm and enjoy!

Weather Window:

The farm has been experience sunny skies and warm days ranging in the mid to upper sixties all week. We've seen more bluebird days this week than the whole summer combined.

Your share this week:

- ◆ Carrots
- ◆ Cauliflower or Cabbage
- ◆ Salad Mix
- ◆ Bunching Onions
- ◆ Celery
- ◆ Broccoli
- ◆ Peas
- ◆ Head Lettuce
- ◆ Summer Squash

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

Schedule of events

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

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

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

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

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Trivia question of the week:

This delicious Mediterranean native vegetable is grown for its stalks, leaves, roots and seeds. For a long time, this veggie was only consumed cooked; it was not until the 18th century in Europe that people began to eat it raw.

Last week's answer:
Beets

Dry Your Own Flowers

You can save a small part of summer by drying your own flowers.

Mix: 6 parts white cornmeal to 1 part Borax.

1. Fill bottom of jar with the corn meal mix.
2. Insert the flower upside down.
3. Gently cover the rest of the flower with the corn meal mix.
4. Let sit 10 days to 2 weeks.

Certain cultivated flowers, such as straw flowers, are bred specifically for drying. Be sure to try drying wildflowers as well as garden varieties. They dry just as well, and are easy to find. (from *The Curious Naturalist*)

Around the table

Warm Celery Salad

From *Healthy Harvest Cookbook 2*

2 tablespoons cooking oil
1 medium **onion**, coarsely chopped
2 cloves garlic, minced
1/2 teaspoon dried thyme
2 cups chick peas
2 tablespoons vinegar
3 large stalks **celery**, chopped

Cook oil, onion, garlic, and thyme in a large skillet over medium heat until onion is soft, about 6 minutes. Reduce heat to medium-low. Stir in vinegar and chick peas until coated, cover and heat until chick peas are warmed. Stir in celery. Cover and cook for 2 minutes or until celery is warmed. Serve warm.

Roasted Carrots with Honey

From *Food Digest*

1 1/2 pounds **carrots**, cut on the diagonal into 2-inch lengths and halved lengthwise if thick
1 tablespoon olive oil
coarse salt and ground pepper
1 tablespoon honey

Preheat oven to 450 degrees F. On a rimmed baking sheet, toss carrots with oil, season with salt and pepper. Roast, tossing once, until tender, 30 to 35 minutes. Remove from oven, and toss with honey.

Roasted Cauliflower Soup

Adapted from *About.com: French Food*

2 pounds **cauliflower** florets
1-2 cups white or yellow **onions**—chopped
8+ garlic cloves—sliced
2 tablespoons olive oil
1/4+ teaspoon ground pepper
4 teaspoons fresh thyme (or 2 teaspoons dried)
3 cups stock
2 cups heavy cream
1/2 teaspoon salt

Preheat oven to 425 degrees F.
Toss cauliflower, onions, and garlic in olive oil, spread on backing sheet. Season with thyme & pepper, then roast in oven for 25-35 minutes (until golden brown).
Place veggie mixture in saucepan with stock and bring to simmer for 5 minutes. Add cream & salt, heat through. Puree mixture and serve hot.

Orzo and Zucchini Salad

from *Everyday Food*

Coarse salt and ground pepper
1 cup orzo
1 tablespoon plus 1 teaspoon olive oil
2 medium **zucchini**, quartered and thinly sliced
1 garlic clove, minced
1/2 cup fresh basil leaves, torn
1 to 2 tablespoons white wine vinegar

Cook orzo until al dente. Drain well and then cool completely.

season with salt and pepper. Cook until crisp tender, 4 to 6 minutes.

Transfer orzo to bowl; add zucchini mixture, basil, vinegar and remaining oil. Season with salt and pepper; toss to combine. Can refrigerate up to 1 day. Bring to room temperature before serving.

Apple-Cabbage Slaw

From *Farmers' Market Recipes*

3 cups **cabbage**, shredded
1 cup **celery**, sliced diagonally
1/2 cup **onion**, thinly sliced
2 cups apple, diced
Pineapple Yogurt Dressing

In a large bowl combine cabbage, celery, onions and apples. Gently toss with dressing.

Pineapple Yogurt Dressing

1/3 cup plain low fat yogurt
2 tablespoons pineapple juice
1/4 teaspoon prepared mustard
1/8 teaspoon celery seeds

In large skillet, heat 1 tablespoon oil over medium heat. Add zucchini and garlic;