



Farm Note ...

From the Farm:

Good day Shareholders! Greetings from Calypso Farm and Ecology Center. It's still wet up here on the farm, and we've been experiencing some high winds and heavy rains just like the rest of the North Star Borough. Temperatures are still hovering around 55 degrees, and we're crossing our fingers that the weekend forecast calling for partly cloudy skies with sun is accurate, so that the fields will get a pause from the last 72 hours of continuous rain.

In this weeks share you'll be receiving Brussels tops, the large upper leaves that we cut from the crown of the Brussels plant to encourage the sprouts to bud on

the stalk. It wasn't until 2004 that these delectable greens began to be sold in some supermarkets. The leaves are dimpled and curly and we recommend that you treat them like any other leafy green such as collards or kale. The Brussels tops are great sautéed or in soups. They have a more pronounced taste than the actual Brussels sprout but less so than cabbage.

The exact origin of the Brussels sprout is unknown, but the plant is related to a wild variety of cabbage, that was highly used for thousands of years. Brussels are in the Brassica family, which includes

cabbage, collards, broccoli, kale and kohlrabi. These miniature buds of deliciousness are an excellent source of vitamin C, folic acid, and potassium. Like all members of the cabbage family, they are thought to have cancer inhibiting properties.

So enjoy these very healthy greens, and we'll be looking forward to hearing the variety of ways these and the other veggies in your weekly share were prepared and relished by you, your families, and your friends.

Cheers,
Somer

Weather Window:

Rain, rain, rain! It was a slow week at the farm and we were restricted from the field as it was much too wet to weed. Temperatures in the low 50's during the day and mid 40's at night.

Your share this week:

- ◆ Carrots
- ◆ Brussel tops
- ◆ Salad mix
- ◆ Bunching Onions
- ◆ Fennel (leaf)
- ◆ Head Lettuce
- ◆ Broccoli
- ◆ Peas
- ◆ Turnip Greens
- ◆ Cabbage
- ◆ Summer Squash



Edge Fuentes came to Calypso in 2007 as a farm apprentice and is now a VISTA.

Christie Shell started at Calypso as a VISTA in 2002 and is now one of our lead farmers.



Noteworthy:

Submitted by Adie Callahan

For many years I was naive to the benefits of rice. Researching this abundant grain has changed my perspective. Rice can foster rural development, support sustainable land care, and improve nutrition.

There are 120,000 rice varieties including short-grain brown, Japanese white, basmati, jasmine, and dark purple and red. Wild rice is actually a seed.

Rice cultivation is labor intensive. Most rice growing

countries have low labor costs and high rainfall. Mechanized cultivation is oil intensive, more so than other food except beef and dairy. Traditionally rice fields are flooded, which naturally suppresses weeds and pests.

Rice is a staple for a large portion of our population. Whole-grain rice contains B vitamins, fiber, and antioxidants. It is even a source of protein. However, it lacks enough amounts of amino

acids needed for good health. Therefore, it should be combined with other protein sources including nuts, beans, or meat.

To prepare, rice can be boiled/steamed, fried in oil, added to soups, stuffed in vegetables, combined with milk, sugar and honey, or used to make beverages such as horchata, rice milk, and sake.

Volunteer Activities at Calypso: compost building, working on the Resource Center, recipe collecting, and weeding

Schedule of events

August 5th, 6:00 pm
Core Group Meeting,
Gulliver's Back Room

August 6th, 6:00-8:00
pm Exploring Cut
Flowers, Calypso Farm

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

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Make a colorful mobile to reflect the colors of your garden or backyard.

You can use old compact discs that are scratched or otherwise beyond use, some sticks at least one foot long, and some fishing line or string. There are many different variations that you can try. You can make a shimmery screen by spacing the discs so that the edges touch both vertically and horizontally. You will want to use fishing line to secure the CD's in both directions so that the CD's move as a shimmery sheet in the breeze. You can also make long trailing CD waterfalls. Try different looks by varying the spacing of the CD's. Hang individual CD's here and there for a surprise bit of sparkle. Try using natural objects like spruce cones, feathers and small twigs in between the CD's for a unique combination. Hanging CD strands reflect the colors around them and project flashes of dancing light. This also makes them useful to hang outside windows or along garden fences to help prevent birds from flying into them.

Trivia question of the week:

This common herb is a cure all for many ailments. It is said to have tonic, antispasmodic, antiseptic, diuretic and cleansing properties. It is believed to be effective against sore throats and mouth cankers, to stimulate the appetite and to relieve flatulence.

Last week's answer:

Anise

Around the table

Everything Salad with Crunchy Chickpeas Adapted from *Weight Watchers*

1 cup cooked chickpeas
1 teaspoon ground cumin
4 tablespoons balsamic vinegar
1/2 tablespoon chopped fresh parsley
1/2 tablespoon chopped fresh basil
1/2 tablespoon chopped fresh mint leaves
1/2 tablespoon chopped fresh cilantro
2 teaspoons olive oil
4 cups **broccoli**/cauliflower florets
1 cup chopped or shredded **carrots**
6 ounces cooked chicken, cubed or shredded
1/2 cup shredded cheddar cheese
4 cups chopped **lettuce**
Balsamic vinaigrette dressing

Preheat oven to 400 degrees F. In medium bowl combine chickpeas and cumin; toss to coat. Bake chickpeas on greased baking sheet, shaking every 5 minutes, until golden brown (about 30 minutes).

In large bowl, whisk together vinegar, fresh herbs and oil. Add veggies, chicken and cheese; toss to coat.

Place 1 cup of lettuce on each of four salad plates. Top each serving with 1/4 of vegetable-chicken mixture and 1/4 cup of chickpeas. Drizzle each salad with dressing and serve.

Summer Stew With Vegetables

1 large **onion**, sliced
2 heaping tablespoons cornstarch, mixed with 3 tablespoons water
1 large clove garlic, sliced
2 tablespoons olive oil
1 can (16 oz) crushed tomatoes with juice
1 baby turnip, cubed
3-4 tablespoons chopped fresh parsley, thyme, tarragon, or other mixed herb
1 1/2 cups sliced **carrots**
1 1/4 cups dices new potatoes
Sea salt and fresh ground pepper
3 tablespoons vegetable oil
2 cups cauliflower florets
2 cups sliced **summer squash**
2 1/2 cups vegetable stock

In a large pan, soften the onion and garlic in the olive oil, covered, over low heat. Then add the prepared vegetables and brown 5-6 minutes, stirring and turning. Gradually add the stock, stirring and bring to a boil, then stir in the cornstarch and water mixture. Add the tomatoes with their juice and stir well. Add the herbs, plus any spices that you choose. Season to taste. Turn the heat right down and cover the pan tightly. Simmer gently about 25 minutes, stirring occasionally. Check the seasoning, and it is ready to serve.

Stir-Fried Snow Pea Pods

This is so simple you won't believe how good it is. Have your ingredients ready before you heat the wok or skillet, and whatever you do, don't overcook the pea pods. Serve the dish immediately or the pods will lose their crunch.

2 tablespoons butter
1 tablespoon peanut oil
2 tablespoons soy sauce
1 1/4 pounds snow **pea pods**, stem ends removed, rinsed and dried well.

In a large skillet or wok, melt the butter and oil together over low heat. Add the soy sauce and swirl to blend. Add the snow pea pods, raise the heat and stir-fry for three minutes. Serve immediately.

Broccoli & Dip

From Marianne Stolz

Broccoli florets

Dip:
1/2 cup of mayonnaise
1/2 cup plain yogurt
1-2 tablespoons finely chopped herbs such as parsley or chives
Squirt of lemon juice
Salt and pepper

Mix dip ingredients together. Serve with raw or steamed (1 – 3 minutes) broccoli.