



Farm Note ...

From the Farm:

Week #5 is upon us, and July is officially in full swing. This past week, we've welcomed the seasonal debut of some of our favorite vegetables, most notably our beloved brassicas. As for me, the delicious-yet-ephemeral garlic whistles are the star of this week's show—the loopy stems of just-about-flowering garlic plants that do a fine job at satisfying my pallet's garlic cravings that remain unrequited for another few weeks still.

Interested in helping out on the new Resource Center? Wednesdays and Saturdays are designated volunteer days devoted to the building. In other news, keep your eyes peeled both in upcoming issues of the Ester Republic and the Golden Days Parade for Calypso farmers.

A workshop on the Basics of Food Preservation through canning and freezing is being offered for CSA shareholders by Roxie Dinstel at the Cooperative Extension Demo Kitchen on University Ave. on Tuesday, July

22 from 6:30-8:30 for \$10. Low-energy food storage through fermentation is a delicious way to preserve your vegetables. CSA shareholder and Board member Marianne Stolz is offering a Preservation-through-Fermentation workshop on Tuesday, July 29 from 6:30-8:30pm at Ester Community Hall for \$10. Space is limited for both of these workshops, so call the office to reserve a spot.

Coming up just this weekend is our Annual Farm Open House! Mark your calendars! On Sunday July 20 from 12-4, we hope that you'll join us for an afternoon of activities that include natural dyeing, wheat-grinding, flower pounding and taste-testing. Our annual farm scavenger hunt, nature walks, brick-oven pizza and even a Dixie band are just a few exciting features for what promises to be a great day. Bring friends and family up to the farm. We're looking for volunteers to help us during set-up, running stations and clean-up. Please

give Christie a call at 451-0691 if you're interested.

My 10-week position at Calypso is quickly coming to an end, and this is the last Farm Note that I'll be writing. It's been such a great experience to work and live at Calypso, and to meet so many energetic and creative folks affiliated with the farm. One suggestion: if you haven't yet gotten a chance to this summer, drop by one of the Schoolyard Gardens at either Effie Kokrine Charter School or Pearl Creek Elementary to see the work being done by young folks in Fairbanks. You may be seeing them at Farmers' Markets in the future.

Cheers,
Layton



Layton running in the Midnight Sun Run as a Carrot.

Noteworthy:

Submitted by Adie Callahan

Being a shareholder of Calypso Farm means you are contributing to sustainable agriculture. Sustainable agriculture supports a broader concept referred to as spiritual capitalism.

Spiritual capitalism recognizes that the success of an organization is measured by its values, such as integrity and commitment, in addition to efficiency, productivity, and profitability. According to Colleen Hawn, of Ode Magazine

- a magazine dedicated to reporting only good news - the first commandment of this movement is, "Taking care of business means taking care of others." In the 1970s, socially responsible businesses spurred this concept when they began to focus on building decent relationships among a company, its employees, its shareholders, the environment, and the community.

Can spiritual capitalism apply to a non-profit organization?

True, the business model for non-profits does not fall neatly within today's definition of capitalism. However, in its earliest form, the father of economics, Adam Smith, theorized that in a free market, every man left free to pursue his own interest in his own way is the best way to build wealth. Furthermore, he argued that the benefits would not just accrue to the individual but would impact society as a whole.

Weather Window:

The farm experienced daily (and nightly) showers to the farm and overcast, cool weather throughout the week. The rain liberated farm staff from epic irrigation duties, and allowed us to focus more on outsmarting the quickly-propagating weeds.

Your share this week:

- ◆ Baby Carrots
- ◆ Bunching Onions
- ◆ Arrowhead Cabbage
- ◆ Garlic Whistles
- ◆ Head Lettuce
- ◆ Parsley
- ◆ Radishes
- ◆ Salad Mix
- ◆ Collards

Volunteer Activities at Calypso: working on Resource Center, compost building, and our perennial favorite - weeding

Schedule of events

July 16th, 6 to 8 pm
Explore Vegetable Varieties Workshop, Calypso Farm

July 19th, Golden Days Parade

July 20th, noon to 4 pm
Annual Open House, Calypso Farm

July 22nd, 6:30-8:30 pm
Basics of Food Preservation Workshop, Cooperative Extension Kitchen

July 29th, 6:30-8:30 pm
Fermentation Workshop, Hartung Hall

Contact Us:
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Trivia question of the week:

Second only to potato, this is the most widely grown member of the Solanaceae family. Native to western South America, it was called "pomme d'amour," or love apple, by European consumers.

Last week's answer:

Kale

Prehistoric Paints (from *Nature Smart*)

The world's first artists painted graceful animals on the walls of underground caves using paint made of animal fat, burnt wood, soil, and ground rocks. You can make paints the same way and paint your own animal mural or painting.

Suggested tools: small collection bags, a trowel, a large spoon and old pie tin, lard or vegetable shortening, small jars to store paint in, paintbrushes, and something to paint such as a large piece of shelf paper or mural paper.

How: Scoop up a trowelful of as many different colors of soil as you can find. Look along creek banks, in the woods, garden etc. Collect wood ashes from a wood stove or fire-pit. Pick out any small sticks, pebbles, leaves, etc. from each sample. Pour a handful of soil and/or ashes into a pie tin. Add a spoonful of lard or shortening and stir the mixture with a spoon. Mix until paint is smooth adding more soil if paint is too light or greasy and more fat if the paint is too dry or stiff. Store the paint in jars. When all the paints are mixed, spread out some paper and paint with stiff brushes, sticks or your fingers. This paint will last for thousands of years on the stone wall of a cool, dark undisturbed cave.

Around the table

Shafs' famous kale "ricotta" recipe
from Kristen Schafenacker, Added Value Farm,
Brooklyn NYC.

1 bunch kale
Handful of arugula
1 block tofu
1/4 cup lemon juice
2 tablespoons minced basil
2 tablespoons minced cilantro
2 **garlic whistles**, minced
1/4 cup nutritional yeast
Salt
Olive oil
Some sort of cider

Derib kale, roll up like a cigar. Chop into little strips and massage in some salt water* and a little bit of water. Set aside. Squeeze out water from tofu. Put in salad bowl and add lemon juice, basil, cilantro, whistles, and yeast. Mash until the tofu looks like ricotta. Add kale and arugula. Toss with olive oil and vinegar dressing. Enjoy!

*I'm serious...massage that puppy..sensually because it breaks down it's cell barriers and makes it easy to digest.

Greens n' Eggs

A very simple farm favorite

2 tablespoons butter or oil
Salad or any bunched greens, chopped
2 chives, chopped
1 clove **garlic**, chopped
2 eggs
Salt and pepper to taste
2-3 tablespoons milk

Lightly whisk or stir chives, eggs, milk, greens, garlic, salt and pepper together in a small bowl. Heat oil or butter in a skillet. Add the egg mixture and scramble on medium heat until eggs are thoroughly cooked and greens are wilted. Serves 1-2 people.

Simple Slaw

from *Cooking Light*

1/2 cup buttermilk
1/3 cup mayonnaise
1/2 teaspoon celery salt
1/2 teaspoon black pepper
12 cups thinly sliced green **cabbage**
1/2 cup finely chopped **green onions**

Combine first four ingredients, stirring with a whisk. Place cabbage and onions in a large bowl. Spoon buttermilk mixture over cabbage mixture; toss to coat.

Fresh Greens Pasta Pie

Adapted from *Asparagus to Zucchini*,
Madison Area Community Supported
Agriculture Coalition

6 ounces vermicelli (or other pasta)
1 cup shredded mozzarella cheese
2 tablespoons butter, softened
1/3 cup milk
1/3 cup grated Parmesan cheese
1/2 teaspoon salt
5 eggs
1/4 teaspoon freshly ground pepper
2 teaspoons cooking oil
1/8 teaspoon ground nutmeg
1 small onion, chopped
1 tablespoon fresh marjoram, chopped
2 cups chopped **fresh spinach or other greens**
1 tablespoon fresh **parsley**, chopped

Heat oven to 350 degrees. Lightly grease a large pie plate. Cook the pasta according to package directions; drain. Stir butter and Parmesan cheese into hot pasta. Beat 2 of the eggs and stir well into pasta. Spoon the mixture into pie plate. Use a spoon to shape the pasta into a pie shell. Cover with aluminum foil and bake 10 minutes. Set aside. Heat oil in small skillet, add onion and sauté until tender. Beat the remaining 3 eggs and combine with greens, mozzarella, milk, salt, pepper, nutmeg and sautéed onions. Spoon greens mixture into pasta shell. Sprinkle fresh marjoram and parsley on the top. Cover with aluminum foil. Bake 35 minutes. Uncover and bake and additional 5 minutes. Let stand for 10 minutes before slicing.