



Farm Note ...

From the Farm:

Hello, friends of Calypso! It's Friday morning, and the sun is finally showering us with its glory. We salute the higher forces for sending the rays to our sunshine neglected plants. You may have noticed slightly smaller shares and less salad mix than normal. We simply can't grow the veggies without the help of that incandescent life-giving ball of gas in the sky. Combined with night temperatures hovering in the 40's, a daily infiltration of cloud cover, and a steady cool breeze keeping the daytime farm temps in the low 60's and high 50's, we're coming to terms with the fact that this summer has been sub-prime for massive yield.

No worries though, the farmers here have plenty of work to do while we wait for things to slowly grow, including compost building, weeding, daily fieldtrips, working on the Resource Center, and tending the animals. In fact, Calypso welcomed two new members to the farm family this week. Flown in from Shady Oaks, a Shetland sheep breeding ranch outside of

Creswell, Oregon, Kjell (pronounced Shell), a ram lamb and Sabrina, a ewe lamb joined our other Shetlands Holly and Bridget, bringing our sheep herd total to four.

Shetland's are a truly amazing breed of sheep. Classified as a landrace or "unimproved" breed, they can survive with little intervention from their human friends. Also known for their hardiness, thriftiness, longevity and adaptability, these character traits make them quite suitable for our northern arctic climate. Shetland bloodlines date 1,000 years back to Scandinavia, and many of the terms still used to describe Shetland colors and patterns resemble words found in old Norse languages. Shetlands are a dual breed, meaning they can be used as meat animals and for their fleece. The sheep at Calypso are used for shearing, and are also a huge aid with weed management (they love weed salad!).

Shetlands have a wide range of natural fleece colors, and their wool is soft, durable, and warm. Holly has a beautiful white coat,

one of the most common colors and often the finest fleece. Bridget has marlite markings, she's various shades of different colors, more noticeable in her mottled face than under her thick gray coat. Kjell and Sabrina are absolutely exquisite, with moorit shades of dark reddish rusty brown, and Kjell is so impressive looking with his cool spiral horns. We're hoping to eventually breed the ram with the three ewes to produce more sheep with quality fleece in a variety of natural colors.

Feel free to come visit us here on the farm and see the new sheep and other animals. We're always ready for volunteers, so swing in when you have a moment, we would love your help with the current project of the day. Remember that Wednesdays are dedicated to finishing the Resource Center, so if you're handy with drywall or mud and tape come on up.

Be good,
Somer

Weather Window:

The farm has been under a perpetual cloud of rain and temperatures in the mid 50's. Calypso saw some sun near the end of the week, but overall the farm is soaked and cold. Big leafy green veggies have been enjoying and thriving in the refrigerator type weather.

Your share this week:

- ◆ Carrots
- ◆ Kohlrabi
- ◆ Bunching Onions
- ◆ Cauliflower
- ◆ Head Lettuce
- ◆ Broccoli
- ◆ Peas
- ◆ Kale
- ◆ Chinese Napa Cabbage
- ◆ Summer Squash

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

Noteworthy:

Submitted 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

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

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 20th, 6:00-9:00 pm
Natural Dyeing in the Garden, Calypso Farm

Contact Us:
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Trivia question of the week:

Mentioned in the Bible, this herb is one of the world's oldest seasonings. Along with easing digestion, this herb is also an aphrodisiac, and was introduced to Europe only in the 14th century, originally to flavor bread.

Last week's answer:

Dill

Having fun with flowers and herbs

Here are a few simple yet elegant ideas for using the herbs and flowers which may be growing in your garden or available in your share.

Cream Cheese with Chives

Mix one cup of cream cheese (at room temperature) with 1/2 cup of fresh minced chives (other herbs such as dill, parsley, basil or nasturtium blossoms are also good choices) until the herb is evenly distributed. If necessary, add one tablespoon of milk to thin the mixture. Spread the cheese onto crackers or bread, carrot sticks, broccoli florets, etc.

Nasturtium and Peppercorn Vinegar

You will need approximately 10 nasturtium blossoms, 20 peppercorns, and a quart of white wine vinegar. Combine all ingredients into a sterilized 1 quart bottle or jar with the vinegar level within 1/2 inch of the top. Replace lid and place in a sunny location for at least 1 week. You will know the vinegar is ready by tasting it to see if it has a nice peppery flavor. If it is ready, you can begin using it or you can decorate it to give as a gift. Strain to remove the blossoms and peppercorns and enjoy!

Mint Tea

You will need about 1 cup fresh mint leaves, 2 cups of water and sugar or honey to taste. Put the mint in the saucepan with the water and bring to a boil. Reduce the heat to low and simmer, uncovered, 5 to 10 minutes or until the water has taken on a deep greenish brown hue and tastes of mint. Strain into a teapot or cups and serve hot with sugar and honey.

Around the table

Baked Carrots in Honey Mustard Sauce

The combination of sweet carrots and honey punched up with honey and vinegar is satisfying and rich without being fatty.

Carrots

1 tablespoon butter or margarine
1/3 cup chicken or vegetable broth
1/4 cup honey
3 tablespoons grainy mustard
1 tablespoon cider vinegar
Salt and fresh pepper

Cut the carrots into sticks about 3 inches long and 1/2 inch wide.

Lightly oil or butter a baking dish that will hold the carrots in a shallow layer; preheat the oven to 375 (350 for ovenproof glass). Arrange the carrots neatly in the dish.

In a small saucepan over low heat, stir together the butter, broth, honey, mustard and vinegar until well blended. Season to taste with salt and pepper and pour this sauce evenly over the carrots.

Bake for 45 minutes, turning the carrots and basting several times, until the carrots are tender and lightly browned and liquid has evaporated. Serve hot.

Cheese and broccoli quiche

1 piecrust dough
1/4 pound goat cheese, sliced
4 eggs
1 large **onion**, chopped
2/3 cup skim milk or light cream
1 tablespoon olive oil
3-4 tablespoons skim or soy milk
3/4 pound **broccoli** florets
Sea salt and freshly ground black pepper

Roll out the piecrust dough and line a greased 9- or 10-inch loose-bottomed tart or quiche pan. Bake blind until part cooked.

Soften the onion in the oil, covered with a lid, for 5 minutes.

Steam the broccoli florets until tender but still slightly crisped, 5-6 minutes. Mix them with the onion and season with salt and pepper. Spread over the bottom of the pastry shell and intersperse with the slices of cheese.

Beat the eggs thoroughly and stir in the milk or cream plus the extra milk. Season to taste with salt and pepper. Pour the mixture over the broccoli. Bake in a preheated 400 degree oven until slightly browned and set, about 30 minutes. Serve hot or warm.

Kale Chips

from Alice Stickney

Rip a bunch of **kale** leaves into medium-sized pieces, removing center rib. Toss lightly with olive oil, or olive oil with a sprinkle of soy sauce. Roast at 375° or higher for at least 7 minutes. The higher the temperature, the less time required. Check after 7 minutes and stir the pieces. When crispy, they are done and GOOD!! Also, they store well for a few weeks after roasting, so are great to take on backpacking or float trips, although they get less crispy and more crumbly!

Asian-Style Saute

Adapted from *Asparagus to Zucchini*

2 tablespoons sesame oil
3 baby turnips, sliced thinly
3-4 cloves garlic, chopped
Freshly ground pepper
1/2 pound mixed **greens**, coarsely chopped
2 tablespoons tamari or soy sauce
1 tablespoon vinegar
2 tablespoons sesame seeds (optional)

Heat oil in wok or large skillet on medium heat. Add garlic and turnips and sauté 2 minutes. Remove garlic and turnips and set aside. Saute the greens just until wilted. Remove from heat and stir in vinegar, tamari, pepper, garlic, turnips and sesame seeds. Great as a side dish or with rice. Makes 2-4 servings.