



Farm Note ...

From the Farm:

Looking back over the last couple of months it seems like so long ago that our days were dedicated to urgently seeding, planting, and bed prepping. As we glide into the harvest season most days are spent on field irrigation, continuing our “zone weeding” program and succession seeding of vegetables. The pace of the typical farm day certainly feels more relaxed as we delight in seeing the daily growth of our crops. The evening rain showers and sunny days have been making for very happy vegetables indeed. It has been a joy to fill our bellies, and those of our shareholders with the nutritional bounty we’ve been harvesting of late and as weeks go by the harvests will only gain in variety and size.

We immensely enjoyed participating in the annual Ester Fourth of July parade picnic. While Romulus, Remus, (baby goats) Holly and Brigit (our sheep) walked in the parade and Dot’s star performance pulling

the cart and Edge was a definite highlight of the week.

Though our tempo has relaxed some, we at Calypso are never ones to stray from dedicating ourselves to the completion of a project! That said July has been deemed “Resource Center” month and our plan is moving ahead with the final stages of development for this new addition to the farm. The Resource Center will be an invaluable space for both the community and the farmers. It will facilitate the operations of the year round staff at Calypso as well as providing an improved office space.

Up until now Calypso’s many books on all aspects of organic farming, gardening and raising livestock have been scattered between buildings on the farm. Upon the completion of the Resource Center we will be able to consolidate all of these books into a library available for public use. The Center will also serve as a meeting place for, board

meetings, staff meetings, and some workshops and educational outreach.

We are so incredibly grateful to those volunteers who have already come and donated their time and efforts into this project. Volunteers are welcome anytime of the week but Wednesdays and Saturdays are our focused Resource Center volunteer times. For more information call 451-0691.

Best Wishes.

Kyla



After many years of volunteering at Calypso, Kyla McGroarty is now a Farm Apprentice. Kyla was born and raised in Fairbanks and is attending UAF majoring in Spanish and Anthropology.

Noteworthy:

Submitted by Alice Stickney

From *In Defense of Food* by Michael Pollan

To shop at a farmers’ market or sign up with a CSA is to join a short food chain and that has several implications for your health. Local produce is typically picked ripe and is fresher than supermarket produce, and for those reasons it should be tastier and more nutritious.

“Eating is an agricultural act,” Wendell Berry famously said, by which he meant that we are not just passive consumers of food but co-creators of the systems that feed us. Depending on how we spend them, our food dollars can either go to support a food industry devoted to quantity and convenience and “value” or they can nourish a food chain organized around *values*—values

like quality and health. Yes, shopping this way takes more money and effort, but as soon as you begin to treat that expenditure not just as shopping, but also as a kind of vote—a vote for health in the largest sense—food no longer seem like the smartest place to economize.

Weather Window:

While the week started with quite a few showers and gave the soil a good soak, the temperatures soared toward the end of the week making for more irrigation efforts in the field.

Your share this week:

- ◆ Kale
- ◆ Head Lettuce
- ◆ Radishes
- ◆ Bunching Onions
- ◆ Salad Mix
- ◆ Pak Choi
- ◆ Kohlrabi
- ◆ Cilantro
- ◆ Broccoli

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

Schedule of events

July 8th, 6 pm
Core Group Meeting,
Gulliver’s Back Room

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

August 6th, 6 to 8 pm
Explore Cut Flowers
Workshop, Calypso Farm

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Kids Corner

Trivia question of the week:

This hardy member of the cabbage family can withstand temperatures as cold as 5 degrees Fahrenheit, but is not a fan of warmer temperatures. It was originally cultivated in the Mediterranean region and became a staple food among peasants during the Middle Ages.

Last week's answer:

Onion

Water and your garden (Adapted from *The NGA Guide to Kid's Gardening*)

Under normal conditions, plants require about one inch of water or rain per week. It's better to water deeply and not too often. When you water a little every day, the roots don't have to grow very far to reach moisture so they aren't encouraged to grow deeply. When you water the roots thoroughly but only once a week or so, they're encouraged to seek water deep in the soil and grow big and strong. Plants with strong root systems are better able to search for minerals, food and moisture.

PROJECT: THE RAIN GAUGE

You can track how much rain you receive with this useful tool. It can also be used to tell if the garden needs watering. You will need a tin can, a ruler and a crayon.

What to do:

- 1) With a ruler, measure and mark half-inch increments up from the bottom inside the can.
- 2) Put the can outside (in your garden if you have one) and check it regularly. If within a week rain doesn't add up to the 1 inch mark, then your garden needs watering. Dump out the water to record next week's rainfall.

Hint: Check your observations with Calypso's weather window. Did Calypso receive enough rain or did they have to water? Does that match your observations?

Around the table

Sesame Broccoli with Walnuts from *Weight Watchers*

cooking spray
2 teaspoons sesame oil
2 cups **broccoli** florets
1 1/2 tablespoons chopped walnuts

Coat large skillet or wok with cooking spray. Pour in oil and heat over medium-high heat.

Stir-fry broccoli until crisp-tender, about 2 to 3 minutes; add walnuts and stir-fry 1 minute more.

Wilted Spring Salad

1/2 pound **mixed salad greens**
1 clove garlic
1 bunch chives, chopped
1 tablespoon red wine vinegar
1 bunch **radishes**, sliced thinly
4 tablespoons olive oil
Freshly milled salt and pepper
4 ounces crumbled feta (optional)

In a large bowl, toss together everything except the oil. Add several pinches of salt. Heat the oil until it is almost smoking – then pour it over the salad and toss until the greens are bright and soft – taste and correct the amount of vinegar then add salt and pepper to taste. Serve with fresh croutons!

Stir Fry with Pak Choi and other veggies (serves 4) from vegbox-recipes.co.uk/recipes

The vegetables below are just suggestions. You can vary this recipe to include most vegetables. Just chop them into pieces that will cook quickly.

1 tablespoon sesame oil (or olive oil)
1/2 **pak choi** or 1/4 green/white cabbage, shredded
1 carrot, shredded
1 onion, finely sliced
spinach leaves or **kale**, shredded
1/2 cauliflower, cut into bite-size pieces
1/2 **kohlrabi**, cut into thin sticks

Sauce

1 tablespoon sweet chili sauce
1 tablespoon peanut butter
1 tablespoon soy sauce or tamari
A little extra water, if the peanut butter is thick

Mix together the sauce ingredients.

Heat the sesame (olive) oil in the wok.

Cook the onion, pak choi stems, cauliflower and kohlrabi sticks. Cover the wok and cook for 2-3 minutes, until the kohlrabi is softening.

Add the pak choi leaves, the spinach/kale and the carrot. Stir regularly. Cover and cook for a further 3 minutes.

When the kohlrabi and cauliflower are cooked (these are the slowest), mix in the sauce. Cook for another 2 minutes, until all vegetables are tender.

Serve immediately with noodles or rice.

Marinated Radish Salad

8 large bunches **radishes** (sliced, diced, or julienned)
8 **green onions** (can substitute chopped chives about 1 cup)
1/4 cup fresh dill (chopped; or 1 tablespoon dill seed)

Combine.

1/2 cup olive oil
1/4 cup lemon juice
1 teaspoon sugar
1 teaspoon mustard
1/2 teaspoon salt
Pepper to taste

Stir together, pour over radish mixture and toss lightly. Cover and chill at least 2 hours but no more than 4. Remove 30 minutes before serving. Stir. Sprinkle top with shredded cheese (recommend Swiss) and serve.