



Farm Note ...

From the Farm:

Greetings shareholders. A rhythm has begun here on the farm, as the days continue to mosey through late June into early July. The bi-weekly harvests and drops are surely our most favored moments of sunlight hours. There's something wonderful in gathering the yield and knowing that together we all had a hand in cultivating the goods. Bringing the return to the shareholders is particularly enjoyable, not only because we finally get to relax a bit after a long day in the field, but also we love to see the smiles that the fresh veggies beget. We're happy to report that the Farm Stand at the Downtown drop has been a sweet success, as we have consistently sold out of everything extra by the end of the evening.

The beat of the day to day work in the fields is steady and up tempo. Just as Layton explained last week, the weeding "zones" have been our main focus. The Farm is divided into 6 sectors. We rotate through them

methodically, dedicating a day to each area. The list of weeds to eradicate is short and to the point: dandelions, chickweed, lambs quarter, strangle weed, grass and poppies. Many of the larger weeds need hand pulling, but we also utilize several tools to stamp out the uninvited intruders. Enter stage left the scuffle hoe, the categorical elite of all farm tools used in the destruction of stubborn leafy pests. The scuffle is to the farmer as the sword is to the knight. We are officially the scuffle masters, and the weeds aren't standing a growing chance. The collected refuse then gets evenly distributed as sustenance for the goats and the chickens, and organic matter for the compost piles.

Pasturing the animals has also been indispensable for weed control. The chicken tractor has been in full swing for the last two months, and depending on their appetites, the goats can clear cut a 400 sq. ft. area in half a day. With a movable electric fence,

the small herd can go anywhere outside of the field where the overgrowth needs managing. It's great farm quid pro quo- the goats getting salad buffet, and the farmers having one less region to converge their efforts upon.

Calypso Farm is so grateful for the abundance of community and volunteer support. Thank you to everyone who has volunteered time to help our organization succeed. Right now, Interior Aids Association is seeking a person to help with picking up extra produce from the Ester CSA drop at 6:30 pm on Thursday nights and delivering it to their offices in downtown Fairbanks on Friday mornings. If you can help, please call the Calypso at 451-0691.

Best regards,

Somer



Noteworthy:

By Layton Guenther

To certify or not to certify?

Calypso grows vegetables using methods that exceed the minimum standards asked of USDA Certified Organic farms, yet you may have noticed that we ourselves are not certified. Some may ask, if you're growing chemical-free produce, why not go through with USDA certification?

The certification process, for one, costs quite a bit of money.

As the USDA does not have a certifier in the state of Alaska, the applicant would need to fly an agent up to the operation. The newly-certified farm then pays up to keep its certification: a portion of its annual revenue goes straight to the USDA. Recertification is required every few years.

Most certified farms choose to do so for the sake of tapping into a wholesale market— . Because

Calypso is a direct-marketing farm that needs no middle person, and because we have such a close relationship to the people that are eating our food, the imperative to certify isn't there. Our growing practices are part-and-parcel of how we choose to interact with our land in a healthful partnership—no government certification needed.

Weather Window:

On Tuesday the fields and the farmers were refreshed by an unrestrained torrential down-pour, a real thirst-quencher for our abundantly verdant terraces and toe beds. If there's magic in this world, it is in water. The rest of the week has seen nothing but hot sun, cloudless skies, and highs in the upper 70's. Optimal weather for ripening the crop.

Your share this week:

- ◆ Parsley
- ◆ Bunched mustard greens
- ◆ Napa cabbage
- ◆ Pak choi
- ◆ Salad mix
- ◆ Bunching onions

Volunteer Activities at Calypso: Compost Building, Weeding, Recipe Collecting.

Schedule of events

July 2nd, 6 to 8 pm
Wool Basics Workshop,
Calypso Farm

July 4th, Ester Parade

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

Contact Us:
Phone - (907) 451-0691
Email - info@calypsofarm.org

PO Box 106
Ester, AK 99725



Trivia question of the week:

What plant was placed in tombs for use in the afterworld, the remains of which were found in the tomb of the Egyptian king Tutankhamen? It is also believed that this vegetable can aid in the prediction of the weather...

Last week's answer:

Potato

Basket Cooking (Adapted from *Extending the Table*)

Here is a great idea for older kids and parents. Basket cooking is a non-electric, ecologically sound slow cooking method. You can make your basket using many different types of materials. Traditional cultures use baskets lined with hay or wild cotton. You can make your "basket" with a large box with a lid, two old cotton pillowcases, and some Styrofoam peanuts used for packing. Loosely fill one pillowcase with the Styrofoam peanuts and place in the bottom of the box. Loosely fill the second pillowcase with peanuts and secure closed with a few safety pins. This will be used to cover a hot pot of food to keep it cooking without additional energy.

Basket cooking works great for foods such as rice, grains, legumes, potatoes and stewed meats. First you must bring your food to a boil in a short-handled pot with a tight-fitting lid on a traditional stove. Then transfer the boiling pot into the basket or box nesting it snugly between the filled pillowcases. The food will require approximately twice the cooking time, but will not use any more energy. Certain foods like beans which have a long cooking time may need to be brought to a boil a second time and returned to the basket.

Basket cooking recycles materials, saves precious resources and keeps your house cooler in the hot summer temperatures. Try it!

Around the table

Napa cabbage salad with peanuts and ginger
from *Everyday Food*

2 tablespoons rice wine vinegar
1 tablespoon Dijon mustard
1 piece fresh ginger (1-inch long), peeled and grated
3 tablespoons vegetable oil
1 teaspoon toasted sesame oil
coarse salt and pepper
1/2 medium **napa cabbage**, cored and cut into bit-size pieces
1 red bell pepper, thinly sliced
1/4 cup chopped fresh cilantro
1/4 cup chopped roasted peanuts

In small bowl, whisk together vinegar, mustard, ginger and oils until smooth. Season with salt and pepper.

In large bowl combine cabbage, bell pepper, cilantro and peanuts. Add dressing to taste and toss to combine.



A Note About Salad Mix and Bunched Spring Greens...

The salad mix and bunched spring greens you'll receive throughout the season will contain up to 12 different types of greens and mild herbs on any given week, including: arugula, mizuna, tat soi, beet greens, swiss chard, cress, baby pak choi, baby kale, mustard... and many more. They can be eaten raw or cooked lightly, depending on your menu and preference. The greens will stay fresh for the week if stored in the cellophane bag, in the refrigerator. You may reuse the cellophane bag by bringing it with you to subsequent pick-ups or you can recycle the bags by composting it yourself or leaving it with us to compost.

Mixed Greens with Cumin and Paprika

Adapted from *Vegetarian Cooking for Everyone*

1/2 pound or 2 bunches **mixed greens**, chopped
3 tablespoons olive oil
Salt
2 teaspoons paprika
4 large garlic cloves, chopped
2 teaspoons ground cumin
1/4 cup fresh **parsley**, chopped

Place greens in a large pot with a 1/4 cup of water. Cover and steam just until wilted; drain. Warm the oil with the paprika and cumin in a skillet over medium heat until they release their fragrances. Don't let them burn. Stir in the garlic and parsley. Then add greens and cook until any moisture has evaporated. Taste for salt and serve. Makes 3-4 servings.

Vinaigrette

2 tablespoons red wine vinegar
2 teaspoon Dijon mustard
8 tablespoon olive oil
1 clove garlic, mashed

Combine ingredients in a small bowl and whisk with a fork until blended.