



Farm Note ...

From the Farm:

THANK YOU! for participating in the CSA this season. This has certainly been the most challenging growing season that Calypso has experienced – from the greenhouse problems, to the very late spring to the weeks of cold weather through the summer. However, we have also grown some of the sweetest and best tasting vegetables.

You are such an integral part of the survival of this farm. Thank you for your dedication, your friendship and your commitment to seeing sustainable agriculture thrive in Fairbanks. As always, we've enjoyed feeding you and look forward to seeing you next season.

Here's to a warm (with just the right amount of rain) 2009 growing season!

Susan, Christie, Edge and Tom



Weather Window:

Temperatures maintaining in the low to mid 50's during the day with mostly overcast skies this week. Night's have been getting cooler, but we've been avoiding frost with the temp hovering around low 40's.

Your share this week:

- ◆ Carrots
- ◆ Garlic
- ◆ Turnips
- ◆ Celeriac
- ◆ Potatoes
- ◆ Cabbage
- ◆ Leeks
- ◆ Kale
- ◆ Rutabaga
- ◆ Brussels sprouts
- ◆ Head lettuce
- ◆ Zucchini
- ◆ Onion
- ◆ Parsley

Volunteer Activities at Calypso:

We need volunteers for our Auction on September 27th - call Christie.

Noteworthy:

by Alice Stickney

The Buzz about Beets

This summer the electronic NY Times, or specifically the Well blog (<http://well.blogs.nytimes.com>) has been buzzing about Beets. First, they ranked #1 in the blog [The 11 best foods you aren't eating](#). Then Tara Parker-Pope interviewed Dr. Irwin Goldwin of U. of Wisconsin about why beets are so good for you (see podcast on the blog site). It turns out that beets

are considered the "NEW" SPINACH. They are high in B vitamins, especially folate, manganese and potassium, as well as containing a special class of compounds (betalins) that are not only natural antioxidants, but are potentially anti-cancer agents. This vegetable is so valuable because not only is the root full of goodies, but the greens contain a load of nutrients as

well, including beta-carotene, vitamin C, iron and calcium (Martha R. Shulman, 4 Aug 2008, NYTimes.com). Shulman also includes an easy way to roast beets, which is a super-delicious way to eat them. If high end restaurants are featuring beets, so can you—and enjoy the health benefits as well.

Schedule of events

September 17th, 6:00-8:00 pm Baking in a Wood-fired Oven Workshop, Calypso Farm

September 27th, 8th Annual Benefit Dinner and Auction, Pike's Waterfront Lodge

October 7th, 6 pm CSA Core Group Meeting Gulliver's Back Room

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Kids Corner

Apple Monsters

From *Nature Crafts for Kids*

You can star in a fun puppet show with some homemade apple puppets.

What you'll need:

a large apple, a pairing knife, a wooden popsicle stick, two cloves, a few grains of uncooked rice, a sock, scissors and white glue.

What to do:

Carefully peel the skin off the apple leaving a small circle of skin at the stem end. Push a craft stick into the bottom. Carve a dent for each eye, and a nose. Carve a slit for the mouth. Push a clove into each eye socket. Push grains of rice into the area on top of and below the mouth slit for teeth. Set the apple in a warm, dry place for a couple of weeks. As the apple dries, you can squeeze it and mold it into a face that you like. The apple will get harder and smaller as it dries. When the apple is dry, make a body for it, using a sock. Cut a small hole in the toe for the craft stick to go through, and a hole on either side of the toe for your fingers to stick out and be the puppet's arms. You can hold onto the craft stick with three fingers and stick three fingers and stick the other two out of the holes.

Trivia question of the week:

Sharpen your trivia knowledge over the winter and we will see you next season.

Last week's answer:

Amaranth

Around the table

Mashed Roots

From Adie Callahan

2 pounds **carrots**, parsnips, white **turnips**, and/or **rutabaga**
1 pound **potatoes**
Salt
Butter
Milk
Nutmeg
Pepper (optional)

Peel vegetables and cut into small chunks. Combine all vegetables in a sauce pan and add enough water to cover. Heat to boiling. Reduce heat to low and simmer 15 minutes or until vegetables are tender. Drain.

Mash and add butter, salt, milk and nutmeg to taste.

Roasted Garlic Dressing

Given to Alice Stickney by Marianne Stolz

10-12 cloves unpeeled **garlic**
1 cup olive oil
1/3 cup balsamic vinegar
1/2 cup water
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon dijon mustard

Roast garlic in unoiled skillet for 10-15 minutes on stove. Press with spoon to see if moisture escapes, then remove from heat and let cool and peel. Puree the garlic with the rest of the ingredients. Will keep for several weeks.

Cream of Celeriac and Leek Soup

From *The Victory Garden cookbook*

3 **leeks**
1 1/2 pound whole **celeriac**
1 large **potato**
3 tablespoons butter
4-5 cups vegetable broth
1 cup light cream
Salt and pepper

Wash and slice leeks, approximately 2 cups. Peel and chop celeriac into 1/2-inch cubes, dropping into acidulated water. Peel and coarsely chop the potato and add to celeriac. Melt butter and cook leeks until wilted. Sitr in drained celeriac and potato, then add 4 cups broth. Bring to boil, reduce heat, cover and simmer for 20-25 minutes. Pass through sieve or puree. If very thick, thin with light cream and additional broth. Season with salt and pepper.

Brussels Sprout Halves in Butter

From *The Victory Garden cookbook*

1 pound **Brussels sprouts**
4-6 tablespoons butter
Juice of 1/2 lemon
Salt and pepper

Trim and wash sprouts; steam until barely tender. Halve each sprout lengthwise. Melt butter in saute pan, toss in sprouts, and cook until heated through. Add lemon juice, salt and pepper to taste.

Potato-Cabbage Casserole with Dill

This hearty and filling dish is wonderful for a brunch. It can be prepared ahead time and reheated in the oven just before serving. Try it with Fish Timbales and a green leafy salad.

1 large **onion**
1 tablespoon unrefined sesame oil
1 small **cabbage** (about 1 1/2 to 2 pounds)
1 tablespoon vegetable seasoning salt or 1/2 teaspoon sea salt
3 pounds **potatoes**
1/2 cup chopped dill, plus additional fresh dill for garnish
1/4 teaspoon white pepper
1/2 cup water

Preheat the oven to 350 degrees F. Chop the onion into large chunks. In a heavy 6 quart stovetop-to-oven casserole, heat the oil, then add the onion and saute over medium-low heat until transparent, about 4-6 minutes. While the onion is cooking, quarter the cabbage, cut out the core, cut each quarter in half again lengthwise, then across into 1 inch slices. Add the cabbage to saute while you prepare the potatoes. Peel, wash and cube potatoes. Add them to the casserole along with the dill, pepper, and water. cover and bake for 1 hour. Serve immediately, garnished with fresh dill.