



# Farm Note ...

## From the Farm:

Greetings! Calypso Farm's growing season is coming to a close, and this week will be your second to last share, with the final vegetable drop the week of September 15<sup>th</sup>. Expect two bountiful shares, as we will be harvesting the majority of what's left finishing out the season's yield.

These last few weeks the farmhands have been diligently preparing a half-acre site for the future and much anticipated seed garden. The seed garden has been a multi year project, and we are gaining progress now with felling trees and clearing brush. Eventually, a significant portion of the area will be fenced, terraced, and planted with a cover crop. Soon we will begin saving seeds, breeding heirloom variety seeds, and ultimately producing Calypso variety seeds for some specific types of vegetables. The advantage being to breed a heartier variety of seed that will be more suited to

Alaska's growing season and climate.

Calypso is also making preparations for a significant area destined to be a series of rotational grazing pastures, a 3 to 5 acre site where the woods are being selectively thinned and will in time be under sown with a diversified forage crop for the goat and sheep herds. Along with keeping the tree habitat, the introduced crop will consist of managed perennial grasses and clovers. The goal is to augment the animals food potential without introducing any invasive species into the area.

The farm has gained support for the projects from the USDA and the NRCS (Natural Resources Conservation Service), a program that provides partnership efforts to help America's private land owners and managers conserve their soil, water, and other natural resources. The NRCS will be helping to fund the fence for the

seed garden, and the USDA will be providing some seed for the area.

For this year, the goal is to finish the corridor fencing, the contained pathway that will lead from the goat yard and barn and into the enclosed pastures. For the seed garden, we are focusing on getting the land cleared and ready to be de-stumped and terraced. Just two projects that are among the many things happening here on the farm this September.

We sincerely hope to see everyone at our Annual Benefit Dinner and Auction on September 27<sup>th</sup> at Pike's Waterfront Lodge and are looking for volunteers interested in taking on one of many different auction duties for the weekend. So give us a call if you may be available, as the event is always made successful by the helping hands and coming together of our community!

Cheers,  
Somers

## Weather Window:

Temperatures maintaining in the upper 50's to low 60's during the day with mostly sunny 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
- ◆ Bulbing Fennel
- ◆ Turnips
- ◆ Celery
- ◆ Herb Choice
- ◆ Kohlrabi
- ◆ Peas
- ◆ Cabbage or Cauliflower
- ◆ Radishes

## Volunteer Activities at Calypso:

We need volunteers for our Auction on September 27<sup>th</sup>. We are still building compost piles, working on the Resource Center and our favorite - weeding

## Noteworthy:

Adopted from *Ode Magazine* article "Burn bright, don't burn out" by Leonard Felder

Want to make a positive change in the world but feeling burned out just thinking about it? Think of yourself like a hybrid car battery; you know, recharging the energy supply without consuming fuel. Change-makers need to learn how to conserve and recharge energy, moment to moment and day after day. Try these steps to avoid becoming a burnout statistic.

Breathe. Forgetting to breathe during stressful moments deprives your brain of the oxygen it needs.

Keep a sense of humor, remember your purpose, and stay mindful. With these concepts in mind, you will gain strength and endurance.

Find the lesson. Instead of viewing a setback as an indication of failure, find the

wisdom to be gained from the situation. Think of it as a new piece of information and apply it to your future vision.

Know your allies. These aren't just the people who agree with you. Seeking diverse opinions actually allows for more creative ideas to arise. And don't be afraid to ask for help.

## Schedule of events

September 14th, 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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## Trivia question of the week:

The Aztecs used to grow this flaming red plant in mass quantities until it was forbidden by a Spanish Conquistador, the consequences of growing it punishable by death. These extreme measures put an end to the cultivation of it for centuries, but the plant has recently made a comeback because its rich and nutrients and particular resistance to drought.

Last week's answer:

Sorrel

## Leaf Stained Glass

From *Nature Crafts for Kids*

Bring some of the beautiful fall colors inside and you can have hanging leaves in your stained glass even after the trees are bare.

What you'll need: waxed paper, pressed leaves, scissors, an iron and old newspapers.

(The easiest way to press leaves is to sandwich them between paper towels and stack a heavy book on top. Wait several days and they will be dry and flat.)

Tear off two pieces of waxed paper a little larger than you want your finished stained glass to be. Lay one piece of waxed paper on top of several on top of several sections of old newspaper. Arrange the leaves on the waxed paper. Put the second piece of waxed paper on top of the leaves. With the iron set on low, gently press the waxed paper sandwich. You will see the pieces of paper joining together. Keep moving the iron in circles until the whole top piece of paper is fused to the leaves and to the bottom paper. Trim the edges of the waxed paper to make them straight. Hang your stained glass in a window using cellophane tape.

## Around the table

### Roasted Roots with Honey

This recipe will work with any and all root vegetables - you have rutabaga, turnips, beets, carrots, parsnips and potatoes.

3 pounds **root vegetables**

2 onions  
5 cloves of garlic  
1/3 cup butter or olive oil  
Honey (optional)  
Salt and pepper

Preheat oven to 450° F. Chop roots into ~3/4 inch pieces. Place mixed root pieces in 9x13 baking dish. Add sliced onions and coarsely chopped garlic. Drizzle butter or oil over roots and toss until all are lightly covered. Drizzle with a bit of honey, sprinkle with salt and pepper. Roast in oven until roots are tender when pierced with a fork. Stir roots every 15 minutes - may take up to an hour.

### Carrot Salad

From *The New Laurel's Kitchen cookbook*

3 cups grated carrots  
1/2 cup raisins or currants  
1/2 cup orange juice  
1 tablespoon lemon juice  
1 teaspoon each: zest of orange and lemon  
1/4 cup chopped nuts, toasted; optional

Mix well. Top with nuts, if wanted.

### Turnip and Pea Potage

Adapted from *Asparagus to Zucchini*

2-3 turnips, diced  
1 cup chopped onion  
1 bunch green onions  
3 cups of vegetable or meat stock  
2 cups milk  
2 tablespoons butter, melted  
2 cups fresh peas, chopped  
Salt and pepper to taste

Boil turnips in water until tender. Drain. Combine with onion and stock in a soup pot. Add milk, butter, peas and stir. Season with salt and pepper to taste. Heat and serve. Garnish with green onions. Makes 4 servings.

### Kohlrabi Pickle Chips

From *The Victory Garden cookbook*

1 1/2 - 2 pounds small kohlrabi, trimmed  
3 small onions  
1/4 cup pickling salt  
2 cups vinegar  
2/3 cup sugar  
1 tablespoon mustard seeds  
1 teaspoon celery seeds  
1/4 teaspoon turmeric

Peel and thinly slice kohlrabi and onions. Mix salt with 1 quart ice water, pour over vegetables, and soak for 3 hours. Drain, rinse and place in bowl. Bring remaining ingredients to a boil, cook for 3 minutes, and pour over the vegetables. Cool, cover and refrigerate for 3 days.

### Fennel with Parmesan Cheese

From *The Victory Garden cookbook*

2 pounds fennel bulbs  
1/2 cup freshly grated Parmesan cheese  
3 tablespoons butter  
Salt and pepper

Wash and trim fennel and blanch or steam until tender but firm, 8-15 minutes. Cool to touch and quarter. Arrange cut side up in a buttered baking dish. Cover with grated cheese and dabs of butter; season with salt and pepper. Bake in 400 degree F oven for 20-25 minutes or until cheese is golden brown.

### Hot Cabbage Slaw

Adapted from *Asparagus to Zucchini*

2 bacon strips, chopped or 1 tablespoon vegetable oil  
1 cup chopped celery  
1/4 cup chopped onions  
Pinch of sugar  
5 cups shredded cabbage  
1 tablespoon vinegar  
Salt and pepper to taste

Fry bacon in skillet, remove and drain on paper towel (Alternatively, heat oil.) Add onion and sauté until soft, about 5 minutes. Add 2 tablespoons water, the cabbage, celery, sugar, salt and pepper; cover and simmer until wilted by still crunchy. Add bacon and vinegar and toss. Makes 3-4 servings.