



Farm Note ...

Your share this week:

- Salad Mix
- Kale
- Turnip Greens
- Bunching Onions
- Napa Cabbage
- Radishes
- Lettuce
- Lovage or Sorrel
- Optional: Rhubarb

WEATHER WINDOW
THURSDAY - TUESDAY

Last week's weather was mostly warm, with a few scorchers, which were off-set by a few cloudy, sprinkly days & a much-appreciated all night drizzle. The MOSQUITOS WERE MERCILESS.

THIS WEEK'S VOCAB FROM THE

FARM MIXTIONARY:

(Dictionary of mixed words, phrases & sayings*)

LURT:

LUNCH DESSERT; * DELICIOUS CREATIONS OFFERED POST-MID-AFTERNOON MEAL, OFTEN EVERY-DIET-FRIENDLY & USUALLY BROUGHT TO THE FARM BY ANNE, JUDE OR ABBIE.
* MAY ALSO APPLY TO ANY SWEET OR BREAK FOR SNACKS. SEE ADDIE & ELSA FOR THE WORLD'S BEST-EVER CHOCOLATE CHIP COOKIE RECIPE.



LAMPEDE:

STAMPEDE of the LAMB VARIETY; OFTEN OCCURRING BETWEEN PASTURE SWITCHINGS, WHEN A "SHEEP PARADE" HAS BYPASSED THE INTENDED ROUTE & ITS WRANGLERS. THE SCRAMBLED AFTERMATH IS, IN SOME PARTS, REFERRED TO AS "HERDING BUTTERFLIES," SINCE LAMBS IN PARTICULAR TEND TO SPLIT IN ALL DIRECTIONS WHEN CHASED.



T-PUNCH

A VERY SOPHISTICATED TOOL KNOWN TO THE EXPERIENCED DRIP-IRRIGATION SETTER; THE T-PUNCH IS USED TO POKE HOLES IN POLYTUBING IN ORDER TO INSERT THE T-TAPE FITTINGS. IT IS ALSO KNOWN IN SPORTS CIRCLES AS A GOLF TEE.



*NOTE: MIXTIONARY ENTRIES ARE NOT NECESSARILY IN ALPHABETICAL ORDER, AS THEY TEND TO BE RECORDED AS THEY OCCUR. THEY ALSO DO NOT FOLLOW THE RULES OF GRAMMER & STANDARD SPELLINGS.

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Trivia question of the week:

This herb is said to have tonic, antispasmodic, antiseptic, diuretic and cleansing properties. It is believed to be effective against sore throats and mouth cankers, to stimulate the appetite and to relieve flatulence. It goes well with dairy products and fatty fish and is sometimes added to wines, beers, teas and vinegars.

Last week's answer: Chives

Pasta with Kale and Beans

From *Serving Up the Harvest* by Andrea Chesman

3 tablespoons extra virgin olive oil
4 large garlic cloves, minced
1/4 teaspoon crushed red pepper flakes (optional)
1 can (15 ounces) white kidney or great northern beans
1 pound **kale**, stems discarded and leaves shredded
1/2 cup vegetable or chicken broth
1 pound bowties, penne, or other short pasta
1 1/2 cups parmesan cheese
salt and pepper

Begin heating a large pot of salted water for the pasta.

Heat the oil over medium-low heat in a large saucepan. Sauté the garlic and hot pepper flakes, if using, in the oil until the garlic is fragrant, about 3 minutes. Stir in the beans, kale and broth. Cover and simmer until the kale is partially wilted and almost tender, 5 to 8 minutes.

When the water boils, cook the pasta until al dente. Reserve 1 cup of the pasta cooking water and drain the pasta. Return the pasta to the pot, add the kale mixture, and toss well. Add as much of the reserved water as needed to moisten the pasta. Add 1 cup of the parmesan, season with salt and pepper, and toss well.

Serve immediately, passing more parmesan at the table.

Noteworthy

In his book *In Defense of Food*, Michael Pollan notes that the diet of the animals we eat affects the nutritional quality and health of that food, whether it is meat, milk or eggs. Consider the dairy cow, an animal that evolved to eat grass using microbial digestion. In our industrial agricultural system, cows have been confined to large barns and fed grains. These foods make cows sick, so they are treated with antibiotics. Or they are given growth hormones to increase milk production. Cows raised on pastures will give milk higher in Omega 3s and CLAs (beneficial fats), as well as some vitamins. They also live more than twice as long as confined cows do. Unfortunately, conventional dairies never have to let their cows out; and current organic standards only stipulate that cows are given access to pasture, but not for how long. Luckily, there is a great website that rates a large variety of regional and nationwide dairies on their practices. If you want to see how your milk or cheese stacks up, check out: <http://cornucopia.org/dairysurvey/index.html>

- Alice Stickney, Calypso Farm shareholder

Around the table

Sorrel Soup

from *Mariquita Farm*

One bunch **sorrel**
Onion or leek
Vegetable or Chicken Stock
Salt and pepper to taste
Milk, crème fraîche or half & half (optional)

Chop the stems and leaves from one bunch of sorrel. Melt some butter and sweat some chopped onion or leek, then add the stems and leaves of the sorrel. Add a few cups of stock (vegetable or chicken) with a bit of salt and pepper to taste. To get fancier: you can add milk or crème fraîche or half and half and puree this soup... It can be eaten hot or chilled.

Greens Tacos

From *Mariquita Farm*

Please note the amounts given are approximate. You could use more or less of any one of these ingredients. Serves 2-3

3/4 pounds **greens**, sliced into 1 inch pieces (for example, arugula and radish greens)
2 teaspoons cooking oil
2 green **onions**, chopped
Pinch red pepper flakes or cayenne
2 tablespoons cream cheese
4-6 small corn tortillas or 2-3 larger flour ones

Heat the oil and add the garlic, having the greens ready to go, and cook onion for about 30 seconds. Then add greens and cook until bright green and wilted, add red pepper (and salt and black pepper if you like). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

Lovage and Spring Greens Salad

1 tablespoon red wine vinegar
2 cups **salad mix**
1 teaspoon honey
1/4 cup chopped chives
2 tablespoons raisins or other dried fruit
1/4 cup chopped **lovage**
2 tablespoons olive oil
Salt and pepper to taste

Heat vinegar and honey slowly until hot; add dried fruit. Cool. Whisk in the olive oil. Toss dressing with the greens and herbs; sprinkle with salt and pepper.

Steamed Radishes with Lemon Dill Butter

from *Maple Creek Farm cookbook*

1 pound **radishes**, trimmed and sliced
2 tablespoons unsalted butter
2 teaspoons fresh lemon juice
4 teaspoons finely chopped dill
Salt and pepper

Steam the radishes, covered for 5 minutes or until tender. In a large skillet, melt the butter. Add the radishes, lemon juice, dill, salt and pepper to the butter. Mix well stirring until radishes are heated through.

Radish Canape

from *Maple Creek Farm cookbook*

1/2 cup minced radish
1 tablespoon minced green onion
3 tablespoons cream cheese
3 tablespoons sour cream
1 table spoon honey
Salt and pepper to taste

Blend all ingredients in food processor. Once desired consistency (smooth) is reached, spread on thin toast.