



# Farm Note ...

## From the Farm:

Over this last weekend in June I spent a bit of time in town with projects and the Monday Veggie Drop. Everyone I saw was talking about the rain with various levels of excitement. For Calypso it was all joy over the last week with storms on Tuesday, Wednesday and Sunday putting down the first substantial rain since most of our crops sprung. As you may or may not know we capture all of our runoff rainwater into catchment ponds on the lower side of the farm and pump that water up to tanks at the top of the fields for irrigation. The result is that storms like these not only let us tend to other tasks besides the labor intensive irrigation, but also provide the much needed water for the coming weeks.

We are very much tied to the weather here. We enter the fields in the morning and at the end of the day move back to our dwellings usually leaving only the screens in our doorways closed. We're listening to the larger forces as we only ask to tend the land for a short time.

- Spencer



Tom building a compost pile



Our new bean cages



The beginnings of our new hay barn

### Weather Window:

This week brought rain storms and mild humid days giving the fields and our skins a good drink.

### Your share this week:

- ◆ Bunching onions
- ◆ Lettuce
- ◆ Salad mix
- ◆ Kohlrabi
- ◆ Arugula
- ◆ Turnip/Rutabaga greens (thinning)
- ◆ Chard/Collard greens

### Volunteer Activities at Calypso:

We are diligently weeding our garden beds. If you like to get your hands dirty, come out and fight the weeding battle with us.

### Schedule of events

July 4th Ester Parade

July 19th Annual Open House at the Farm, noon to 4 pm

July 25th Golden Days Parade

July 29th Preserving Your Harvest Through Fermentation workshop

August 22nd Raising & Butchering Meat Birds workshop

September 19th 9th Annual Benefit Dinner and Auction, Pike's Waterfront Lodge

## Noteworthy:

We're members of this CSA; we care about local, organic foods. But Calypso can't provide for all of our needs, so we still need to go to the supermarket. There are so many products that now tout their organic credentials and have earthy logos, but how do we know where these items come from? Small companies that care about their product, their people, and the earth; or from an

industrial giant that has realized that "organic" is increasingly mainstream? Great research by Dr. Phil Howard at Michigan State University has been tracking the acquisition of smaller organic food producers and warehouses by larger corporations. He estimates that 25% of all organic manufacturing and marketing (40% of all processed organic foods) are

controlled by major corporations (example: Cascadian Farms=General Foods, Alta Dena=Dean Foods). His website is a good (and chilling) way to check out what has been happening to ownership in the world of processed organic foods. (<https://www.msu.edu/~howardp/organicindustry.html>) - Alice Stickney, Calypso Farm shareholder

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**Trivia question of the week:**

This plant's bulbous base grows aboveground and produces thin stems in all directions and end in large edible leaves.

**Last week's answer:**

Sage

**Rolled up Arugula**  
from Marianne Stolz

1 tablespoon yoghurt  
1 tablespoon mayonnaise  
Pepper and salt to taste  
Hummus

**Arugula**  
Flour tortillas

Mix yoghurt, mayo, salt and pepper, spread on one half of a tortilla. Spread hummus on the other half, pack with arugula, roll up and eat. Salad greens work just as good. For a fancy substitute of the yoghurt mix try some goat cheese.

**Chard Dahl**  
from *The Vegetable Book*, Spencer

1/4 cup brown lentils  
1 tablespoon turmeric  
1 bunch **chard**  
1/2 cup orange lentils  
Salt and pepper  
Sesame oil, toasted

Lentils do not have to be soaked. Into 7 cups of boiling water, throw the brown lentils with the turmeric. Let simmer for 20 minutes. Add the chard and bring back to a boil. Simmer for 10 minutes more. Add the orange lentils and simmer for another 10 minutes. Season with salt and pepper. The lentils should have soaked up all of the water and can be served at once, though it will do no harm to let them rest in the warm pan. Can add a bit of toasted sesame oil to season.

## Around the table

**Crunchy Red Devils**  
from *Vegetarian Gourmet*, A. Doncsecz

2 tablespoons apple cider vinegar  
2 shallots, minced  
1/4 cup hot red pepper sauce  
1 teaspoon grainy mustard  
1/2 teaspoon sugar  
3 medium **kohlrabi** bulbs

Whisk together all ingredients except kohlrabi with 1/2 cup water. Peel and thinly slice kohlrabi; stir into marinade, coating evenly. Cover and refrigerate 2-3 days, stirring occasionally. Serve cold or at room temperature.

**Whole-Wheat Spaghetti with Swiss Chard and Pecorino Cheese**  
from [www.foodnetwork.com](http://www.foodnetwork.com)

1 tablespoon olive oil  
2 **onions**, thinly sliced  
2 bunches **Swiss chard**, trimmed and chopped (about 14 cups)  
3 garlic cloves, minced  
1 (14 1/2-ounce) can diced tomatoes with juices  
1/4 cup dry white wine  
1/4 teaspoon dried crushed red pepper flakes  
Salt and pepper  
8 ounces whole-wheat spaghetti  
1/4 cup pitted kalamata olives, coarsely chopped  
2 tablespoons freshly grated Pecorino cheese  
2 tablespoons toasted pine nuts

Heat the oil in a heavy large frying pan over medium heat. Add the onions and saute until tender, about 8 minutes. Add the chard and saute until it wilts, about 2 minutes. Add the garlic and saute until fragrant, about 1 minute. Stir in the tomatoes with their juices, wine, and red pepper flakes. Bring to a simmer. Cover and simmer until the tomatoes begin to break down and the chard is very tender, stirring occasionally, about 5 minutes. Season the chard mixture, to taste, with salt and pepper.

Meanwhile, bring a large pot of salted water to a boil. Add the spaghetti and cook until tender but still firm to the bite, stirring frequently, about 8 to 10 minutes. Drain the spaghetti. Add the spaghetti to the chard mixture and toss to combine.

Transfer the pasta to serving bowls. Sprinkle the olives, cheese, and pine nuts and serve.

**Brazilian-Style Garlic Collard Greens**

8 cups chopped **collards**, tough stems removed (about 2 bunches)  
2 teaspoons olive oil  
1/2 teaspoon table salt  
3 large garlic clove(s), finely chopped

Fill a large bowl with water and plunge collard greens into water. Move them around with your hand and set aside until ready to use. Heat oil in a large nonstick skillet. Gently lift collard greens out of water and place in skillet; sprinkle with salt and stir. Cook collard greens for 2 to 3 minutes. Add garlic and mix to thoroughly combine; cook for 2 to 3 minutes more until very tender.

**Swiss Chard with Pine Nuts and Raisins**  
From *Cooking Light*

1 pound trimmed **Swiss chard**  
2 tablespoons fresh lemon juice  
1 1/2 teaspoons extra virgin olive oil  
1/2 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1/2 cup golden raisins  
2 tablespoons pine nuts

Slice chard leaves crossways into thin strips; place in a large bowl. Combine juice, oil, salt and pepper, stirring with a whisk. Drizzle juice mixture over chard; toss to coat. Add raisins and pine nuts; toss to combine. Let stand 15 minutes before serving.

### Ester Community Market

Thursdays until August 27th  
4 pm to 8 pm

Ester Park

**Come check out our  
Local Artisans and Farmers**