



Farm Note ...

Volume 2, Issue 5

From the Farm:

FARM MATH

Weather Window:

This week has been hot and smokey, with occasional water sprays from fire trucks and pond pumpings.

Your share may include:

- ◆ Bunching onions
- ◆ Lettuce
- ◆ Salad mix
- ◆ Kohlrabi
- ◆ Cabbage
- ◆ Turnip
- ◆ Bunched greens
- ◆ Garlic whistles
- ◆ Broccoli
- ◆ Basil or Mixed herbs

Volunteer Activities at Calypso:

We are looking for folks to help out at the activity stations and for set-up and clean-up at our Annual Open House on July 19th.

Schedule of events

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

July 24th Fundraising Dinner at the Farm, call 451-0691 for details

July 25th Golden Days Parade

July 29th Preserving Your Harvest Through Fermentation workshop

August 22nd Raising & Butchering Meat Birds workshop

August 30th Fundraising Reception at the Farm, call 451-0691 for details

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

1 TASTY MEAT CHICKEN
in an open enclosure



+

1 SMART & HUNGRY RAVEN
in the trees above



+

1 SPRINTING, SHOUTING TOM

||

1 CHICKEN for DINNER
(minus the raven's piece)



A NEW MEAT BIRD ENCLOSURE
for the remaining 2 chickens



31 THURSDAY SHARES

— 28 washed & ready Napa Cabbages



= A jaunt back up to the field & down to the wash station for **3** more. (And a new, triple re-count system.)



Contact Us:

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Trivia question of the week:

The edible seeds of this plant are highly valued for their oil, which represents more than half of their total weight and which is extremely resistant to rancidity.

Last week's answer:

Kohlrabi

Noteworthy:

Growing enough food in one city block to feed 10,000 people; sounds like an endeavor! But it may be possible through vertical farming—an idea conceived by Dr. Dickson Despommier, professor at Columbia University. Vertical farms incorporate large-scale agriculture in urban high-rises, using recycled resources and greenhouse methods to grow produce year-round.

Our global population is estimated to reach 9.2 billion by 2050, a population size that is impossible to nourish with current farming practices. According to the Food and Agriculture Organization, presently 80% of our land suitable for farming is in use. Together with climate change, this presents a problem. Vertical farming champions the reduction of climate change through regrowth of natural forests now obstructed by farmland.

Proponents claim these advantages: continuous crop production; protecting crops from weather; reducing land used for farming; reducing use of fossil fuels; organic farming; water collection and recycling; less transmission of infectious disease between animals and humans; and sustainable urban growth.

A comprehensive feasibility analysis has not been completed. Dr. Despommier recognizes it will take a team of agricultural economists, architects, engineers, agronomists, and urban planners three to seven years to merge technological farming practices with sustainable building technology. Funding will most likely come from a wealthy donor or someone from a country where arable land is in short supply. —Adie Callahan, Calypso Farm Shareholder

Around the table

Creamy Broccoli Soup

from Mark Bittman, *NY Times*

2 cups **broccoli** florets and peeled stems cut into chunks
3 cups chicken stock
1 clove **garlic**, peeled and cut in half
1 cup milk, cream or yogurt
Salt and freshly ground black pepper to taste

Combine the broccoli and the stock in a saucepan. Simmer, covered, until the broccoli is tender, about 10 minutes. During the last minute or so of cooking, add the garlic (this cooks the garlic just enough to remove its raw taste).

Puree in a blender, in batches if necessary, until very smooth. Stir in the milk, cream or yogurt, and reheat gently; do not boil. Season to taste, and serve.

Leafy Greens

from www.yogajournal.com

2 tablespoons butter
1 teaspoon cumin seeds
2 teaspoons coriander
1 teaspoon turmeric powder
1 bunch leafy **greens**, rinsed
Sea salt to taste

Melt butter in large saucepan. Add spices and cook for 1 minute, until seeds begin to brown. Add greens and saute until tender. Season with salt.

Butter Braised Spring Turnips

adapted from *How To Cook Everything*

2 tablespoons butter
1 tablespoon olive oil
1/2 pound baby **turnips**, more or less, with the greens trimmed off
Sea salt and freshly ground black pepper to taste
1/4 cup white wine, water or broth
1 tablespoon balsamic vinegar or other vinegar
1 teaspoon sugar
Minced fresh parsley leaves for garnish

Combine the butter and oil in a medium to large skillet that can later be covered; turn the heat to medium. When the butter melts, add the turnips and cook, stirring, until they are coated with butter, just a minute or two longer. Season with salt and pepper.

Add the remaining ingredients, except the garnish, stir, and cover. Turn the heat to low and cook until the turnips are barely tender, about 5 minutes.

Uncover and raise the heat to medium-high. Cook, stirring, until the turnips are glazed and the liquid is syrupy, another few minutes. Taste and adjust seasoning, garnish, and serve.

Scalloped Kohlrabi

175 g (6 oz) **onion**, skinned and thinly sliced
3 tablespoons (40 g) butter
2 pounds (900 g) **kohlrabi**
7 fl oz (200 ml) milk
Salt and freshly ground pepper
Chopped fresh parsley to garnish

Soften the onion in 25 g (1 oz) butter in a covered pan. Thickly peel the kohlrabi to remove all the woody outer layer. Slice thinly and layer with the onions and seasoning in a 1.7 litre (3 pint) lightly buttered shallow ovenproof dish, topping with a neat layer of kohlrabi. Pour over the milk and dot with remaining butter. Place on a baking tray and cook in the oven at 400°F for about 1 1/2 hours, until tender. Garnish with chopped parsley for serving.

Ester Community Market

Thursdays until August 27th
4 pm to 8 pm

Ester Park

Come check out our
Local Artisans and Farmers