



Farm Note ...

From the Farm:

For anyone who hoped for a drier summer than last year, we can have a celebration on one of these smoky 90 degree days. For the farm, though this year has been much better than last it still has its difficulties. Without our new larger catchment pond ready this spring we were not able to capture a large amount of snowmelt. The hot dry spell over the last few weeks have kept us working on irrigation and our water supply is very low now.

If you walk the fields at 2 P.M. on an 80 degree day you'll see many crops drooping a little for their siesta in an attempt to conserve water only to spring back up with moist soil and a cool afternoon. Each crop responds to the heat in different way. The last bok choy that came in the shares were small but had to be harvested since the heat pushed them to flower early. Other crops don't mind the heat as much and are growing fast and large with all the uninterrupted sunlight.

With these variations, balancing the shares can be a little tough. We regularly plant one hundred plants for each crop (or an equivalent area for seeding) to accommodate 65 shares, the farm stand, weak plants, and food for the twelve residents on the farm. We also plan the timing of each seeding so crops mature as early as possible and continue maturing regularly while appropriate. We had two lettuce crops and kohlrabi on Monday that were too few in number to distribute though the shares so we made them available at the farm stand and Lavelle's Bistro. Our planning is very effective, but sometimes we need to adjust for weather and other circumstances.

- Spencer Douthit, Farm Apprentice



Crew relining new pond

Noteworthy:

The kitchen is a hub of memories, the scrape of a spatula against a pan; the thump of a well-made knife meeting wood; the aromatic release of fresh herbs. I come from a family of cooks; all of us are unique in our experiments and skills. I was never told to stay out of the kitchen and from a young age I was involved in the creation of the meals. My first memory of solo time in the kitchen I must have been around

seven. After paging through the cookbooks I came up with a recipe that sounded gourmet and advanced. I went to the herb garden in the backyard and pulled handfuls of prolific mint. I rinsed the leaves carefully and creamed butter and sugar together. I dipped each leaf in the mixture, and gently laid them out on cookie sheets around the kitchen. I'm not sure anyone ever ate those strange mint leaves,

but it was the first time I can remember stretching those independent cooking muscles. Cooking with our families, using food harvested by our own hands; I believe starts us on the path to healthy and mindful eating. I like to think that those early experiments in the kitchen are what lead me back over and over. —Amy Turner, Calypso Farm Shareholder

Weather Window:

Hot and clear with a quick thunderstorm early last week putting down a little moisture.

Your share may include:

- ◆ Bunching onions
- ◆ Lettuce
- ◆ Salad mix
- ◆ Kohlrabi
- ◆ Cabbage
- ◆ Turnips
- ◆ Summer squash
- ◆ Garlic whistles
- ◆ Broccoli
- ◆ Herb or mixed herbs
- ◆ Kale

Volunteer Activities at Calypso:

We still have a few spots to fill 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

Contact Us:

Phone - (907) 451-0691

Email - info@calypsofarm.org

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Ester, AK 99725

Trivia question of the week:

This hardy Brassica can withstand low temperatures as low as 5 degrees Fahrenheit. It was introduced to North America by African slaves and for a long time was consumed almost exclusively in the southern states.

Last week's answer:

Sesame

Steamed Broccoli With Beurre Noisette

1 pound **broccoli**
4 tablespoons (1/2 stick) unsalted butter
Salt and pepper
1 tablespoon lemon juice

Trim broccoli, peeling thick stems to make them less tough. Cut into equal-size pieces.

Put butter in a small saucepan and turn heat to medium. Cook, swirling pan occasionally, until butter stops foaming and begins to brown. Remove from heat immediately and season lightly with salt and pepper; keep warm.

Steam broccoli over boiling water until tender and bright green, usually less than 10 minutes. Sprinkle with salt. Swirl lemon juice into warm butter (beurre noisette). Drizzle over broccoli and serve.

Sweet and Sour Cabbage Wedges

From *Food Digest*

2 tablespoons olive oil
1/2 head green **cabbage**, quartered through core
1/2 cup cider vinegar
2 tablespoons sugar
1 1/2 cups water
coarse salt and pepper

In a large skillet, heat oil over medium. Add cabbage, and cook until golden brown, 2 to 4 minutes per side. Add vinegar, sugar and 1 1/2 cups water, bringing liquid to a simmer. Cook turning once, until cabbage is tender and liquid is syrupy, 12 to 15 minutes. Season with salt and pepper.

Around the table

Portuguese Kale Soup

From *Serving Up the Harvest* by Andrea Chesman

1/2 pound linguica or chorizo sausage (any garlicky smoked sausage) sliced
8 cups chicken broth
3-4 medium size potatoes (1 pound), peeled and diced
12 ounces **kale**, stems discarded and leaves chopped
Salt and ground black pepper

Combine the sausage and stock in a large saucepan. Bring to a boil, then reduce the heat and simmer which you prepare the potatoes.

Combine the potatoes with water to cover in a medium-size saucepan. Cover and bring to a boil. Boil until tender, about 8 minutes. Drain and briefly mash with a potato masher for an uneven, lumpy texture. Add to the chicken broth along with the kale. Simmer for 10 to 15 minutes, until the kale is quite tender. Season with salt and pepper. Serve hot.

Zucchini Custard Bake

from www.foodnetwork.com

4 tablespoons (1/2 stick) butter, melted
2 pounds **zucchini**, cut into small pieces
3 eggs
1/2 cup undiluted evaporated milk or light cream
2 tablespoons fine dry bread crumbs
1/2 cup **onion**, diced
1 teaspoon Worcestershire sauce
Dash hot pepper sauce
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup grated parmesan

In a large saucepan with a tight-fitting lid, combine melted butter and zucchini. Cover and cook over low heat, stirring occasionally, until tender, about 5 to 7 minutes. Remove from heat, set aside and let zucchini cool before adding eggs to avoid them becoming scrambled. Beat eggs with milk; add bread crumbs, onion, Worcestershire sauce, hot pepper sauce, salt, pepper, and 2 tablespoons of the Parmesan. Mix well. Let zucchini cool.

Combine mixture with zucchini, stirring until blended. Turn into a buttered 1 1/2 quart casserole. Sprinkle top with remaining Parmesan. Bake uncovered at 350 degrees F for 35 to 40 minutes. If the dish has been refrigerated, allow about 10 minutes longer baking time.

Stuffed Kohlrabi

4 medium **kohlrabi**
Salt and freshly milled white pepper
1 day old bread roll
1 **onion**
350 g (12 ounces) minced beef
1/2 teaspoon paprika
1 tablespoon chopped parsley
1 egg
75 g (3 ounces) thin, rindless rashers streaky bacon

Peel the kohlrabi. Wash and chop the feathery leaves and keep them to one side in a covered dish. Boil the kohlrabi in salted water for 20 minutes, then drain, reserving about 6 tablespoons of the cooking water, and leave them to cool.

Cut a lid in the top of each kohlrabi and spoon out the inside. Finely dice the insides.

Soften the roll in cold water. Finely chop the onion. Squeeze excess moisture from the roll.

Mix the minced meat with the chopped kohlrabi, the onion and the roll and season with salt, pepper and paprika. Work in the chopped kohlrabi leaves, the parsley and the egg.

Arrange the kohlrabi in a buttered ovenproof dish, fill each one with the minced meat mixture and cover the kohlrabi with the lids. Top each kohlrabi with 2 rashers of bacon.

Pour the reserved stock into the dish and bake in a moderately hot oven 400°F for 25 minutes.

Ester Community Market

Thursdays until August 27th
4 pm to 8 pm

Ester Park

Come check out our
Local Artisans and Farmers