



Farm Note ...



www.calypsofarm.org

From the Farm:

FARM FIXES

WEEDS

Let them go... be one with the weeds. Accept them as part of our ecosystem. (If they get too out of hand, you can always just rip out the whole bed & start over... right? maybe? possibly sometimes?)

→ EAT THEM in salads! Some are actually more nutritious than our intentional crops & a few actually taste pretty good.

→ Mow, mow, mow the rows... er... paths.

WATER

Not enough rain? Catchment pond so low that all the sea monkeys have decided to migrate to your irrigation filters? Plants looking thirsty with the weather forecasted as HOT & DRY all week? Don't get your knickers in a twist... Call on the Ester Volunteer Fire Department! For a small fee, these folks will practice water maneuvers into your pond - a mutually beneficial act which will hopefully tide you over til the next rain. (The fee is usually one batch of cookies per visit, plus extra veggies.)

→ Perform a rain dance. [Caution: Best left to the experts.]

WICKED-LONG "TO DO" LIST

Call upon the helping hands of kindly neighbors, friends, board-members & volunteers; without whom we could not function. (At least not very well.)

Grab some snacks, paddles, life-jackets & canoes, & take a farm-wide "SKIP DAY" to the Chatanika River or Chena Lakes. (Obviously the most logical option.)

Weather Window:

This week started off smokey but was relieved by a light rain on Wednesday & followed by a series of hot & sunny days, appreciated by the peas, which have gone gangbusters.

Your share may include:

- ◆ Bunching onions
- ◆ Lettuce
- ◆ Salad mix
- ◆ Carrots
- ◆ Parel cabbage
- ◆ Summer squash
- ◆ Collards, kale or chard
- ◆ Herbs
- ◆ Broccoli
- ◆ Peas

Volunteer Activities at Calypso:

Come out and walk in the Golden Days Parade with us. Meeting at Carlson Center parking lot between 9:30 and 10:00 am on Saturday July 25th

Schedule of events

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

PO Box 106

Ester, AK 99725

Trivia question of the week:

Unlike other members of the cabbage family, these are only eaten cooked. They are an excellent source of vitamin C, folic acid & potassium (as well as other vitamins). Like all members of the cabbage family, they are thought to have cancer-inhibiting properties.

Last week's answer:

Collards

Noteworthy:

In every culture, plants have been a significant aspect in the suite of foods that nourish the human body. Through human curiosity and discovery plants were sampled and categorized, specialists came forward to administer plants as medicinal remedies. As time went by these wild plants were also domesticated for use all over the world, many species of which we still depend on today. Seeds and plants moved around the world with people, resulting in an international expansion of food options. Winter wheat grown in the northern United States originated as a grass species native to Siberia. All around in Alaska there are wild plants that can be consumed, the ones that are commonly collected like blueberries and cranberries; but also the early shoots of fireweed or a potent tea brewed from the leaves of Labrador tea. Next time you walk through the boreal forest think about what you would eat if you didn't have access to cultivated plants.

—Amy Turner, Calypso Farm Shareholder

Around the table

Cabbage au Gratin

- 6 cups shredded cabbage
- 1/2 can (6 ounce) tomato paste
- 3/4 cup water
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 2 teaspoons sugar
- 1 cup grated cheddar cheese
- 1/2 cup buttered bread crumbs
- 1/4 cup butter

Fill a large kettle half-full with water and bring to a boil. Add a dash or two of salt. Add cabbage and cook for 2 minutes; drain and return cabbage to pan. In a saucepan, combine tomato paste, water, salt, pepper and sugar. Bring to boil, stirring until smooth. Pour over drained cabbage. Pour into a casserole dish. Top with cheese and bread crumbs. Dot with butter. Bake at 350 degrees F for 15 minutes.

Chard Enchiladas

From Ellen Ogden, *The Cook's Garden* catalog, Vol. 8, No. 1. 1991, page 7

- 2 tablespoons canola oil
- 2 cloves garlic
- 1 **onion**, peeled and chopped
- 4 cups coarsely chopped **chard**
- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup milk
- 1/2 cup grated cheddar cheese
- 6 corn tortillas
- 1/2 cup salsa

Preheat oven to 375 degrees F. Heat oil; saute garlic and onion until golden. Add chard (in small amounts) until it is cooked down. Make a bechamel sauce: melt butter, stir in flour, add milk and cheese. Stir until thick, then mix into cooked greens. Fill center of each tortilla, roll up, place in lightly oiled baking dish. Spread salsa over all; bake for 25 minutes.

Carrots, peas, and rice

From Marianne Stolz

- Bacon slices
- Cooked rice
- Carrots**
- Onion**, chopped
- Garlic, chopped
- Peas** in shell or shelled
- Soy sauce

Cut bacon slices into bits. Cook until bits are slightly crisp. Add onions and garlic, sauté until transparent. Add carrots and saute until almost tender. Add peas and fry until tender. Mix with rice and season with soy sauce.

Pickled Broccoli Stems

From Martha Rose Shulman, *NY Times*

- 3 or 4 **broccoli** stems (from one bunch)
- 1/2 teaspoon salt, preferably kosher salt
- 1 medium size garlic clove, minced or pureed
- 1 tablespoon sherry vinegar
- 2 tablespoons extra virgin olive oil

Peel the broccoli stems and cut, either crosswise into 1/4 inch thick medallions, or lengthwise in 1/4 inch thick slices. Place in a jar, add the salt, cover tightly and shake the jar to toss the stems with the salt. Refrigerate for several hours or overnight. Drain the water that has accumulated in the jar. Add the garlic, vinegar, and olive oil and toss together. Refrigerate for several hours or overnight. Serve with toothpicks.

Sweet Pepper Pasta Toss with Kale

From *allrecipes.com*

- 1 (8 ounce) package uncooked farfalle (bow tie) pasta
- 1 tablespoon olive oil
- 1 medium red bell pepper, chopped
- 1 medium yellow bell pepper, chopped
- 1 cup roughly chopped **kale**
- 4 cloves garlic, chopped
- 1 pinch dried basil
- 1 pinch ground cayenne pepper
- Salt and ground black pepper to taste
- 8 ounces feta cheese, crumbled

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender.

In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Ester Community Market

Thursdays until August 27th
4 pm to 8 pm

Ester Park

Come check out our
Local Artisans and Farmers