



Farm Note ...

From the Farm:

“The weather will be the same until it’s different,” one of our farm guests stated earlier this year. We certainly can’t complain about the weather, but I want to say we’re still looking forward to rain.

We’ve finished nearly all of our seeding and planting for the season and we’ve focused our attention to harvesting and composting. Harvest days begin in the early morning and with our crew of five plus a few volunteers we’re usually done by one o’clock in the afternoon. Yesterday we spent about eight person-hours harvesting over seventy pounds of peas. It is an incredible relief to only harvest two days a week.

Compost building requires similar commitment. After we’ve weeded or cleared many bushels of greens and hauled a large truckload of manure it usually takes a half day with a crew of five or more to build a good size pile. We don’t have enough manure at the farm to provide all the Nitrogen for the piles, but we certainly have plenty of carbon from the greens. When we clear fields of greens successions and weeds it all goes into the compost pile and we’re able cycle nutrients around the field.

Our list of tasks to do in the fields is not as big this season, but as I’ve mentioned they’re not quick and easy. We’ve also been trying to work into the berry harvesting mindset and taking off after dinner with our yogurt containers looking for treasure. Looking at the calendar our days left in the season are fewer and we’re looking on schedule. I hope that you are too. - *Spencer Douthit*



Standing on the largest compost pile built at Calypso. Good job!

Noteworthy:

As animal owners, gardeners, farmers... We find many beneficial uses for bedding, forage, and mulch. Sometimes these purchases come with unwanted companions: invasive species. A friend of mine recently had a scare with her dog, who had a harsh, incessant cough. Inspection of the area around the doghouse revealed a patch of foxtail barley. Foxtail seeds are barbed like a fishhook, which allows them to latch onto clothing, hair, and skin as a method of dispersal. Foxtail seeds can act as an irritant or cause a much more serious problem if they are swallowed, inhaled, or work their way into internal organs, potentially requiring sedation and surgery for removal. Foxtail is clearly not something one would intentionally plant in the dog yard, so where did this isolated patch come from? It is reasonable to suspect foxtail tagged along in the bales of straw purchased for the doghouse. After ridding the yard of the existing foxtail patch, prevention of additional foxtail establishment is key. Fortunately, Alaskans now have the option to buy locally-grown Certified Weed Free products. Contact our local Cooperative Extension or Soil and Water Conservation District offices for more information. (The dog is fine, by the way. Not a foxtail this time.) - *Megan Boldenow, Calypso Farm Shareholder*

Weather Window:

Last week was warm and smoky with plenty of wind and scattered ash showers.

Your share may include:

- ◆ Bunching onions
- ◆ Lettuce
- ◆ Salad mix
- ◆ Beets
- ◆ Carrots
- ◆ Turnips
- ◆ Summer squash
- ◆ Peas
- ◆ Broccoli
- ◆ Herbs
- ◆ Kale/Collards/Chard
- ◆ Cucumbers

Volunteer Activities at Calypso:

We are in need of recipes using kale, beets, potatoes, broccoli, and/or carrots.

Schedule of events

August 3rd, Hunter School Garden Reception, 5-6:30 pm

August 4th, Effie Kokrine Charter School Garden Reception, 5-6:30 pm

August 5th, Pearl Creek School Garden Reception, 5-6:30 pm

August 6th, Woodriver School Garden Reception, 5-6:30 pm

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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Trivia question of the week:

This annual plant originated in Mexico and Peru and is believed to be one of the first plants to ever be grown as a crop in what is now the United States. The edible oil extracted from its seeds is rich in polyunsaturated fatty acids.

Last week's answer:

Brussels Sprouts

Warm Chick Pea and Broccoli Salad

from Martha Rose Shulman, *nytimes.com*

1 can of chick peas

Salt, preferably kosher salt, to taste

1/2 pound **broccoli** crowns, broken into florets

1/2 small red onion, sliced (optional)

1/4 cup chopped fresh parsley, or a combination of parsley and dill, dried will work too

2 ounces shaved Parmesan

For the dressing:

1 tablespoon fresh lemon juice

1 tablespoon red wine vinegar, champagne vinegar, or sherry vinegar

1 teaspoon Dijon mustard

1 small garlic clove, minced

Salt, preferably kosher salt, and freshly ground pepper

6 tablespoons extra virgin olive oil, or 4 tablespoons olive oil and 2 tablespoons buttermilk or plain low-fat or nonfat yogurt

Place the red onions in a bowl and cover with cold water. Soak 5 minutes, then drain and rinse. Dry on paper towels. Make the dressing. Mix together the lemon juice, vinegar, mustard, garlic, salt, and pepper. Whisk in the olive oil (or the oil and buttermilk or yogurt). Set aside. Steam broccoli 5 minutes, until tender but still bright. Drain the chick peas and combine with broccoli. Toss together with dressing. Add the herbs and Parmesan, toss again, and serve warm.

Around the table

Moroccan Cooked Carrot Salad

from Martha Rose Shulman, *NY Times*

1 pound **carrots**, peeled and thinly sliced
3 to 4 tablespoons extra virgin olive oil (to taste)

2 large garlic cloves, minced or pureed in a mortar and pestle with 1/4 teaspoon salt
Salt to taste

1/2 teaspoon freshly ground pepper

1 teaspoon cumin seeds, lightly toasted and ground

2 to 3 tablespoons fresh lemon juice (to taste)

1/4 cup chopped flat-leaf parsley

2 hard boiled eggs, cut in wedges (optional)

Black olives (optional)

Steam carrots 5 to 8 minutes, until tender. Remove from the heat, rinse with cold water, and drain on paper towels. Heat 2 tablespoons of the olive oil in a large, heavy skillet and add the garlic and cumin. Cook, stirring, for about 30 seconds, until the garlic smells fragrant, and stir in the carrots, pepper, and salt to taste. Stir together for a few minutes, until the carrots are nicely seasoned. Remove from the heat and stir in the lemon juice, remaining olive oil, and the parsley. Taste and adjust salt and lemon juice as desired. Transfer to a platter, and decorate with olives and hard-boiled eggs if desired. Serve at room temperature.

Dutch Beet Salad

from *Recipes from a Kitchen Garden* by Shepherd and Raboff

6 large **beets**, peeled

1 bunch **scallions**, chopped

1/2 cup apple cider vinegar

2 tablespoons water

1/2 cup vegetable oil

pinch sugar

1/4 teaspoon salt

1/4 teaspoon black pepper

Grate the fresh beets on the finest grater you have-preferably one used to grate lemon peel. If you are using a food processor, use the blade with the smallest holes. Place the grated beets in a bowl. Mix the remaining ingredients until blended and pour over the beets. Toss and marinate in refrigerator for several hours before serving. For an interesting variation substitute grated carrots and/or grated daikon radishes for 1/3 of the beets. Serves 4 to 6.

Crudités

adapted from *CreateTV.com*

4 **carrots**, cut in half widthwise, each half cut into quarters lengthwise

12 radishes, cut in half

1 **zucchini**, cut into long wedges

1 **yellow squash**, cut into long wedges

1/2 pound **broccoli**

1 kohlrabi, skin left on

12 ounces your favorite dip

Extra virgin olive oil

Kosher salt and freshly ground pepper

Preheat oven to 400 degrees F. Place carrots and radishes onto large sheet pan, coat with olive oil, and season with salt and pepper. Roast in oven for 20 minutes until just tender. Set aside to cool to room temperature.

Heat a grill pan over medium high heat or preheat outdoor grill. Place squash and zucchini in a large bowl, toss with olive oil and season with salt and pepper. Grill squash and zucchini until just tender and grill marked, about 3 minutes per side. Remove to sheet pan and allow to cool to room temperature.

Bring a medium pot of salted water to a boil. Slice broccoli into small bite-size pieces and blanch for 2 minutes. Using a slotted spoon remove from boiling water and shock in ice bath. Remove broccoli from ice bath and set aside.

Slice raw kohlrabi into 1/2-inch thick slices then cut into pie shapes. Set aside.

Serve all vegetables arranged on a platter with dip in a small bowl.

Ester Community Market

Thursdays until August 27th
4 pm to 8 pm

Ester Park

Come check out our
Local Artisans and Farmers