



Farm Note ...

From the Farm:



Sometimes on the Farm when the weather doesn't change for a long time you lose track of the days. Wednesday the 5th proved to be different enough beginning with the worst day of smoke this season and ending with that sweet elixir of life falling from the sky. With the water that we've gotten so far and the certain water to come we are effectively done with irrigation for the season. Without watering we have more time to focus on our other efforts.

As the temperature has dropped but not reached freezing, we've entered a time where many crops are slowing down considerably and we're able to let them hold without harvesting. There are also many storage crops that hold well already so we're able to better spread out the later season shares.

This week we have been setting aside time to participate in the Tanana Valley State Fair. We've entered our giant cabbages weighing in at the low 20 pound range. Tom and Susan's daughter, Elsa, beat both Tom and the apprentices for the heaviest cabbage on the Farm at 26 lbs. The young ones on the Farm and in the school gardens have been entering beautiful vegetables and crafts. One of Calypso's efforts this year was to encourage local farm involvement in the fair bringing it closer to its roots. The fair began in 1924 when agriculture was quite important in town as goods were much more difficult to transport here. *Spencer Douthit, Farm Apprentice*



Noteworthy:

A study by Timothy Jones, an anthropologist at the University of Arizona, indicates that 40%-50% of all food ready for harvest is never eaten. Jones started examining practices in farms and orchards, before examining food production, retail, consumption, and waste. He found, on average, households waste 14% of food purchases. Fifteen percent of that includes products still within their expiration date and unopened. It

is estimated that a family of four tosses out \$590 of perishable food each year.

One major area of food waste in America is in farmers' fields. When crops don't meet top grade quality they are left to rot or be plowed under. But there is a "Gleaning Network" in most states that collects leftover crops from fields. The food collected is then given to agencies that will distribute food to the needy.

While there will always be a certain amount of food waste—little can be done about weather and crop deterioration—reducing household food waste by half could reduce adverse environmental impacts through reduced landfill use, soil depletion and applications of fertilizers, pesticides, and herbicides. *Adie Callahan, Calypso Farm Shareholder*

Weather Window:

Good soaking rains followed by a clearing of the smoke and cooler temperatures as low as the mid 30s at night.

Your share may include:

- ◆ Salad mix
- ◆ Kohlrabi
- ◆ Bunching onions
- ◆ Carrots
- ◆ Bunched arugula
- ◆ Summer squash
- ◆ Herbs
- ◆ Chard, collards or kale
- ◆ Peas

Volunteer Activities at Calypso:
We are building compost piles at the Farm and would welcome any help.

Schedule of events

August 7th-15th Tanana Valley State Fair

August 18th Fall field trips begin

August 22nd Raising & Butchering Meat Birds workshop

August 23rd Pick up Your Share at the Farm day, noon to 3 pm

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:

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Trivia question of the week:

This herb's generic name *Salvia* comes from *salvus*, which means "healthy" in Latin. According to an 18th-century author, the Chinese preferred these leaves to their traditional tea leaves and would willingly trade two cases of their Chinese leaves for a single leaf of this herb.

Last week's answer:

Anise

Giant Crusty and Creamy White Beans with Greens

Adapted from *Super Natural Cooking*, Heidi Swanson

- 1/2 pound medium or large dried white beans, cooked and drained
- 3 tablespoons olive oil or clarified butter
- Fine grained sea salt
- 1 **onion**, coarsely chopped
- 4 cloves garlic, chopped
- 1/2 baby **chard**, washed and roughly chopped, or 1 bunch **kale**, cut into wide ribbons
- Fresh ground black pepper
- Extra virgin olive oil for drizzling
- Freshly grated parmesan for topping

Heat the oil or butter over med-high heat in the widest skillet available. Add the beans to the hot pan in a single layer. If you don't have a big enough skillet, just do the sauté stop in two batches or save the extra beans for another use. Stir to coat the beans with the oil/butter, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside and soft and creamy on the inside. Salt to taste, then add the onion and garlic and cook for 1 or 2 minutes, until the onion softens. Stir in the greens and cook until just beginning to wilt. Remove from the heat and season to taste with a generous dose of salt and pepper. Drizzle with a bit of top-quality extra virgin olive oil, and sprinkle with freshly grated parmesan.

Around the table

Greens and Ricotta Pie
From *Mariquita Farm*

- 1 large head **Swiss chard** (or other greens) about 1 3/4 pounds
- 1 tablespoon olive oil
- 1 bunch green **onions**, sliced 1/4 inch thick
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 4 large eggs
- 1 container (15 oz) part skim ricotta cheese
- 3/4 cup low fat milk
- 1/2 cup grated parmesan cheese
- 2 tablespoons cornstarch

Preheat oven to 350 degrees F. Grease 9 1/2-inch deep dish glass pie plate. Trim off two inches from swiss chard stems, discard ends. Separate stems from leaves, thinly slice stems and coarsely chop leaves. In nonstick 12-inch skillet, heat oil until hot. Add sliced stems and cook 4 minutes or until tender, stirring frequently. Add green onions, salt, and pepper and cook 1 minute. Gradually add chopped leaves until wilted and excess moisture evaporates, about 5 minutes. In a large bowl, with wire whisk or fork, mix eggs, ricotta, milk, parmesan and cornstarch. Stir in swiss-chard mixture. Transfer mixture to pie plate. Bake pie 40 minutes or until knife inserted 2 inches from center comes out clean.

Quick Stir-Fried Snow Peas or Sugar Snap Peas

From Mark Bittman, *NY Times*

- 3 tablespoons peanut oil
- 1 1/2 pounds snow or sugar snap **peas**, washed and trimmed
- 1 teaspoon dark sesame oil
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 to 2 tablespoons soy sauce

Place 2 tablespoons peanut oil in a large, deep skillet or wok and turn heat to high. When it begins to smoke, toss in peas and cook, stirring almost constantly, until they are glossy, bright green and begin to show a few brown spots, about 5 minutes. Meanwhile, in a small pot over low heat, warm remaining peanut oil with sesame oil.

When peas are almost done, stir in ginger and garlic, and cook another minute or so. Turn off heat and remove peas to a platter. Drizzle with heated oils and soy sauce. Taste and adjust seasoning, and serve.

Pureed Carrot Soup
From Martha Rose Shulman, *NY Times*

- 1 tablespoon unsalted butter
- 1 tablespoon extra virgin olive oil
- 1 large **onion**, chopped
- 2 pounds sweet **carrots**, peeled and thinly sliced
- Salt to taste
- 1/4 teaspoon sugar
- 2 quarts water, chicken stock, or vegetable stock
- 6 tablespoons rice, preferably Arborio
- Freshly ground pepper to taste
- 2 tablespoons chopped fresh **herbs**, such as chervil, mint, chives, or parsley, for garnish
- 1 cup toasted croutons for garnish (optional)

Heat the butter and olive oil in a large, heavy soup pot over medium-low heat and add the onion. Cook, stirring, until tender, about 5 minutes. Add the carrots and 1/2 teaspoon salt, cover partially and cook for another 10 minutes, stirring often, until the vegetables are tender and fragrant. Add the rice, water or stock, salt (about 1 1/2 teaspoons), and sugar. Bring to a boil, reduce the heat, cover and simmer 30 minutes, or until the carrots are tender and the soup is fragrant. Blend the soup either with a hand blender, in batches in a blender (cover the top with a towel and hold it down to avoid hot splashes), or through a food mill fitted with the fine blade. The rice should no longer be recognizable (it thickens the soup). Return to the pot. Stir and taste. Adjust salt, add a generous amount of freshly ground pepper, and heat through. If the sweetness of the carrots needs a boost, add another pinch of sugar. Serve, garnishing each bowl with croutons and a sprinkle of herbs.

Variation:

Substitute 1 medium Yukon gold potato or 1/2 russet potato (about 5 ounces), peeled and diced, for the rice.

Ester Community Market

Thursdays until August 27th
4 pm to 7 pm

Ester Park

Come check out our
Local Artisans and Farmers