



Farm Note ...

From the Farm:

The fall rains and the berries are here but I'm off! Though it is nearly potato and onion time, classes at UAA begin on the 23rd and my housemates are eager for my return. This will be my fourth year in Anchorage working on a natural sciences degree and I am so happy to come back to classes with new valuable knowledge from the farm.

It's cooling down and we're trying to take care of projects that are better done before the cold hits. We've been keeping the spade in the manure building all our compost piles that we'll need for next year. The earlier we have them built the more time there is to decompose and cook weed seeds before the outside temperatures freeze them for the winter. We've mucked out most of the goat and sheep barn and half way though we had loaded six truck loads. We have also been hauling, cutting and splitting wood. The berry picking has been phenomenal too. We've been sneaking off before the sunset and after our farm duties to pick blueberries and cloudberry in our secret location. There are so many fall preparations on the farm!

The Tanana Valley Stae Fair has passed with the ups and downs of blue ribbons and rainy afternoons. One highlight was the pie eating contest where three skinny organic farmers went up against the lot of seasoned fair-food eating men for some fair pride. When the dust settled Edge Fuentes, Calypso Farm Health Manager, came out triumphant eating two Fred Meyer cherry pies faster than the other contestants. Everyone had fun, and many people learned about vegetable varieties in the Agricultural Hall.

Thank you all for supporting the farm this season and making opportunities like mine possible.
-Spencer Douthit, Farm Apprentice



Noteworthy: Recipe for an electric ride-on mower

You'll need the following: Ride-on mower with non working motor; electric motor (at least 6.7" diameter); adapter plate (plate of steel or aluminum); coupler (depends on mower); contactor (at least 100 amp); switch for contactor (usually available from original mower); battery charger(s); 8 sets of bolts and nuts for connecting motor; 4 12-Volt lead acid batteries (Sealed are better); 12 ft of welding cable (at least 2 AWG); 12 crimping lugs for the cable; 2-3 ratchet straps

Remove gas tank, and gasoline engine. The engine shaft needs to be duplicated on your electric motor. You may need shaft adapters to increase the width of the electric motor. Bolt on mower pulley. Add holes to adapter plate: 3-4 holes for the motor to mount to, and 4 holes for the plate to mount to mower, and a clearance hole for the shaft. Connect motor to mower. Place batteries on mower and ratchet down. Crimp lugs on cables and connect batteries in series to form a total of 48 Volts. Connect the contactor in series with the batteries and the motor. Wire contactor to switch. Turn mower on. If mower goes in reverse direction then rewire the motor.

Happy lawn cutting!

By Michael Golub, fouarak@gmail.com, Calypso Farm Shareholder

Weather Window:

This week brought cool temperatures and plenty of rain making for some moments of sunny resolution.

Your share may include:

- ◆ Salad mix
- ◆ Beets
- ◆ Bunching onions
- ◆ Carrots
- ◆ Lettuce
- ◆ Broccoli
- ◆ Herbs
- ◆ Kale
- ◆ Peas - U-pick
- ◆ Cabbage

Volunteer Activities at Calypso:

We are building compost piles at the Farm and would welcome any help. Our school Field Trip season has started and we need volunteers to help. Also we are starting to work on our Annual Benefit Dinner and Auction so if you would like to be a part of the action give us a call.

Schedule of events

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:

Phone - (907) 451-0691

Email - info@calypsofarm.org

PO Box 106

Ester, AK 99725

Trivia question of the week:

This plant native to the eastern Mediterranean is said to be introduced to the Caribbean by Columbus. It's Latin name, lactuca, is derived from lactus meaning "milk."

Last week's answer:

Sage

Kale Pesto

From Judy Stauffer

- 1 bunch **kale**, stems removed, chopped
- 3-4 cloves garlic
- 1/2 cup walnuts, almonds or pine nuts
- 1/2 cup parmesan cheese
- 1 lemon, juice and grated rind
- 1/2 – 1 cup olive oil

In food processor, start with chopped kale then add the remaining ingredients except olive oil. Process until kale is reduced then add oil slowly until mixture is smooth. Keeps in fridge for up to a week.

Roasted Beets with Curry Dressing

From Two Small Farms CSA

- 6 medium **beets**, roasted
- Olive oil
- Salt
- 2 cloves garlic crushed
- 2 tablespoons yogurt
- 2 tablespoons Mayo (regular or vegan)
- 4 teaspoons curry powder
- 3 tablespoons fresh lemon juice
- 10 tablespoons olive oil
- 4 tablespoons chopped cutting celery or cilantro

Preheat oven to 375 degrees F. Wash, trim and wrap beets individually in foil. Place in a shallow pan and roast until tender. Set aside to cool. Mix dressing by combining all ingredients except oil. When all ingredients are smooth, whisk in the oil and set aside. Unwrap the beets, and rub away skin. Slice into wedges and set into your dish. Spoon curry over the beets and serve at room temperature.

Around the table

Lahana sarma - Turkish Cabbage Rolls

- 1 head **cabbage**
- 1/2 pound ground beef/lamb meat
- 2 cups cooked rice
- 1/2 cup olive oil
- 2 green peppers, finely chopped
- 4 cloves garlic, finely chopped
- 1/2 cup finely chopped parsley
- 2 tomatoes, finely chopped
- 1 teaspoon red pepper puree
- Salt and pepper

For the filling, mix the rice, meat, peppers, garlic, tomato, parsley and the red pepper puree. Make sure you mix the ingredients well and make dollops of the mixture.

For the cabbage covering, separate the cabbage leaves from the core and cook in normal water for about 25 minutes. Drain the water and allow the leaves to cool down.

Now fill the cabbage leaves with the mixture and fold the edges of the leaves under the roll.

Now place the cabbage rolls in a shallow baking pan. Once you have placed the rolls, pour some hot water, salt and pepper on the rolls.

Allow the rolls to cook for about 30 minutes. Serve these cabbage rolls hot, along with a dash of fresh lemon juice.

Sauteed Broccoli

Adapted from Foodnetwork.com

- 3 tablespoons extra-virgin olive oil
- 3 cloves garlic, roughly chopped
- Pinch red pepper flakes
- 1 bunch **broccoli**, trimmed and cut into bite-size pieces
- 1/2 cup chicken broth
- 1/2 teaspoon kosher salt
- Freshly ground black pepper

Heat the olive oil, garlic, and pepper flakes in a large skillet of medium heat until fragrant and garlic begins to brown, about 30 seconds. Stir in broccoli and cook until the broccoli is bright green, about 3 minutes. Add the chicken broth and season with salt and pepper and cook until just tender, about 3 to 5 minutes. Serve.

Garlicky Greens Recipe

From 101cookbooks.com

- 1 large bunch of **kale**, washed, stem removed and chopped
- 2 tablespoons extra-virgin olive oil
- Fine grain sea salt
- 5 cloves of garlic, crushed and chopped
- 1/4 cup Parmesan cheese (opt)
- Crushed red pepper flakes

Hold off cooking the greens until just before eating. Then, in a large skillet heat the olive oil. Add a couple big pinches of salt and the greens. They should hiss and spit a bit when they hit the pan. Stir continuously until their color gets bright green, and they just barely start to collapse - two, three, maybe four minutes, depending on how hot your pan is and how much structure your greens have. Then, just thirty seconds before you anticipate pulling the skillet off of the heat, stir in the garlic. Saute a bit, remove the pan from the heat, stir in the Parmesan, and add a big pinch of crushed red pepper flakes. Taste, add a bit of salt if needed, and serve immediately.

Baked Carrot Rice Patties

From *Natural Foods Cookbook* by Pamela Hannan

- 2 cups cooked brown rice
- 3/4 cups grated **carrots**
- 1/2 cup finely chopped parsley
- 2 eggs, beaten
- Wheat germ
- Sesame seeds

Combine rice, carrots and parsley; mix well; shape into patties; dip into egg, then wheat germ and sesame seed mixture; place on an oiled cookie sheet; bake at 350 degrees F until brown.

Ester Community Market

Thursdays until August 27th
4 pm to 7 pm

Ester Park

Come check out our
Local Artisans and Farmers