





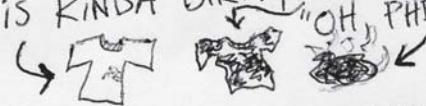


Farm Note ...



www.calypsofarm.org

From the Farm:

YOU KNOW YOU'RE A FARMER IF:

1. THERE'S PERMADIRT UNDER YOUR FINGERNAILS & BLUEBERRY STAINS ON THE BOTTOMS OF YOUR FEET. 
2. YOU EAT VEGGIES EVERYDAY & SOMETIMES FOR BREAKFAST 
3. YOU'RE PROUD OF THE SIZE OF YOUR COMPOST PILES. 
4. YOUR CHOICE OF APPAREL IS KINDA DIRTY, REALLY DIRTY & "OH, PHEW!" 
5. YOU SUFFER FROM AN EYE TWITCH WHEN SOMEONE SAYS "BINDWEED." 
6. YOUR IDEA OF "LOCALLY GROWN" IS A FEW STEPS OUTSIDE YOUR KITCHEN DOOR. 
7. "HAPPY HOUR" IS SITTING AROUND A HOME-COOKED LUNCH WITH ALL VOLUNTEERS, KIDS & PETS WELCOME. 

Weather Window:

The past week's weather has been mostly damp and suspiciously fall-like.

Your share may include:

- ◆ Napa cabbage
- ◆ Cauliflower
- ◆ Bunching onions
- ◆ Carrots
- ◆ Lettuce
- ◆ Celery
- ◆ Herbs
- ◆ Kohlrabi
- ◆ Collards
- ◆ 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 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 vegetable was first consumed dried and made into a puree, which was used as a staple food for many people. The Chinese were apparently first to consume the pods and seeds as vegetables, instead of the dried puree. Most notably improved by the Austrian monk, Gregor Mendel, this veggie was the first to be hybridized and did not appear on European tables until the 16th century.

Last week's answer:

Lettuce

Noteworthy:

You impact your carbon footprint more by what you eat than what you drive. Conventional thinking says buy a hybrid if you want to go green. Practically speaking, shifting to a low-carbon diet is a faster and cheaper option. The average American family diet accounts for 2.8 tons of carbon dioxide emitted annually, compared with 2.2 tons for driving. Worldwide, agriculture contributes to 30% of greenhouse gas emissions; more than transportation.

A low-carbon diet consists of mostly vegetables and fruits, whole grains, fish and lean meats like chicken; a diet that's both eco- and waistline friendly! The diet greatly reduces the amount of beef consumed, which in turn reduces the amount of fertilizer needed to grow the grain that feeds the cattle. Grain fed cattle belch methane, a gas more potent than carbon dioxide.

"Focus on eating lower on the food chain, with more plants and fruits and less meat and dairy," says Kate Geagan, a dietitian and author of the forthcoming book *Go Green Get Lean*. Installing solar panels or buying a hybrid may not be possible for many of us, but we can change today what goes into our bodies. – *Adie Callahan, Calypso Farm Shareholder*. As adapted from the Time Magazine article *Eat your greens* by Bryan Walsh.

Around the table:

Orange Broccoli and Cauliflower

From Rachael Ray

1 head **broccoli**, cut into florets
1 head **cauliflower**, cut into florets
1 navel orange, rind removed and reserved
Salt and pepper
3 tablespoons extra-virgin olive oil
2 shallots, thinly sliced
1 orange, juiced
2 **scallions**, sliced

Bring a couple inches of water to boil in a large skillet and add the florets, orange rind and salt. Cover and simmer until tender, about 6 minutes. Drain broccoli and cauliflower, remove rind and transfer to a platter or bowl. Return pan to heat, add extra-virgin olive oil and heat over medium heat. Add shallots and cook until soft, 3 to 4 minutes. Add broccoli and cauliflower and turn to coat. Squeeze the orange juice over the pan and toss veggies again. Season the orange scented broccoli and cauliflower with salt and pepper, to your taste. Garnish with sliced scallions.

Kohlrabi in Cream Dill Sauce

350 g (12 oz) kohlrabi
8 oz (225 g) carrots
2 tablespoon (25 g) 1 oz butter
1 chicken stock cube
2.5 ml (1/2 teaspoon) dried dill
2/3 cup (150 ml) 1/4 pint fresh single cream
Salt and freshly ground pepper
1 level tablespoon (15 ml) cornflour

Thickly peel the kohlrabi to remove all the woody outer layer. Slice thinly and cook with the carrots, butter, 300 ml (1/2 pint) water and stock cube for about 10 minutes, until tender. Blend the cornflour with very little cold water and strain in the vegetable liquid, stirring. Return to the boil, stir in the dill and the fresh cream, then adjust seasoning. Bring almost to the boil and pour over the vegetables.

French Grated Carrot Salad

From Martha Rose Shulman, *NY Times*

Dressing

1 tablespoon freshly squeezed lemon juice
1 tablespoon sherry vinegar or white wine vinegar
Salt and freshly ground pepper to taste
1 teaspoon Dijon mustard
6 tablespoons extra virgin olive oil or canola oil (or a mix of the two),
or use 2 tablespoons plain low-fat yogurt or buttermilk and 4 tablespoons oil

Salad

1 pound **carrots**, peeled and grated
1/4 cup finely chopped flat-leaf parsley

Whisk together the lemon juice, vinegar, salt and pepper, mustard, and oil (or oil and yogurt and buttermilk). Toss with the carrots and parsley in a large bowl. Taste and adjust salt. Refrigerate if not eating right away (I recommend making this 30 minutes to an hour ahead, then tossing again).

Chinese Cabbage Soup

1 teaspoon of vegetable oil
1 yellow **onion**, minced
3 1/2 cups of chicken broth
2 ounces of vermicelli
1/2 head of Chinese **cabbage** or domestic green cabbage, shredded
1 teaspoon of dry sherry

In a wok or skillet, heat oil over low heat. Add onion and cook until onion is transparent (about 1 minute). Stir occasionally. Add chicken broth and vermicelli. Raise heat to medium and bring mixture to a slow boil. Continue boiling for 5 minutes. Reduce heat to low. Add cabbage and simmer another 5 minutes. Stir in sherry. Makes 4 servings.

Ester Community Market

Thursdays until August 27th
4 pm to 7 pm

Ester Park

Come check out our
Local Artisans and Farmers