



Farm Note ...

From the Farm: *Little Known*

FARM FACTS

PART I

WHAT'S IN A NAME? Calypso was named for the Calypso Orchid, native to Alaska. Unfortunately, none have been found to grow on the farm.

VARIETY IS THE SPICE OF LIFE There are about 400 varieties of plants in our fields & between 60-70 varieties of flowers.

Facts provided by Addie



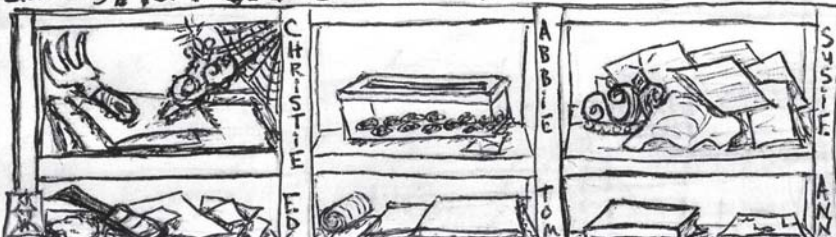
KNOW YOUR FARMERS THIS WEEK'S FEATURES: ADDIE, ELSA, SUE & CHRISTIE.

ADDIE'S FAVORITE BOOKS:

ELSA says, "I BELIEVE IN FARM FARIES." (As do most of us, here at Calypso, since we've seen plenty of evidence...)

Harry Potter

CHRISTIE & SUSAN ARE ACTUALLY ROYALTY... BOTH ARE FORMER (until now, closeted) HOMECOMING QUEENS! (But we still love them.)



Weather Window:

This week the temperature has been warm, the sun shining & the breeze cool & crisp. Aaahhh.

Your share may include:

- ◆ Carrots
- ◆ Potatoes
- ◆ Onions
- ◆ Brussels sprouts
- ◆ Pak choi
- ◆ Spinach
- ◆ Herbs
- ◆ Salad mix
- ◆ Beets
- ◆ Broccoli or cauliflower

Volunteer Activities at Calypso:

Our school farm field trip season is in its final two weeks but we can still use volunteers to help with them. 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

September 19th 9th Annual Benefit Dinner and Auction, Pike's Waterfront Lodge, Doors open at 4:30 pm.

Contact Us:

Phone - (907) 451-0691

Email - info@calypsofarm.org

PO Box 106

Ester, AK 99725

Trivia question of the week:

This plant is a biennial herb native to Europe & western Asia, which grows to a height of 1-2 feet. It is closely related to and is often mistaken for fennel & dill. Highly aromatic, the seeds have a warm, sharp taste; more mild than cumin but stronger than dill.

Last week's answer:

Cauliflower

Brussels Sprouts and Carrot Salad

From *Moosewood Restaurant Daily Special, The Moosewood Collective*

- 3 cups water
- 1/2 teaspoon salt
- 3 large **carrots**
- 1 pound **Brussels sprouts**

Vinaigrette Dressing

- 1/4 cup vegetable oil
- 4 teaspoons cider vinegar
- 4 teaspoons prepared horseradish
- 1 tablespoon chopped fresh dill
- 1/4 teaspoon salt

Combine the water and salt in a saucepan, cover, and bring to a boil. Add the carrots and cook until just tender, 6 to 8 minutes. Meanwhile, wash the Brussels sprouts, cut off the stems, remove any loose outer leaves, and halve any that are larger than 1 inch across. When the carrots are tender, remove them with a slotted spoon and set aside in a large bowl. Ease the Brussels sprouts into the boiling water and cook until just tender, 6 to 8 minutes.

While the Brussels sprouts cook, choose a dressing and whisk together all of the ingredients in a small bowl. When the Brussels sprouts are tender, drain well and add them to the carrots. Pour the dressing over the vegetables and toss gently.

Serve immediately or chill for about 30 minutes. Garnish with a sprinkling of freshly ground pepper and a few dill or parsley sprigs. If desired, some diced red onions will add color and spark.

Noteworthy:

Kohlrabi may be somewhat of an alien vegetable to many; with its globular shape, tough outer skin, and many leafy tentacles, it does in fact look somewhat alien. This green or purple *Brassica* is a relative of cabbage and cauliflower, with origins dating back to at least the first century A.D. It historically has been very popular in both Europe and Asia; and it is one of my favorite vegetables, symbolizing the height of summer. The entire kohlrabi plant can be eaten raw. Stems and leaves can be used in salad. The raw, globe-shaped main stem is crisp like an apple, with a mild and slightly sweet-spicy flavor. My favorite way to enjoy kohlrabi is thinly sliced and sprinkled with sea salt. Kohlrabi is best raw when it is still young and small; older, larger plants have a woody texture and are better cooked. Kohlrabi can be steamed, used in stir fries, and even grilled. To grill, slice or chop the main body of the kohlrabi and toss in a bowl with olive oil. Sprinkle with a dash of sea salt, and wrap in aluminum foil (shiny side inside). Place on the grill and cook for about 10 to 12 minutes. -*Megan Boldenow*, Calypso Farm shareholder

Around the table:

Broccoli Slaw

Adapted from *Foodnetwork.com*

- Broccoli**, chopped
- Cabbage, shredded
- Carrots**, grated
- 1 cup raisins
- 1/2 cup slivered almonds
- 1 cup ranch dressing

In a large bowl combine veggies, raisins and almonds. Pour the dressing over the slaw mixture and toss to coat. Cover and refrigerate 1 hour before serving.

Easy Creamed Spinach

From *Everyday Food* magazine

- Coarse salt and pepper
- 3 to 4 bunches of **spinach**, trimmed and cleaned
- 2 tablespoons butter
- 1/2 medium **onion**, minced
- 4 garlic cloves, minced
- 4 ounces cream cheese, cut into pieces
- 1/2 cup milk
- Pinch ground nutmeg

Cook spinach until wilted, about 1 minute. Drain in colander and rinse until cool. Squeeze to remove as much liquid as possible. Coarsely chop and set aside.

In large saucepan, heat butter over medium heat. Add onion and garlic; season with salt and pepper. Cook, stirring occasionally, until onion softens, 3 to 5 minutes.

Add cream cheese and milk; cook, stirring, until cream cheese is melted and smooth. Add spinach. Simmer over medium heat until mixture thickens, 8 to 10 minutes. Add nutmeg, season with salt and pepper.

Hot Potato Salad with Bacon

- 5 to 6 medium **potatoes**
- 6 slices diced bacon
- 1/2 cup chopped **onions**
- 1/4 cup chopped green bell pepper
- 1/4 cup vinegar
- 1/4 cup water
- 1 teaspoon salt
- 1/4 teaspoon pepper

Cook potatoes in salted water until tender; slice thinly. In a large skillet, fry bacon, onions, and green bell pepper until browned; add vinegar, water, salt, and pepper. Add potatoes; cover and simmer over lowest heat for 10 minutes.

Mark your calendars!

Calypso's 9th Annual Benefit Dinner and Auction

Saturday, September 19th

at Pike's Waterfront Lodge

Doors Open: 4:30 pm

Dinner and Silent Auction: 5 pm

Live Auction: 7 pm

Dinner Tickets: \$25 adults (age 13 and up), \$5 children (age 5-12) (Children age 4 and under free)

Advance dinner tickets are available at share pick-ups and Gulliver's Books.