



Farm Note ...

From the Farm:

Little KNOWN

FARM FACTS PART II

THE BEE'S BUZZ



The farm has 2 bee hives, from which a bumper crop of honey has already been extracted. (Thanks, Ladies!)

Honeybees are not native to North America & aren't typically able to overwinter here in Alaska (but Tom is currently working on that). In her lifetime, one honeybee will make between 1/12 - 1/4 teaspoon of honey; so when you lick that honey spoon, make sure you get off every last bit!

THE YURT LIFE



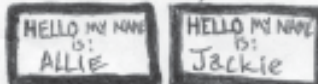
Did you know? The farm yurt, currently used for field trips, was the original homestead living quarters for Tom, Sue & Addie, having moved with them from California.

After the farmhouse was built, the yurt became staff housing, then the farm office, then a workshop before retiring as a good spot for rainy day field trips. If only these tent walls could talk...

KNOW YOUR FARM FOLKS:

ANNE'S favorite candy: BLACK LICORICE JELLYBEANS! (which, unfortunately, DO NOT actually grow in the ground.)

JACKIE is only a few seconds younger than her sister, Allie... They're IDENTICAL TWINS!



TOM spent 1989-1992 serving West African countries through the Peace Corps! (which, consequently, was his 1st experience with honeybees... ask about his bee beard)

Weather Window:

This week has continued with the beautiful & unseasonably mild summer-throw-back weather, with a few scattered showers thrown in for good measure.

Your share may include:

- ◆ Carrots
- ◆ Potatoes
- ◆ Leeks
- ◆ Bulbing fennel
- ◆ Cabbage
- ◆ Rutabagas
- ◆ Herbs
- ◆ Lettuce
- ◆ Parsnips
- ◆ Cauliflower (Thursday)
- ◆ Collards
- ◆ Celery
- ◆ Cabbage

Volunteer Activities at Calypso:

Our field trips are in its last week and we can still use help, if anyone is interested.

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

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Ester, AK 99725

Trivia question of the week:

Cultivated for over 5,000 years, this garden plant was held in high esteem by the Egyptians, who used it to pay tribute to their gods & as a form of payment to the slaves during the building of the pyramids. This veggie is made up of numerous concentric layers of fleshy leaves, which are covered by several outer layers of paper-thin skin.

Last week's answer:

Caraway

Baked Leeks and PecansFrom *Maple Creek Farm cookbook*

1 pound **leeks**, washed
1 tablespoon olive oil
4 ounces pecans
2 tablespoons sweet miso

Cut leeks lengthwise into 3-inch pieces. Mix leeks with oil and bake in a hot oven at 350 degrees for about 10 minutes. Chop pecans finely in a food processor and combine with miso and water to make a smooth sauce for the leeks. Cover the leeks with the sauce and return to the oven to heat.

Julia's Parsnip Oven FriesFrom *Mariquita Farm***Parsnips**

Olive oil
Salt and pepper

Peel and thinly slice parsnips about the width of a slender fast food french fry. Put parsnip strips in a mixing bowl and splash in some olive oil, sprinkle with salt and pepper and mix to coat. Spread the parsnips out on a large jelly roll baking pan. Bake at 450 degrees, mixing with a long wooden spoon every 10 minutes or so until browning and crispy. Warning: these are addictive. Our children even like them...

Noteworthy:

The majority of flower and vegetable seeds available in today's global, wholesale seed supply are first generation (F1) hybrids that have are patented, usually sterile, genetically identical within food types, and sold from multinational seed companies. Other seeds are genetically engineered, threatening the purity of seeds everywhere with altered DNA. Heirloom seeds, however, are open-pollinated, genetically diverse, and have been passed on through generations. In my own garden a majority of the flowers and vegetables are old varieties, plants that have been handed down, divided, and cared for over many years through many different generations of family and friends. Having been raised as the helper in my parents' and grandparents' gardens, seed saving is something that just comes naturally. I send my children out periodically throughout the summer to harvest the seeds, then dry and bag them for storage and next year's planting. These plants that have been in our family since at least my great grandparents' generation and are still going strong are true heirlooms. Seed saving is a great way to keep your own corner of the world flowering in diversity for many years to come and is one of the most cost effective ways to maintain a garden. Give it a try – you'll be surprised how easy it is: a few sunny afternoons spent harvesting seeds, spreading them out to dry, and then labeling are all it takes. You can find some great seed saving information at www.seedsavers.org – *Tara Bellion, Calypso Shareholder*

Around the table:

Cabbage & Potatoes

3 pounds of **cabbage**
2 - 4 **potatoes**
2 onions, chopped
1 tablespoon wine vinegar
6 tablespoons bacon fat or butter
Splash water or beer
Cut the cabbage in half and soak in salted water for 15 minutes. Drain well. Shred the cabbage. Heat the bacon fat or butter in a large, heavy skillet and add the diced potatoes. Cook over medium heat until lightly browned. Add chopped onions and cook until transparent, about 5 minutes. Add cabbage and toss well. When the cabbage starts to wilt, add salt and black pepper to taste and a splash of that beer in your left hand and the wine vinegar. Cover, with lid loosely and simmer over low heat until tender.

Fennel Baked with Parmesan CheeseFrom *Jane Grigson's Vegetable Book*

2 heads **fennel**, trimmed, quartered
Butter
Pepper
1 tablespoon grated parmesan cheese

Cook the fennel in salted water until it is tender (not floppy). Drain it well and arrange in a generously buttered gratin dish. Be generous, too, with the pepper mill. Sprinkle on the cheese. Put into the oven at 400 degrees, until the cheese is golden brown and the fennel is bubbling vigorously in buttery juices.

Mashed Potatoes and Rutabagas

3 pounds **rutabaga**, peeled and cut into 2-inch pieces
2 to 2 1/2 pounds **potatoes**, peeled and cut into 2-inch pieces, about 5 or 6 medium
2 tablespoons butter
2/3 cup milk
1/4 teaspoon pepper
1/4 teaspoon nutmeg, or to taste
2 teaspoons chopped parsley, optional

Cook rutabaga and potatoes in salted water in separate saucepans. When both are tender, remove from heat. Rutabaga will take about 30 minutes, and potatoes will take about 20 to 25 minutes. Drain; puree or mash rutabaga well, then mash the potatoes. Combine mashed rutabaga and potatoes; add butter, milk, pepper, and nutmeg. Beat well. Taste and add more salt if necessary. Garnish with chopped parsley, if desired.

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.