



# Farm Note ...



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**Weather Window:**

It's beginning to look a lot like... okay, I won't say it, but it's a lot less like fall out there with the first dusting of snow.

**Your share may include:**



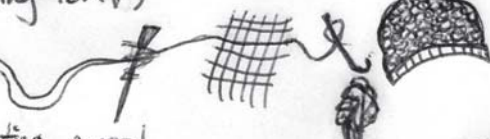
- ◆ Carrots
- ◆ Potatoes
- ◆ Celeriac
- ◆ Bulbing fennel
- ◆ Cabbage
- ◆ Turnips/Rutabagas
- ◆ Kohlrabi
- ◆ Onions
- ◆ Brussels sprouts



## FARM FACTS LITTLE KNOWN PART III

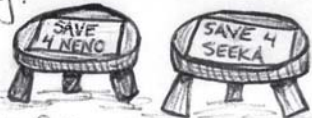
### THE REST OF THE FARM CREW


LAST, BUT NOT LEAST:

**ABBIE:** is the **OLDEST** of **SIX** kids.  (which is perhaps the reason why she's so good at handling Tom!) 

**EDGE:** is a closeted **FIBERARTIST**  with talents in dyeing, spinning, weaving  & crocheting wool. 

**GEORGE:** is a well-know Alaskan **MUSICIAN**, playing **BASS GUITAR**  for various gigs across the state. He also **PAINTS** & is the resident **HERB EXPERT** (being **GREEK** & all...) 

**SOULA:** has two imaginary friends named **NENO** & **SEEKA**, who alternate between being helpful & reeking havoc, but are **ALWAYS** entertaining! 

**DJANGO:** Despite stiff competition, this youngest member of the farm has been **UNANIMOUSLY** voted the **CUTEST FARM BOY!** 

#### THE EXTRAS (ALSO KNOWN AS PETS)

**SQUIRREL**  
• SUNFLOWER

**DOGS**  
• NOBEE  
• PELLY

**RABBITS**  
• CINNAMON  
• 60-60  
• NIPS

**CATS**  
• EMMIE  
• OTTER  
• MANGO  
• SASSY



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## Noteworthy:

This time of year some people are thinking about collecting seed from favorite garden varieties to plant again next spring. But not all varieties will produce seeds that are true to type. Hybrids, unlike open-pollinated varieties, will not produce offspring similar to its parent plant. This is because hybrids are a cross from two genetically different parents. Therefore, genetic expression in the next generation is variable and thus unpredictable.

There are other reasons why open-pollinated varieties might be favorable to gardeners. Often they have more flavor and nutrients, which are sometimes sacrificed in hybrids in exchange for traits such as uniformity of size, durability for shipment and resistance to specific pathogens.

Open-pollinated varieties develop resistances to pathogens naturally over time through generations of crossings and hand-selected seeds from the hardiest and most desirable individuals in the garden. If you save seed from year to year you can select individuals and save seed from those that perform best in your garden with your individual microclimate, soils, pests and other growing conditions specific to your garden. This can reduce the need for fertilizers, pesticides and excessive watering! – *Katie DiCristina, Calypso Farm Shareholder*

## Around the table:

**Celeriac and kohlrabi rösti**  
From *Edible Adventures* at [www.rosajackson.com](http://www.rosajackson.com)

- 1 small **celeriac** (about 325-350 g)
- 1/2 **kohlrabi** (about 100 g)
- 50 g chickpea flour
- A handful of parsley, stems and leaves
- 1 egg
- 2 tablespoons cold water
- 1 teaspoon sea salt
- 1 teaspoon cracked black peppercorns
- Good quality olive oil, for frying

Scrub and peel the celeriac and the kohlrabi. Shred coarsely. Add the chickpea flour, thinly sliced parsley leaves and stems, beaten egg, water, and seasonings. Process, in brief bursts, until the contents are fairly evenly mixed. By hand, simply mix well. Heat a good tablespoon of oil in a non-stick frying pan over medium-high heat. Drop tablespoons of this mixture into the hot oil and cook for 2-3 minutes on each side, until browned and cooked through. Set aside in a warm oven until all the rösti are cooked (you may need to cook them in two batches).

**Savory Brussels Sprouts**  
From *Natural Foods Cookbook* by Pamela Hannan

- 1 pound fresh **Brussels sprouts**
- 1 small celery stalk, chopped
- 2 tablespoons butter
- 1/8 teaspoon ginger
- 2 tablespoons pure maple syrup
- 3 thin orange slices, cut into wedges
- 1/2 teaspoon lemon juice

Wash Brussels sprouts and steam with celery 10-12 minutes. Add remaining ingredients, serve hot.

**Rustic Cabbage Soup Recipe**  
From [101cookbooks.com](http://101cookbooks.com)

- 1 tablespoon extra virgin olive oil
- A big pinch of salt
- 1/2 pound **potatoes**, skin on, cut 1/4-inch pieces
- 4 cloves garlic, chopped
- 1/2 large yellow onion, thinly sliced
- 5 cups stock (see head notes)
- 1 1/2 cups white beans, precooked or canned (drained & rinsed well)
- 1/2 medium **cabbage**, cored and sliced into 1/4-inch ribbons
- more good-quality extra-virgin olive oil for drizzling
- 1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes - it's o.k. to uncover to stir a couple times. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc)...

Serve drizzled with a bit of olive oil and a generous dusting of cheese.

### Trivia question of the week:

Well, it is that time of the year. "What time?" you ask. Time to say goodbye to our Trivia Question of the Week. We will see you next season.

Last week's answer:

Onion

Hello Calypso Farm CSA members,

I am a professor of anthropology at the University of Alaska Fairbanks. I study the ways people produce, distribute and consume food. That's why I am especially interested in CSA's. This summer I'm conducting a study of local CSA's, and would be very grateful for your help.

You may have already received a copy of the survey at a recent share pickup. Please consider participating by filling out our survey. Nobody but you will know how you answer the questions. You are not asked to put your name on the form, and nobody will see the answers except the person who puts them into the computer. Your responses will not only assist in a greater understanding of CSA's in the United States and specifically Alaska but also will provide valuable information to the farmers who are growing the food for your share.

If you have any questions please do not hesitate to contact myself David Fazzino, [ffdvf@uaf.edu](mailto:ffdvf@uaf.edu) or Rachel Garcia, [rachel.aleks.garcia@gmail.com](mailto:rachel.aleks.garcia@gmail.com).

Again, thank you for your time and participation.

Sincerely,

David V. Fazzino