



# Farm Note ...

## From the Farm:

Experiencing growth outdoors during Spring can be like watching a kid grow up and realizing I've been elsewhere. I can watch the growth before my eyes if I make the time, but what else would I be missing? Work to do, time to spend wisely like money. Conditioning tells me to stay busy, be efficient, achieve results. I can go through a day, or two, or three, and finally see that the trees have greened and the plants grown taller. What is this

showing me? Is this how life can be: unfolding while I'm busy focusing on something else?

Gardening is an opportunity to experience life. The garden teaches me to watch, listen, and be. It offers a chance to observe the movement of life around me, of which I am a part. Our gardens are growing, our kids changing, and I, too, am in this cycle. I want to be awake each day to the growth in and around me. To take time each day to

play with children, lie with dogs, and watch the fast-growing lambs. Springtime is an opportunity to recognize renewal in nature and myself.

Calypso is a living, growing organism, like a forest rooting into the hillside, becoming a part of the land, and evolving with the ecosystem. And we are birds, come to live, and love, and be.

*Allie*

*Farm Apprentice*

### Weather window:

Well this season has started off hot and dry. The beds were ready to plant early and we are reaping the bounty. Looks like the weather will continue on as it has been

### Your share this week:

- ◆ *Salad greens*
- ◆ *Radishes*
- ◆ *Chives*
- ◆ *Asian Greens—Yukina Savoy*

## Welcome to Calypso Farm 2010 CSA Season Our 9th Year!

### Noteworthy:

1. Support your local economy. Thanks for investing in Calypso and interior Alaska's economy!
2. Local produce has longer to ripen...and thus...
3. tastes better...
4. not to mention, it is simply fresher. Most vegetables at your local farmers market or CSA pick up have been harvested in the last 24 hours. Since it is fresh, the nutritional value is higher and the (refrigerator) shelf life is longer.

5. Reduce your carbon footprint. Local food has traveled MUCH shorter distances than the food found in grocery stores.

6. Less pesticide use. Due to Alaska's cold temperatures many of the pests that wreck havoc on Lower 48 crops do not survive the winter so they can't bother our crops in the early growing season.

7. Keep in touch with the seasons. Celebrate the abundance of radishes in June and potatoes in September.

8. Know your farmers:

Meet Edge, Christie, Tom and Susan. They would love to meet you!

9. Expand your horizons by adding variety. No more "just" romaine lettuce in your salad. How about some arugula?! No more traditional white cauliflower. Have purple cream of cauliflower soup!

10. Contribute to responsible land use and development. Local open space can be used for responsible food production as opposed to urban sprawl.

*Adie Callahan,*

*CSA Shareholder*

### Schedule of events

- *June 5th 11 am to 3 pm Volunteer Fair at Calypso*
- *June 12th 9 am to 2 pm EVFD Annual Garage Sale*
- *June 16th 6 to 8 pm Composting Workshop at Effie Kokrine School Garden*
- *June 25th 5 pm to 8 pm Member Potluck Picnic at Calypso*
- *June 26th 2 pm to 5 pm Wool Dyeing Workshop at Calypso*
- *July 4th Ester Parade*
- *July 14th 6 pm to 8 pm Composting Workshop at Hunter School Garden*

Contact us:

Phone - (907) 451-0691

Email -

calypsainformation@gmail.com

PO Box 106

Ester, AK 99725

Trivia question of the week:

Where did the Irish white potato that we eat today originate?

Last week's answer:

Look here next week to find out the correct answer.

**\*\* You can substitute Yukina Savoy or any greens for spinach**

**Spinach and Sorrel Sauce**

This sauce works well served over fish, particularly salmon, or over boiled or steamed potatoes cauliflower. The recipe makes 2 cups.

8 oz. **spinach**, central stems removed  
6 oz. sorrel, central stems removed  
1 large shallot, finely diced  
3 tablespoons butter  
1/2 cup whipping cream  
Salt and freshly ground pepper

Wash the spinach and sorrel well and drain them in a colander. Soften the shallot in butter, in a large non-corrodible pan over medium heat. Shake the spinach and sorrel by the handful to remove excess water. Place each handful in the pan and stir well. Cover and wilt over medium heat, stirring occasionally. When the leaves are completely wilted, about 5 minutes, stir in the whipping cream. Simmer, uncovered, about 15 minutes, or until the leaves are very soft and have formed a sauce with the cream. Season with salt and pepper and serve hot.

## Around the table:

### Seasoned Spinach From *Cooking Light*

20 ounces fresh **spinach**, divided  
1/4 cup finely chopped green onion  
1 teaspoon sesame seeds, toasted  
2 teaspoons low-sodium soy sauce  
1/2 teaspoon dark sesame oil  
1/4 teaspoon kosher salt  
2 garlic cloves, minced

Steam half of spinach, covered, for 5 minutes or until wilted, place stem spinach in a colander. Repeat with remaining spinach. Cool slightly and squeeze dry.

Place spinach in a bowl. Add onion and remaining ingredients, toss mixture well to combine. Serve chilled or at room temperature.

### Chives Mashed Potatoes From <http://homecooking.about.com>

2-1/2 pounds (about 8 medium potatoes, peeled and cut into 1-inch cubes)  
1 (8-ounce) package cream cheese, cut into 1-inch cubes, at room temperature  
3/4 to 1 cup hot milk  
1-1/4 teaspoons salt  
1/4 teaspoon ground black pepper  
1/2 cup chopped fresh **chives**

Cover potatoes with 2 inches of water. Boil gently until tender, 10 to 15 minutes. Drain and return to the pan.

Add cream cheese, milk, salt, and pepper to the potatoes and mash together until blended. It's okay if there are a few lumps. (If you don't want lumps, pass potatoes through a ricer instead of mashing before adding the rest of the ingredients.) Rewarm over low heat if necessary, then fold in the chives. Serve chive mashed potatoes hot.

Try using unpeeled red rose potatoes for added color and nutrition.

### Baby Salad Greens With Sweet Potato Croutons and Cheese From Martha Rose Shulman, *NY Times*

**Salad:**

1 large sweet potato (10 to 12 ounces), peeled and cut in 1/2-inch dice  
1 tablespoon extra virgin olive oil  
6-ounces **salad greens**  
1 tablespoon chopped fresh herbs, such as tarragon, parsley, chervil, **chives**  
2 ounces Stilton, blue, goat or feta cheese, crumbled or cut into small pieces (about 1/2 cup)

**Dressing:**

1 tablespoon fresh lime juice  
1 teaspoon balsamic vinegar  
1/2 teaspoon Dijon mustard  
1 small garlic clove, minced  
Salt and freshly ground pepper  
2 tablespoons extra virgin olive oil  
1/4 cup buttermilk

Steam the sweet potatoes for 5 minutes, until just tender. Remove and drain on paper towels.

In skillet, heat 1 tablespoon olive oil over medium-high heat. Add the sweet potatoes and cook until evenly browned on all sides, about 10 minutes. Remove and drain on paper towels.

Whisk together the dressing.

Place the salad greens in a salad bowl and top with the cheese. Toss with the dressing. Sprinkle on the sweet potato croutons and serve.

## Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

**Come Check out our**

**Local Artisans and**

**Farmers**