



# Farm Note ...

## From the Farm:

**Freezing vegetables** is an excellent way to preserve your harvest. The quality of frozen vegetables depends on the quality of the fresh products and their handling. It is important to get the product from the Garden to the freezer in as short a time as possible. It is important, also, to start with high-quality vegetables, as freezing will not improve the product's quality.

Blanching and prompt cooling are necessary steps in preparing practically every vegetable, except herbs and green peppers, for freezing. The reason is that heating slows or stops the enzyme action. Enzymes help vegetables grow and mature. After maturation, however, they cause loss of quality, flavor,

color, texture and nutrients. If vegetables are not heated enough, the enzymes continue to be active during frozen storage and may cause the vegetables to toughen or develop off-flavors and colors. Blanching also wilts or softens vegetables, making them easier to pack. It destroys some bacteria and helps remove any surface dirt.

**To dry pack**, place the blanched and drained vegetables into meal-sized freezer bags or containers. Pack tightly to cut down on the amount of air in the package. Leave 1/2-inch headspace at the top of rigid containers and close securely. For freezer bags, fill to within 3 inches of top, twist and fold back top of bag, and tie with

a twist tape or rubber band about 1/2- to 3/4-inch from the food. This allows space for the food to expand. Provision for headspace is not necessary for foods such as broccoli, asparagus and Brussels sprouts that do not pack tightly in containers.

**To tray pack**, place chilled, well-drained vegetables in a single layer on shallow trays or pans. Place in freezer until firm, then remove and quickly fill labeled bags or containers. Close and freeze immediately. Tray-packed foods do not freeze in a block but remain loose so that the amount needed can be poured from the container and the package reclosed.  
-Allie Urbanek  
*Farm Apprentice*

## Weather window:

This week started out hot and sunny and ended on a cooler, off/on rainy note.

## Your share this week:

- ◆ *Salad greens*
- ◆ *Herb—your choice*
- ◆ *Cauliflower*
- ◆ *Kale*
- ◆ *Bunched Greens*
- ◆ *Broccoli*
- ◆ *Kohlrabi*
- ◆ *Carrots*
- ◆ *Lettuce*
- ◆ *Peas*
- ◆ *Summer Squash*
- ◆ *Bunching Onions*

## Mark your Calendars!

### Pick up Your Share at the Farm Day

Sunday, August 29th

noon to 3 pm

This means NO Thursday, August 26th or Monday, August 30th pick ups!

If you can't pick up on Sunday the 29th, please call us to make other arrangements, 451-0691.

## Schedule of events

- *August 6th to 14th Tanana Valley State Fair*
- *August 11th 11 am to 2 pm Natural Dyeing Wool Workshop*
- *August 21st 2 to 4 pm Composting Workshop at Woodriver School*
- *August 28th 1 to 4 pm Raising and Butchering Meat Birds*
- *September 25th 10th Annual Benefit Dinner and Auction*

**Contact us:**

Phone - (907) 451-0691

Email -

calypsoinformation@gmail.com

PO Box 106

Ester, AK 99725

**Trivia question of the week:**

What vegetable was Mel Brooks allergic to?

**Last week's answer:**

Brussels Sprouts

**Parmesan Broccoli and Cauliflower Salad**

From *Giada De Laurentiis*

2 1/2 cups **broccoli** florets  
2 1/2 cups **cauliflower** florets  
2 eggs, lightly beaten  
1 cup grated Parmesan  
1/2 to 1 cup olive oil  
1/2 teaspoon salt  
4 cups lightly packed fresh spinach leaves  
1/2 lemon, zested  
1 lemon, juiced  
1/4 cup extra-virgin olive oil  
1/2 teaspoon freshly ground black pepper

Toss cauliflower and broccoli with the beaten eggs in a large bowl until evenly coated. Place the Parmesan in a large tray and dredge the vegetables in the cheese, coat evenly.

In a large skillet, warm 1/4 inch of olive over medium-high heat. When the oil is hot, carefully add the Parmesan-coated vegetables. Do not overcrowd the pan. Cook in batches, if necessary. Let the vegetables cook until a crust forms, about 3 minutes per side. Turn the vegetables only when they easily release from the bottom of the pan. Drain on paper towels and season with salt.

Place the spinach in a large bowl. In a small bowl, whisk together the lemon zest, lemon juice, extra-virgin olive oil, salt, and pepper. Drizzle the spinach with the vinaigrette and toss to coat. Add the Parmesan coated vegetables. Toss and serve.

## Around the table:

**Curry Pickled Cauliflower**  
From *Alton Brown*

1 tablespoon canola oil  
1 teaspoon cumin seed  
1 teaspoon coriander seed  
2 teaspoons curry powder  
1 teaspoon fresh ginger, minced  
1 whole clove garlic, smashed  
1 head **cauliflower**, cut into florets  
1 cup water  
1 cup rice wine vinegar  
1/2 cup cider vinegar  
3 tablespoons sugar  
1 teaspoon pickling salt

Heat the canola oil in a heavy skillet over medium heat. Crush the cumin and coriander seed and add to the pan. Add curry powder, ginger, and garlic. Cook these spices, stirring until the oil colors and the spices are fragrant. Add the cauliflower florets to the pan and toss to coat.

In a lidded plastic container, combine water, rice wine vinegar, cider vinegar, sugar, and salt. Shake to combine.

Once the cauliflower is slightly tender, add it to a glass jar. Pour the pickling liquid over the cauliflower, filling to the top of the jar. Cool, chill, and store the pickles for 1 week to allow the flavors to develop thoroughly.

**Roasted Kohlrabi**  
From <http://allrecipes.com>

4 **kohlrabi** bulbs, peeled  
1 tablespoon olive oil  
1 clove garlic, minced  
salt and pepper to taste  
1/3 cup grated Parmesan cheese

Preheat an oven to 450 degrees F. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

**Lime Cilantro Dressing**  
From [www.saladdressingrecipes.net](http://www.saladdressingrecipes.net)

1/2 cup Olive or Vegetable Oil  
1/3 cup Lime Juice or Wine Vinegar  
3 tablespoons chopped Fresh Cilantro  
1 1/2 teaspoons Ground Cumin  
1 teaspoon Salt  
1/8 teaspoon Pepper  
3 cloves Garlic, finely chopped

Shake all ingredients in tightly covered container. Shake before serving.

**Zucchini and Brown Rice Soup**  
From *The Victory Garden Cookbook*

1 pound **zucchini**  
1/2 pound spinach leaves or other **greens**  
6 cups chicken broth  
1/2 cup long-grain brown rice  
1 1/2 cups sliced onions  
3 tablespoons butter  
Salt and freshly ground pepper

Wash, trim and grate zucchini. Wash the spinach leaves, dry and cut into thin strips. Bring the broth to boil, stir in rice, lower heat, cover, and cook slowly until the rice is just tender, about 40 minutes. In a large sauté pan, cook onions in the butter until wilted and golden. Stir in zucchini and cook, stirring, for 4-5 minutes. There will be moisture left in the pan. Mix in the spinach, and cook stirring, until barely wilted. Set aside. When the rice is cooked, stir in the zucchini mixture, heat through, and season with salt and pepper. The soup will have a beautiful green color and will be fairly thick. Thin with additional broth if you wish.

### Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers