

Farm Note ...

From the Farm:

Hello friends of Calypso.

By Friday I'll be driving south to continue my exploration of food systems in this rich country of ours. As I prepare to move forward, I am equipped with the knowledge and confidence that supporting small, local agriculture is the best action to take to generate global food security. If we feed ourselves as much off our own land as possible we will not be taking from a system of global, industrial, "free-trade" agribusiness that actually increases world hunger.

I have faced the opinion that small organic farms cannot feed the world. In fact, they

are the only thing that will. The alternative, industrial agriculture, "increases hunger by raising the cost of farming, by forcing tens of millions of farmers off their land, and by encouraging the use of arable land for high-profit export crops (e.g., bio-fuels) and luxury crops."* Picture a field of mono-cropped corn grown to produce plastic bags, or to feed factory-farmed cows, fish, or chicken for McDonalds food.

By choosing to participate in a food system that prioritizes local, live, low-input food, you are taking care of your needs with less reliance on the system of global "free trade" that has contributed to an increase in world hunger despite rais-

ing food production capacity.

If you hear, and I suspect you will, someone say that the local food movement is a middle-class luxury, know that it is, in fact, a responsibility of those who can to do what we can. By opting out of an oppressive system and taking care of feeding yourself locally is socially responsible on a global level. Thank you. Keep thinking global and acting local.

Allie Urbanek
 2010 Farm Apprentice

*Philip A. Loring, *Outpost Agriculture, Alaska Farm and Ranch News*, May 2010

Weather window:

Nice Fall weather has arrived. Cooler temps and overcast skies were present most of the week.

Your share this week:

- ◆ *Bulbing Fennel*
- ◆ *Herb—Dill heads*
- ◆ *Lettuce*
- ◆ *Brussels Sprouts*
- ◆ *Potatoes*
- ◆ *Collard/Chard/Kale*
- ◆ *Carrots*
- ◆ *Celery*
- ◆ *Chinese Cabbage*
- ◆ *Onions*
- ◆ *Turnips*

Ester Hatworks

Fabric Stock Reduction Sale

Saturday, September 11th, 10 am to 5 pm

Ester Community Hall

Cash or checks accepted

Portion of proceeds to benefit the Schoolyard Garden Initiative.

Farm News:

We are gearing up for our **10th Annual Benefit Dinner and Auction** on September 25th at Pike's Waterfront Lodge.

If you would like to volunteer at the event or to donate a locally made item or service, please give Christie a call, 451-0691. Thank you to all who have donated or signed up to volunteer. We greatly appreciate it!

We hope you will join us for our locally grown dinner and the live and silent auctions. All proceeds benefit our education programs.

Schedule of events

- *September 10th Pearl Creek Elementary Harvest Celebration*
- *September 11th Judy's Fabric Sale—Polar Fleece—Hartung Hall in Ester*
- *September 15th Fermentation Workshop*
- *September 16th Hunter Elementary Harvest Festival*
- *September 23rd Effie Kokrine Harvest Celebration*
- *September 25th 10th Annual Benefit Dinner and Auction at Pike's Waterfront Lodge*

Contact us:

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Trivia question of the week:

This veggie is the Greek name for "marathon".

Last week's answer:

Leek

Dill Baking-Powder Biscuits
From *Winter Herbal Pleasures*

2 cups (500 mL) all-purpose flour
4 teaspoons (20 mL) baking powder
1/4 cup (50 mL) vegetable shortening, margarine or butter
3/4 cup (175 mL) milk
1 Tablespoon (1.3 mL) **dill seed**
1/2 cup (125 mL) finely chopped **dill leaves**

Preheat oven to 400 degree (200 degree C). Sift flour and baking powder together. Cut in shortening and mix with a knife or fingers until mixture is the consistency of cornmeal. Add milk, dill seed and dill.

On a floured surface, knead dough lightly a few times. Roll out to 1/2 inch (1.2 cm) thick and cut into round with a floured cutter. Bake for 12-15 minutes. Serve hot (You can vary these biscuits with the stronger flavors of rosemary and sage and serve them with soup and stew.)

Braised Brussels Sprouts
From *Julie Dannenbaum's Creative Cooking School*

4 cups small **Brussels Sprouts**, trimmed
8 tablespoons butter, cut into pieces
1 teaspoon salt
1/2 teaspoon black pepper
1/4 cup lemon juice

Put sprouts into a heavy casserole with a tight fitting lid. Lay the butter on the sprouts and sprinkle them with salt, pepper and lemon juice. Cover and bake

Around the table:

in 350 degree oven for 25 to 35 minutes, until barely tender. Stir occasionally to keep from sticking.

Oven Potatoes with Fennel
From *Mariquita Farm*

20 ounces **potatoes**, cut in 1/2" cubes
1 medium **fennel bulb**, trimmed and cut in 1" slices
1 medium **sweet onion**, diced
1 tablespoon fresh **parsley**, minced finely
2 teaspoons vegetable oil
1/2 teaspoon salt
freshly ground black pepper -- to taste

Preheat oven to 400 degrees. Spray baking sheet with nonstick cooking spray. In large bowl, combine potatoes, fennel, onion, parsley, oil, salt and pepper; toss gently until well coated. Arrange mixture in a single layer on a prepared baking sheet. Bake, turning occasionally, until potatoes are crisp on all sides, 30-35 minutes. Serve immediately.

From a Mariquita Farm Shareholder...

Donna of Pacific Grove suggests: "Sometimes when I have *more greens that I can fix up*, I take what greens I have left over, kale, spinach, whatever and sauté them up with onions and garlic, add mushrooms and sliced bell peppers. I then freeze just the right amount to make a couple of omelets. I then take the greens out of the freezer even the morning of and heat them up in the microwave, prepare my eggs and put in the greens with some of my favorite cheese and this makes a wonderful healthful way to eat up all those wonderful greens. Something else I do when I have extra greens is do the same mixture of greens, onions, garlic, mushrooms and bell peppers and make a wonderful quiche - 4 eggs beat with 3 cups of fat free cream, salt and pepper to taste and 1 1/2 cups gruyere cheese. I dice up a little ham and put it in a 9 inch pie plate that I have sprayed with oil, sprinkle the cheese around, spread the greens then pour the eggs on top and bake at 400 degrees for about 50 minutes. Another way to use up all those wonderful greens. I have had guests for breakfast and they love the green omelets or green quiche."

Braised Fennel with Diced Vegetables
Adapted from *Vegetarian Cooking for Everyone*

2 **fennel bulbs**, trimmed plus 1 tablespoon chopped fennel greens
Several thyme sprigs or 1/4 teaspoon dried
2 tablespoons olive oil
1 bay leaf
1 **carrot**, finely diced
salt and pepper
2 bunching **onions**, finely diced
1/2 cup dry white wine
1 **celery** rib, finely diced
1 tablespoon butter

Peel the outer leaves of the fennel. Keeping the root end intact, half the bulb lengthwise. Heat the oil in a large skillet, add the diced vegetables and herbs, and sauté over medium-high heat until the onion begins to color, after several minutes. Move the vegetables to one side of the pan and add the fennel halves, cut sides down. Spoon the vegetables over and around them, season with salt and pepper and pour in 1 cup water. Lower the heat to medium, cover and cook until the liquid has evaporated, about 10 minutes. Give the diced vegetables a stir and add 1/2 cup water. Cover and cook until the fennel is tender - firm when pierced with a knife, 15-20 minutes. Remove the vegetables and the fennel to a serving dish, placing the fennel cut sides up. Return the pan to the heat, add the wine and butter, and scrape the caramelized bits from the bottom of the pan. When the wine and butter have reduced by half, add the fennel greens, taste for salt and season with pepper. Spoon the sauce over the fennel and serve.

Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers