

Farm Note ...

From the Farm:

As I write this week's harvest note, the rest of the crew is out planting squash in the light rain this Sunday evening. The work never stops here at the farm, though it does occasionally ebb. This last week held unique excitement for us as the work of the last two months finally culminated in the first harvest of the season. We hope you enjoyed the fresh tender greens and crunchy red radishes as we did. Now all around us are

even more signs that are our efforts are bringing abundance. The peas are popping out; arugula and lettuces are a flush; the kales are getting luscious and leafy; the garlic is fattening—I could marvel on. We cannot wait to share this growing bounty as the summer progresses.

In addition to harvesting the season's first round of vegetables and herbs, we continued to plant and sow. Parsley, sage, oregano, and thyme went into the freshly

prepared terraces as well as more brassicas and bunching onions. We directly seeded another round of carrots, beets, and greens, and sowed chard in the greenhouse. I am getting hungry just writing about the vegetables to come! Thank you for investing in your local community farm where we can share the magic of growing this food together.

*Britt Retzlaff
 2010 Farm Apprentice*

Weather window:

The temperatures have cooled to the 50s at night and the 60s during the day. Toward the end of the week not much sun as our rain dances finally paid off.

Your share this week:

- ◆ *Salad greens*
- ◆ *Radishes*
- ◆ *Bunching Onions*
- ◆ *Spinach*
- ◆ *Yukina Savoy or Kale*



Upper Field March 2010

Upper Field June 2010



Noteworthy:

Turning plants upside down

It appears that growing plants like tomatoes, peppers and basil upside down is becoming more popular. Several companies make containers for this purpose, or you can make your own out of buckets, milk jugs or even heavy duty trash bags. Web sites like Instructables.com

and UpsideDownTomato-Plant.com show how it can be done, and YouTube has several how-to videos. The upside is that the plants are protected from pests, don't take up much space and the yields can be amazing; the down side is that depending on the container, you may have to water a lot. Some folks using buckets put herbs and flowers on top to slow

the desiccation rate. Experts recommend using indeterminate growth varieties of tomatoes as the determinate ones have more rigid stems which will break under the weight. If you have a sunny porch and some kids that you would like to entice into gardening, trying upside down gardening might be a way to have fun!

Schedule of events

- *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 to 8 pm Member Potluck Picnic at Calypso*
- *June 26th 2 to 5 pm Wool Dyeing Workshop at Calypso*
- *July 4th Ester Parade*
- *July 14th 6 to 8 pm Composting Workshop at Hunter School Garden*
- *August 21st 2 to 4 pm Composting Workshop at Woodriver School*

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Trivia question of the week:

What vegetable is never sold frozen, canned or in any other form than fresh?

Last week's answer:

From the Andean Mountains of Peru

Spinach Dumplings

From *La Cucina delle Stagioni*

2 to 2 1/2 pounds spinach, boiled, drained, squeezed and chopped
5 tablespoons butter
1 cup ricotta cheese
1 egg, beaten
3/4 cup flour
1/4 cup grated Parmesan cheese

Press all liquid from the spinach. Sauté the spinach in 3 tablespoons butter for 5 minutes. Remove pan from heat and add the ricotta, egg and 3 tablespoons flour. Mix thoroughly. Shape mixture into small, round dumplings. Roll the dumplings in the remaining flour and cook them in simmering salted water. Do not overload water. Remove when the dumplings float to the surface, 5 to 8 minutes. Keep warm. Melt remaining butter and pour over dumplings. Sprinkle with Parmesan cheese.

Raspberry Vinaigrette

From *www.allrecipes.com*

1/2 cup vegetable oil
1.2 cup raspberry wine vinegar
1/2 cup sugar
2 teaspoons Dijon mustard
1/4 teaspoon dried oregano
1/4 teaspoon black pepper

Put everything in a jar with a tight fitting lid and shake well.

Around the table:

Greens and Cheese Bake

1 1/2 pounds **kale**, washed and trimmed
salt and black pepper
1 1/2 cups broth, divided
1 cup half-and-half
4 tablespoons butter
1/4 cup flour
1/3 cup grated Parmesan cheese
1/2 cup ricotta cheese
3 tablespoons dry bread crumbs
1/2 cup Mozzarella cheese, shredded

Cut out and discard the tough stems and chop into 1/2-inch pieces. In a large skillet, cook the greens over low heat, until they wilt. Add 1/2 cup of broth, then cover the skillet; braise for 10 to 15 minutes, or until tender. Pour off any liquid left in the skillet and season with salt and pepper. Transfer to a bowl and set aside.

Heat the remaining 1 cup of broth and half-and-half in a saucepan, just until it bubbles around the edge of the pan.

In the large skillet, melt the butter. Add the flour and cook, stirring, for one minute. Add the hot broth mixture and stir over medium heat until the sauce has thickened. Whisk in the grated Parmesan and ricotta cheeses. Stir the greens into the cheese sauce and pour the mixture into a buttered 1 1/2 quart baking dish. Sprinkle with the bread crumbs and then the grated mozzarella; bake at 375 degrees for 20 minutes.

Radish Top Soup

From *www.allrecipes.com*

2 tablespoons butter
1 large onion, diced
2 medium potatoes, sliced
4 cups radish greens
4 cups broth
1/3 cup heavy cream
5 radishes, sliced

Melt butter in large saucepan. Stir in onion and sauté until tender. Mix in the potatoes and radish greens. Add broth. Bring to boil. Reduce heat and simmer for 30 minutes. Allow to cool slightly then puree in blender. Return pureed mixture to pan and add heavy cream. Cook until well blended. Serve with radish slices.

Mixed Citrus Vinaigrette

From *www.allrecipes.com*

1 tablespoon balsamic vinegar
1 tablespoon orange juice
1 tablespoon grapefruit juice
1 tablespoon lime juice
1 tablespoon lemon juice
6 tablespoons olive oil
2 tablespoons chopped toasted walnuts
2 tablespoons grated Romano cheese
salt and pepper to taste

Mix together vinegar and juices. Slowly add olive oil while whisking vigorously. Add walnuts and cheese. Season with salt and pepper.

Smashed Radishes

From *The Thousand Recipe Chinese Cookbook*

20 **radishes**, trimmed
salt
1 tablespoon soy sauce
2 tablespoons white or cider vinegar
1 teaspoon sugar
1 teaspoon peanut oil

Lay each radish on its side and crush it lightly. The radish should split open but not break apart. Sprinkle the radishes lightly with salt and let them stand for 10 minutes, then drain and transfer them to a bowl. In a cup, combine the soy sauce, vinegar and sugar with 1/2 teaspoon of salt, blending well. Pour dressing over the radishes, tossing well to coat them. Refrigerate, covered, only to chill. Sprinkle with oil, toss again and serve.

Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers