



# Farm Note ...

## From the Farm:

I was on Orcas Island, Washington this spring, helping Morning Star Farm in its early season. Eager for fresh veggies, we foraged for what greens we could find. The most reliable crop, presented by mother nature, was Stinging Nettle, and we ate it every day, steamed, or baked into quiche or bread.

When I got to Calypso Farm, I discovered bare ground. Every day I watched the forest floor and gardens for

signs of green. One day my prayers were answered in the form of small green leaves from a familiar plant, often called a weed. Eagerly I picked the young greens, weeks before their well-known yellow flowers would emerge. Thus we had our first farm-fresh meal: dandelion salad.

Like a new class of foragers, we "locavores" take what we can get. I feel thankful for what is available and hum-

bly try to abstain during these times of year when abundance is on the horizon.

I thank you all for supporting local agriculture and the myriad benefits to economy and environment it supports. I hope you enjoy these early-season crops, and look forward, as I do, to the bounties soon to come.

*Allie Urbanek  
2010 Farm Apprentice*

## Weather window:

The rains and cooler temperatures of this last week replenished our rain barrels and gave our drip lines a rest.

## Your share this week:

- ◆ *Salad mix*
- ◆ *Chive or Bunching Onions*
- ◆ *Arugula*
- ◆ *Napa Cabbage*
- ◆ *Turnip Greens*
- ◆ *Lovage*
- ◆ *Rhubarb (optional)*

## Farm News:

A **BIG THANK YOU** to all who donated items to, found treasures at, or helped out at the garage sale. We appreciate your support.

If you need a few plants to fill holes in your garden, we still have a few plants available. Our Plant Sale will be ending soon, so don't miss out!

Last but not least, mark your calendars—Friday, June 25th from 5 to 8 pm Member Potluck Picnic at the Farm. Come out for good food, good conversations, music and dancing. See you there!

## Noteworthy:

Let me tell you a little bit of information about kohlrabi, a little known but very tasty and delightful vegetable. Kohlrabi belongs to the Brassica oleracea family more commonly called the cabbage family. It's appearance somewhat resembles a hot air balloon. Picture the turnip-shaped globe as the passenger section; its multiple stems that sprout from all parts of its globular form

resemble the many vertical ropes, and the deep green leaves at the top represent the parachute. Kohlrabi is often mistakenly referred to as a root vegetable, but in fact it grows just above ground, forming a unique, turnip-shaped swelling at the base of the stem.

The taste and texture of the green or purple colored kohlrabi is similar to broccoli

stems or cabbage hearts but milder and sweeter. It can be eaten raw or cooked. Small kohlrabi does not need to be skinned, but the large ones taste better peeled. Its leaves are also edible and taste great tossed in a stir-fry. Don't hesitate and try Kohlrabi raw, with a dip, as a stir-fry or my personal favorite; cooked in a creamy cheese sauce!

## Schedule of events

- *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 Gar-  
den*
- *August 11th 11 am to  
noon Wool Natural  
Dyeing Workshop*
- *August 21st 2 to 4 pm  
Composting Workshop  
at Woodriver School*

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Trivia question of the week:

This vegetable is like opera, the potential for tragedy at every scene. Plant too early and seeds will rot in the cold, wet ground; too late and hot weather will shrivel the vines.

Last week's answer:

Lettuce

Honey Balsamic Vinaigrette

From [www.allrecipes.com](http://www.allrecipes.com)

1/2 cup balsamic vinegar  
1 small onion, finely chopped  
1 tablespoon soy sauce  
3 tablespoons honey  
1 tablespoon sugar  
2 garlic cloves, minced  
1/2 teaspoon crushed red pepper flakes  
2/3 cup olive oil

Place all ingredients except oil in blender. Puree on high gradually adding oil. Continue to puree until thick.

Lovage Vegetarian Stock

From *Winter Herbal Pleasures*

4 cups washed lovage leaves  
6 cups water  
freshly ground pepper

Put all ingredients in a saucepan and bring to a boil. Reduce heat and simmer for 10 minutes. Cool and put in plastic or glass containers with lids. Label and freeze. The stock can also be frozen in ice-cube trays. When frozen solid, place ice cubes in plastic bags and label.

## Around the table:

### Braised Napa Cabbage

From [www.boston.com/lifestyle](http://www.boston.com/lifestyle)

3 teaspoons vegetable oil  
1 small head **Napa cabbage**, cut into 2-inch pieces  
3 cloves garlic, sliced  
1/2-inch piece fresh ginger, cut into matchsticks  
1/4 cup water  
1 1/2 teaspoons cornstarch  
1/4 cup soy sauce  
4 scallions, thinly sliced  
1 teaspoon rice wine vinegar

In large skillet heat 1 teaspoon vegetable oil. When very hot, add half the cabbage. Cook until leaves begin to brown, about 3 minutes. Remove from pan and repeat with remaining cabbage and remove from pan. Add the remaining teaspoon of vegetable oil to pan. Cook the garlic and ginger, stirring constantly, for 1 minute.

In small bowl, stir together water and cornstarch. Stir the soy sauce in the pan. Add the cornstarch mixture and bring to boil. Return all cabbage to pan, stirring well. Cook until cabbage is tender, about 5 minutes. Remove from heat. Stir in the scallions and vinegar.

### Napa Cabbage Salad

From [www.foodandwine.com](http://www.foodandwine.com)

1/2 cup slivered almonds  
3 tablespoons vegetable oil  
2 tablespoons rice vinegar  
1 tablespoon soy sauce  
1/2 teaspoon sugar  
1 pound **Napa cabbage**, chopped  
2 **scallions**, thinly sliced  
1/2 cup chopped cilantro  
black pepper

Toast almonds. In bowl mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro. Toss. Add the almonds and season with pepper. Toss again.

### Arugula and Olive Pesto

From [www.seasonalchef.com](http://www.seasonalchef.com)

3 cups **arugula**  
1/2 cup best-quality extra virgin olive oil  
1 small clove garlic, coarsely chopped  
1/4 cup pine nuts  
1/4 cup coarsely chopped kalamata olives, or other oil-cured black olive  
1/4 teaspoon salt  
Freshly ground black pepper to taste  
1/4 cup freshly grated Pecorino Romano or Parmesan cheese

Place all ingredients except cheese in the bowl of a food processor fitted with the steel blade. Process until smooth, scraping down the sides of the bowl as necessary. Transfer mixture to a small bowl and stir in the cheese. Taste for seasonings adding salt or pepper as desired. Makes enough sauce for one pound of pasta.

### Honey Mustard Vinaigrette

From [www.allrecipes.com](http://www.allrecipes.com)

1/2 cup white vinegar  
1 tablespoon honey  
1 tablespoon Dijon-style mustard  
1/2 teaspoon black pepper  
2 teaspoons salt  
2 teaspoons minced garlic  
1 cup vegetable oil  
4 drops hot sauce

Whisk together all ingredients. Chill.

## Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers