



# Farm Note ...

## From the Farm:

As I write this week's harvest note I am snacking on a cabbage wrap filled with cooked grain and cheese. The lush green leaves of the Napa cabbage in the share last week make a perfect "tortilla" for some favorite wrap ingredients.

We regularly hear about the environmental and economic benefits of eating local seasonal food. Yet, there are more benefits than the commonly discussed. Eating seasonally helps our bodies to stay in balance. For example, green leafy vegetables are plentiful at this time of the year when our bodies need them most. They are traditionally used for cleansing, building, and energiz-

ing. After a long winter diet of heavier foods, greens fortify our bodies for the long days of the active summer season. The chlorophyll in green leafy vegetables supports the liver and the major eliminatory organs. It stimulates and cleanses the bowels among a myriad of other health benefits.

Beyond the powerful effects of chlorophyll, greens are stocked with nutrients usually lacking in our diets. They contain calcium, iron, folic acid, B vitamins, and the antioxidant vitamins C, E, and A. Last week the share had turnip greens picked for their tasty leaves. Just one cup of cooked turnip greens has over 200% of the

RDA for Vitamin A, 50% of the RDA for Vitamin C, and nearly 20% of the RDA for Calcium and Iron. Turnip greens also contain omega fatty acids, fiber, magnesium, and potassium.

So add yet another advantage to eating locally. Seasonal foods help our bodies maintain balance throughout the natural cycles of the year. And this week's share has more greens super foods—vital sources of energy for the longest days of the year. Happy Solstice friends!

*Britt Retzlaff*  
*Farm Apprentice*

## Weather window:

Nice mix of temperatures, rain and sun this past week.

## Your share this week:

- ◆ *Salad mix*
- ◆ *Kale or Collards*
- ◆ *Pak Choi*
- ◆ *Baby Turnips*
- ◆ *Parsley, Sorrel or Chives*
- ◆ *Lettuce*

## Farm News:

### Member Potluck Picnic at the Farm

Friday, June 25th from 5 to 8 pm .

**Come for good food, good conversations, music and dancing.**

**See you there!**

## Noteworthy:

**Radishes: they're not just a pretty face or snappy taste!**

The lowly radish (*Raphanus sativus*), a member of the mustard family, offers more than just color and flavor to your salad. Although the root is >90% water, it also contains a smattering of potassium, phosphorous, calcium, magnesium and iron. The greens

are a powerhouse of vitamins A, Bs and C. Radishes are also considered aids to digestion and blood cleansers. In Ayurvedic medicine, radishes have anti-bacterial and anti-fungal properties and are part of the treatment for respiratory conditions such as coughs, asthma, and bronchitis and for treating digestive irregularities and also for problems related to the

liver and gall bladder. And radishes have minimal calories so you can support your health by eating as many as you like. Both roots and greens can be eaten raw and cooked, as parts of salad or in other dishes.

*Alice Stickney*  
*CSA Shareholder*

## Schedule of events

- *June 23rd 7 to 9 pm*  
*Composting at Effie Kokrine School Garden*
- *June 25th 5 to 8 pm*  
*Member Potluck Picnic at Calypso*
- *June 26th 10 am to 3 pm*  
*Wool Dyeing Workshop at Calypso*
- *July 4th Ester Parade*
- *July 14th 6 to 8 pm*  
*Composting Workshop at Hunter School Garden*
- *July 25th noon to 4 pm*  
*Annual Open House at Farm*
- *August 11th 11 am to 2 pm*  
*Natural Dyeing Wool Workshop*

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Trivia question of the week:

This herb was held in high esteem by the Greeks. It was used to crown victors at the Isthmian Games and to decorate tombs.

Last week's answer:

Peas

Strawberry Rhubarb Sauce

From *Curtis Aikens*

1/3 to 1/2 cup sugar, depending on desired tartness

1/3 cup water

1 pound rhubarb stalks, cleaned and diced

1 quart strawberries, cleaned, hulled and halved

1/2 tablespoon lemon juice

In a heavy saucepan over medium heat combine sugar and water. Stir to dissolve sugar. Add rhubarb and allow to simmer for 15 minutes or until tender. Add strawberries and lemon juice and simmer for 10 minutes more. Allow mixture to cool for about 10 minutes.

In batches, if necessary, puree mixture in blender. Add water if mixture appears too thick. Drizzle over yogurt or ice cream or serve with crumpets and sweetened whipped cream.

Lemon French Dressing

From *First United Methodist Church Cookbook*, Fairbanks

1/2 cup lemon juice

2 tablespoons honey

1/2 cup salad oil

1 teaspoon salt

1 teaspoon paprika

Place all ingredients in jar with lid and shake.

## Around the table:

Ginger and Garlic Pak Choi

From <http://vegbox-recipes.co.uk>

1 small **pak choi** (boy choy)

1/2 inch fresh ginger root

2 cloves garlic

1 tablespoon sesame oil (or olive oil)

Separate the pak choi leaves and cut off the chunky stalks. Slice the stalks finely. Roughly chop the leaves. Peel and grate the ginger. Peel and crush the garlic. Heat the oil in a wok until almost smoking. Add the garlic and ginger. Cook for 1 minute, stirring often. Add the pak choi stalks. Mix well. Cover and cook for 2 minutes. Add the pak choi leaves. Stir and then cook for 1-2 minutes, until they are just wilted.

Hungarian Blue Cheese French Dressing

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

1 cup vegetable oil

1/4 cup red wine vinegar

3 tablespoons water

2-1/2 teaspoons sugar

1 teaspoon dry mustard

1 teaspoon freshly ground black pepper

2-1/2 teaspoons salt

1-1/4 teaspoon worcestershire sauce

1-1/4 teaspoon Hungarian paprika

1 teaspoon grated onion

2 ounces blue cheese

Combine oil, vinegar and water then whisk until blended. Add sugar, mustard, pepper, salt, Worcestershire and paprika then beat until blended. Add onion and beat well then stir in cheese.

Glazed Baby Turnips and Carrots

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

1 pound **baby turnips**

3/4 pound baby carrots

1 1/2 tablespoons unsalted butter

1/2 teaspoon sugar

Trim baby turnips and carrots, leaving about 1/2-inch stems if green were attached, and peel if desired. In a steamer set over boiling water steam turnips and carrots separately, covered, until just tender, 6 to 8 minutes. Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled.

Turnips with Bread Crumbs and Parsley

Adapted from *Marquita Farm*

4 small **turnips** (about 3/4 pound)

1 tablespoon unsalted butter

2 tablespoons fresh bread crumbs

2 teaspoons minced fresh **parsley** leaves

1/2 teaspoon freshly grated lemon zest

In a large saucepan of salted boiling water cook turnips about 5 minutes and drain. When turnips are cool enough to handle, cut each in half.

In a large skillet cook turnips in butter over moderate heat, stirring occasionally, until almost tender and golden on the edges, about 10 minutes. Stir in bread crumbs, parsley, zest, and salt and pepper to taste and cook, stirring occasionally, until turnips are tender, about 5 minutes.

Greens with Feta Cheese

Adapted from *Molly Katzen's Vegetable Heaven*

2 tablespoons olive oil

2 cups sliced sweet onions

Large bunch **kale**, stemmed, coarsely chopped

1/2 pound feta cheese, crumbled

Salt to taste

Sauté the onions in the oil about 5 minutes, then cover and cook until very tender, about 5-10 more minutes. Add the greens with salt, cover and cook briefly to wilt. When all the greens are wilted, add the feta cheese, turn off heat and allow cheese to begin to melt. Serve over couscous, pasta or grains.

### Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers