



Farm Note ...

From the Farm:

Compost: the pay dirt of a farm.

When the summer sun is high in the sky, we prepare to give back to the land for all the rapid growth we've witnessed. We help create the richest gift we can give back to the land: compost. Brown Gold.

Compost is a silent intermediary between our outputs or "waste products," like food and garden scraps, and the inputs, the seeds. It is a link in the sustainable agriculture chain without which we would not survive. Nature does it, and we need only facilitate the process on a farm.

The beauty of a self-sustaining system (and also a key feature in a Permaculture design system) is when *the inputs of a system are found in its own outputs*. One being's trash is another's treasure, and if these beings are neighbors, we shall save fuel!

Calypso farm has a healthy flock of animals who graze on grasses and herbs. These animals poop and this poop fertilizes the land, making more grass grow. Thus the output of one element feeds the input of another.

If we collect the animal's poop, and concentrate it in a pile, we can turn it into gar-

den soil. Our compost pile also includes cut grasses and herbs from the lawn and garden. Thus our system feeds itself, and is in this way more sustainable.

Years ago a white haired man joined into a conversation defining waste. As I used words like "output" or "end product" he patiently waited his turn, then offered, "in nature, there is no such thing as waste. Waste," he said, "is anything that's wasted."

*Allie Urbanek
Farm Apprentice*

Weather window:

Scattered showers, heavy downpours, sunshine and warm temperatures made for a good growing week.

Your share this week:

- ◆ *Salad mix*
- ◆ *Radishes*
- ◆ *Pak Choi*
- ◆ *Kohlrabi*
- ◆ *Herb Choice*
- ◆ *Lettuce*
- ◆ *Bunching Onions*
- ◆ *Beet Greens*
- ◆ *Bunched Greens*
- ◆ *Rhubarb (optional)*

Farm News:

It is not too late! Share the farm with a group of children. Schedule a field trip and see how things grow in the fields and the forest. Call Linnea, 451-0691 and schedule your time now!

Noteworthy:

Making yogurt and cheese at home rocks!

Tired of collecting all those plastic containers, want to have more control over some of your dairy products, want to have fun while eating really fresh food? The Cooperative Extension Service has been hearing this and now, in addition to the workshops on food preservation and gardening, it offers sessions on how to make yogurt and 2 types of cheeses

(queso fresco and mozzarella) at home. The workshops have been designed to use ingredients that are readily available in the local grocery stores and demonstrate that some simple tasty products can be made easily at home in the course of an evening. Roxie Dinstel teaches the workshops and besides sharing her experience, she provides samples for people to try while they are making their own. For

more information or for the schedule of the next workshops call CES at 474-1530, on the web at www.uaf.edu/ces. If you decide to get more serious about cheesemaking, Sunshine Health Store carries most of the basic supplies or you can check out www.cheesemaking.com. Bon appetit!

*Alice Stickney
CSA Shareholder*

Schedule of events

- *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*
- *August 21st 2 to 4 pm
Composting Workshop
at Woodriver School*

Contact us:

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Trivia question of the week:

This vegetable represents the third largest fresh vegetable industry in the United States.

Last week's answer:

Parsley

Kohlrabi with Parmesan

From www.prairielandcsa.org

2 large or 3 medium **kohlrabi**, stalks and leaves removed

2 tablespoons unsalted butter or olive oil, or combination

1/4 cup grated Parmesan cheese salt and pepper to taste

1 tablespoon minced parsley

Peel kohlrabi to remove fibrous outer layer. Shred with grater or food processor. Heat a medium skillet to medium heat. Add butter and/or oil. When fat is hot, add kohlrabi. Cook, stirring frequently, until vegetable is tender, about 8 minutes. Sprinkle with salt and pepper. Stir. Toss with cheese. Cook until cheese melts, about 1 minute. Garnish with parsley. Serve hot. Serves 4.

Killer French Salad Dressing

From www.groupprecipes.com

2 cloves garlic, grated

1 medium onion, grated

1/2 cup catsup

1 cup mayonnaise

juice of 1 lemon

salt to taste

1/2 cup vegetable oil

1 teaspoon worcestershire sauce

1 teaspoon black pepper

1 teaspoon prepared mustard

1 teaspoon paprika

Dash of Tabasco

Mix all the ingredients together and shake well.

Around the table:

Beet Green Pudding

From *Summer Garden, Winter Kitchen*

4 cups **beet greens**, steamed, drained and chopped

2 tablespoons butter

1/4 cup flour

3/4 cup milk

2 teaspoons salt

1/4 teaspoon ground cinnamon

3 eggs, lightly beaten

Press any liquid from beet greens. Melt butter in saucepan; add flour, stirring constantly. Gradually stir in milk, seasoning and beet greens. Remove from stove and stir in beaten eggs, blending thoroughly. Turn into a buttered 1 1/2 quart casserole. Place the casserole in a pan of hot water in the middle of the oven and bake at 350 degrees for 30 minutes.

Rhubarb Spinach Salad

From <http://allrecipes.com>

1/2 pound fresh spinach -- cleaned, stemmed, and dried

2 large stalks of **rhubarb**, cut diagonally into thin slices water to cover

1/4 cup white sugar

2 tablespoons sweet red wine vinegar

6 tablespoons olive oil

Arrange the spinach leaves on a platter. Place the rhubarb in a skillet with enough water to cover by 1 inch; add the sugar. Bring to a gentle boil over medium-low heat and simmer until the sugar has dissolved and the rhubarb is lightly cooked, about 2 minutes. Remove the rhubarb with a slotted spoon and distribute over the spinach. Stir the vinegar into the liquid left in the skillet, raise heat to medium, and bring to a boil. Return heat to medium-low and cook until the liquid has reduced to about 3/4 cup, about 10 minutes. Remove from the heat, whisk in the olive oil, and pour the hot dressing over the spinach and rhubarb to wilt the lettuce. Divide salad between 2 plates; serve warm.

Wilted Bok Choy with Soy Sauce & Cashews

From www.foodnetwork.com

1 bunch **bok choy**, sliced crosswise into 1/2-inch thick slices

1 tablespoon soy sauce

1 teaspoon crushed red pepper flakes

Salt and pepper

1/2 cup cashews

Heat oil in a large skillet over medium heat. Add bok choy and sauté three minutes. Add soy sauce and red pepper flakes and cook two more minutes, until bok choy stalks are tender-crisp and leaves are wilted. Season, to taste, with salt and black pepper. Arrange bok choy on plates and top with cashews just before serving.

Scallion Drop Biscuits

From *Cooking Light*, November 1996

2 cups all-purpose flour

2 teaspoons baking powder

1/2 teaspoon salt

1/4 teaspoon baking soda

3 tablespoons vegetable shortening

1/4 cup finely chopped **green onions**

1 cup low-fat buttermilk

cooking spray

Preheat oven to 400 degrees F. Combine flour, baking powder, salt and baking soda in a large bowl; cut in shortening with a pastry blender or two knives until mixture resembles coarse meal. Stir in green onions. Add buttermilk, stirring just until flour mixture is moist. Drop batter by heaping tablespoons onto a baking sheet coated with cooking spray. Bake 15 minutes or until lightly browned. Makes 16 biscuits.

Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers