



Farm Note ...

From the Farm:

Reasons Why I LOVE Working at Calypso as a Farm Apprentice:

- ◆ Get to work with an organization that has a strong food education mission
- ◆ Participating in grass roots markets such as the downtown farm stand and the Ester market
- ◆ Living among some of the most creative and talented cooks and enjoying their staff lunch each workday
- ◆ Getting to work with awesome volunteers/ community members every week. They bring GREAT energy and conversation to farm chores
- ◆ Drinking fresh goat milk and cooking with fresh eggs
- ◆ Eating my first kohlrabi and baby turnips
- ◆ Learning about all things wool from Susan
- ◆ Square dancing
- ◆ Lurt. Otherwise known as lunch dessert
- ◆ Watching kids light up with curiosity and excitement as they explore the farm and forest during a field trip
- ◆ Solving the worlds problems with other staff members while weeding 150 feet of baby carrots
- ◆ Eating greens every day in every way
- ◆ Edge's pizza crust and Tom's fresh bread
- ◆ Experiencing the creativity of farming with rainwater
- ◆ Meeting folks that shamelessly love chocolate as much as I do
- ◆ Learning from Susie, Tom, Edge, and Christie. They enthusiastically

and patiently emphasize the educational component of our apprenticeship

- ◆ Seeing the vegetables through Judy's eyes. Each Thursday when she comes to volunteer she exclaims about how they've changed since the week prior. Changes that we farm folk do not notice as readily
- ◆ Marveling at the math and magic of group work. A task that would take one person 18 hours to complete instead takes 3 hours to complete, with 6 willing workers
- ◆ Mingling with shareholders at the pickups, on projects, and at potlucks. That's all y'all that love fresh, chemical-free, local food and support your local growers.

-Britt Retzlaff.

Weather window:

Temps ranging from mid-50s to mid-70s throughout the days. Nice mix of sun, partly cloudy and rain. Plants are growing nicely.

Your share this week:

- ◆ *Salad greens*
- ◆ *Radishes*
- ◆ *Herb-Your Choice*
- ◆ *Broccoli*
- ◆ *Kale*
- ◆ *Kohlrabi*
- ◆ *Lettuce*
- ◆ *Onions-Bunching*
- ◆ *Swiss Chard/Collards*
- ◆ *Baby Turnips*

Schedule of events

- *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*

Noteworthy:

Flowers should not be confined to vases! Especially edible flowers can be used in unexpected ways. They add a delightful, healthy, and unusual dimension to our foods. In your weekly salad shares you will have the opportunity to discover these blooming delicious treats, which range in flavor from sweet to spicy. The most commonly

edible flowers, organically grown at Calypso Farm, are marigolds, nasturtiums, calendula, pansies, violas and chives. These varieties are not just for decorative use; they are high in vitamin C and/or vitamin A, along with other essential nutrients. Try a nasturtium and bite off the back of the flower and discover a sweet, honey

taste; then eat the petals and experience a spicy, unusual flavor!

We hope your eyes as well as your palate will enjoy the unique flavors of edible blossoms added to your salad shares.

-Vanessa

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Trivia question of the week:

What herb has a reputation for strengthening the memory?

Last week's answer:

Onions.

Broccoli Amandine

From *The Gold Cook Book*

2 to 2 1/2 pounds **broccoli**
salt and pepper
lemon juice
1/3 cup blanched, slivered almonds
4 tablespoons unsalted butter
1 garlic clove, finely chopped

Cook broccoli in water until tender. While broccoli is cooking, sauté almonds in butter until lightly browned, adding the garlic. Arrange broccoli on platter, season with salt and pepper and lemon juice. Sprinkle the garlic butter and almonds over the broccoli.

Swiss Chard with Garbanzo Beans and Fresh Tomatoes

From www.allrecipes.com

2 tablespoons olive oil
1 shallot, chopped
2 **green onions**, chopped
1/2 cup garbanzo beans, drained
salt and pepper to taste
1 bunch **Swiss chard**, rinsed and chopped
1 tomato, sliced
1/2 lemon, juiced

Heat olive oil in a large skillet. Stir in shallot and green onions; cook and stir for 3 to 5 minutes, or until soft and fragrant. Stir in garbanzo beans, and season with salt and pepper; heat through. Place chard in pan, and cook until wilted. Add tomato slices, squeeze lemon juice over greens, and heat through. Plate, and season with salt and pepper to taste.

Around the table:

Citrus Collards with Raisins Redux
From *Epicurious* March 2009

2 large bunches **collard greens**, ribs removed, cut into thin strips
1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
2/3 cup raisins
1/3 cup freshly squeezed orange juice
salt

In a large pot, bring 3 quarts of water to a boil and add 1 tablespoon salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Prepare a large bowl of ice water to cool the collards. Remove the collards from heat, drain, and plunge them into the bowl of cold water to stop cooking and set the color of the greens. In a medium-size sauté pan, combine the olive oil and the garlic and raise the heat to medium. Sauté for 1 minute. Add the collards, raisins, and 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently. Add orange juice and cook for an additional 15 seconds. Do not overcook (collards should be bright green). Season with additional salt to taste if needed and serve immediately.

Kohlrabi Siam Chopped Salad
From www.vegparadise.com

4 **kohlrabis**
3 **green onions**, chopped
1/4 pound snow peas, chopped
1 1/2 cups Napa cabbage, chopped
1/2 red bell pepper, julienned
1/8 teaspoon crushed pepper flakes
1 or 2 cloves garlic, finely minced
1/2" piece ginger, peeled and grated
2 tablespoons toasted sesame seeds
3 tablespoons organic canola oil
2 teaspoons sesame oil
Juice of 1/2 lemon
Dash of rice vinegar
Salt and freshly ground pepper to taste
Black sesame seeds
2 tablespoons minced green onions

Combine all ingredients except black sesame seeds and green onions in a large bowl and toss well to distribute flavors. Garnish top with black sesame seeds and minced green onions. Best if made several hours ahead to allow dressing to penetrate vegetables. Serve as a salad course or a side dish.

Chez Piggy's Poppy Seed Dressing
From *The Harrowsmith Salad Garden*

3/4 cup canola oil
1/4 cup cider vinegar
2 tablespoons lemon juice
2 teaspoons sugar
2 tablespoons honey
2 tablespoons each sesame seeds, poppy seeds & chopped scallions
salt and pepper to taste

Whisk oil, vinegar and lemon juice in small bowl. Add sweeteners and continue to whisk. Add seasonings.

Gina's Turnip Greens
From The Neely's,
www.foodnetwork.com

1 tablespoon olive oil
1 shallot, chopped
1 clove garlic, chopped
1 teaspoon red pepper flakes
1 1/2 pounds **turnip greens**, washed, stemmed, and chopped
Freshly ground black pepper
2 tablespoons Dijon mustard
1 cup chicken stock
1/2 cup chopped pecans, toasted

Heat olive oil in Dutch oven over medium heat. Add shallot, garlic and red pepper flakes and saute until tender and fragrant. Add the washed and cleaned turnip greens. Mix together. Cook until they have wilted down, about 3 minutes. Add pepper to taste. In a small bowl, whisk the Dijon mustard with the chicken stock. Add to the wilted greens and cook until the liquid has all but evaporated. Add the toasted pecans and serve immediately.

Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers