



# Farm Note ...

## From the Farm:

### The Dirt on Soil

This week, 10 Calypso and Rosie Creek Farm interns gathered at Calypso for a discussion, led by Tom Zimmer, on *soils*. We've heard that healthy soil is the root of organic farming, but why?

An important paradigm shift is to think of soil no longer as "dirt" and rather as a living ecosystem. Soil includes minerals, organic matter, living organisms and plants, with 25% air and 25% water. Interactions among these elements create the dynamic ecosystem we call soil.

Understanding the conditions at play in soil creates an opportunity to improve plant health. The soil around Fairbanks is *loess*, a type of silt that is windblown soil scoured from the Alaska Range. "Building soil" from this loess into something more hospitable for our gardens can include adding organic matter. Organic matter has the ability to hold nutrients, water and air, and supports organisms. Soil organisms increase nutrient availability, produce vitamins and growth hormones, improve soil structure, and buffer pH.

In a wild system, organic matter falls onto the soil and decomposes into food for organisms, which feed the plants. When we farm, we are taking organic matter and nutrients out of the soil. Beyond adding fertilizer, organic or not, if we think of creating the best possible environment for soil organisms, we are mimicking the habitat nature provides. As organic farmers, we must help create an environment where life can thrive. Only then shall we reap the benefits of growing good food for a long time.

-Allie Urbanek.

### Weather window:

Warmth and sunshine to make the plants grow and grow. That is what we had this past week.

### Your share this week:

- ◆ *Bunched greens*
- ◆ *Garlic Whistles*
- ◆ *Herb-Your Choice*
- ◆ *Broccoli*
- ◆ *Kale/Collards*
- ◆ *Cabbage*
- ◆ *Lettuce*
- ◆ *Onions-Bunching*
- ◆ *Baby Turnips*
- ◆ *Rhubarb (optional)*

## Farm News:

### Looking for Volunteers to help at our Annual Open House on July 25th.

If you are looking for a way to fulfill your volunteer commitment hours, please talk to Christie.

## Noteworthy:

### The benefits of the Brassicas

(adapted from Rachel Levin, [www.thefoodpaper.com](http://www.thefoodpaper.com))

The Brassicas, descendants of wild cabbage, include such modern day veggies as broccoli, cabbage, kale, arugula, collards and bok choy. These greens are gaining attention because of their sulfur-containing phytonutrients may detoxify carcinogenic substances. Among this family, Kale is the prodigy. Be-

cause of its unique and colorful appearance, it has been used as decoration. Yet kale's merits extend far beyond its appearance. It is particularly rich in beta-carotene (which protects against diseases of the skin) and the carotenoid lutein (which prevents damage to the eyes), with seven times the beta-carotene and ten times the lutein broccoli contains. Kale's vitamin content is also exceptional. Just one cup of raw kale contains 15%

of the recommended daily value of calcium and Vitamin B6, 40% of the magnesium, 180% of the Vitamin A, 200% of the Vitamin C and a whopping 1020% of the Vitamin K. The boost in immune support and antioxidant protection provided by these vitamins could help ward off the colds and flus of the season, not to mention more serious diseases.

-Alice Stickney

### 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*
- *July 31st 5 to 7 pm West Valley PAC EATinG Celebration*
- *August 11th 11 am to 2 pm Natural Dyeing Wool Workshop*
- *August 21st 2 to 4 pm Composting Workshop at Woodriver School*

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Trivia question of the week:

This plant is related to rhubarb and its name means sour.

Last week's answer:

Rosemary

Flammifero

Adapted from *Greene on Greens*

3 or 4 **broccoli** stalks, peeled and julienned

2 small tomatoes, chopped

1 clove **garlic**

1/4 teaspoon salt

2 tablespoons olive oil

1 teaspoon red wine vinegar

2 teaspoons lemon juice

black pepper

Mix broccoli and tomatoes in bowl. Mash the garlic with the salt, and whisk in the oil, vinegar and lemon juice. Pour over broccoli. Add pepper, toss well. Chill an hour before serving.

Lime & Peanut Coleslaw Recipe

From [www.101cookbooks.com](http://www.101cookbooks.com)

1 1/2 cups unsalted raw peanuts

1/2 of a medium-large **cabbage**

1 basket of tiny cherry tomatoes, washed and quartered

1 jalapeno chili, seeded and diced

3/4 cup **cilantro**, chopped

1/4 cup freshly squeezed lime juice

2 tablespoons olive oil

1/4 teaspoon + fine-grain sea salt

In a skillet or oven 350 degrees F roast the peanuts for 5 to 10 minutes, until golden and toasted. Shred the cabbage into whisper thin slices. The key here is bite-sized and thin. Combine the cabbage, tomatoes, jalapeno (opt), and cilantro in a bowl. In a separate bowl combine the lime juice, olive oil, salt.

# Around the table:

Add to the cabbage mixture and gently stir to combine. Just before serving fold in the peanuts. Taste and adjust the flavor with more salt if needed.

## Orange Thyme Dressing

From *The Harrowsmith Salad Garden*

1 teaspoon Dijon mustard

1/4 teaspoon salt

1/2 teaspoon black pepper

1/4 cup safflower oil

2 teaspoons sesame oil

2 tablespoons orange juice

2 teaspoons chopped fresh thyme

Whisk together all except thyme, until emulsified. Stir in thyme.

## Rhubarb Crumble

From [foodnetwork.com](http://foodnetwork.com)

1 1/4 cups flour

1/3 cup oats

1 1/8 cups sugar

Salt

6 tablespoons butter, melted

1/2 cup chopped hazelnuts

2 pounds chopped **rhubarb**

1/2 teaspoon vanilla extract

1/2 teaspoon orange zest

Whipped cream

Combine 1 cup flour, oats, 3/4 cup sugar and a pinch of salt in a bowl. Stir in melted butter and hazelnuts; squeeze into large crumbles and place in the freezer. Toss rhubarb, 1/3 cup sugar, 1/4 cup flour, vanilla extract, orange zest and 1/4 teaspoon salt in a 8-by-8-inch glass or ceramic baking dish. Scatter the crumble on top and bake in a preheated 375 degrees F oven until golden and bubbly, 45 minutes. Let cool for 15 minutes; serve with whipped cream.

## Frankfurt Green Sauce

From *The Harrowsmith Salad Garden*

2 cups fresh herbs – parsley, chives, borage, chervil, dill and tarragon

2 shallots, peeled

1 cup plain yogurt

1/2 cup cottage cheese

Mince herbs together in blender. Add remaining ingredients and blend until smooth.

## Bok Choy with Ginger Vinaigrette

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

1 pound **bok choy**

1 tablespoon white wine vinegar

2 teaspoons dijon mustard

2 teaspoons reduced sodium soy sauce

1 teaspoon sugar

1 small glove garlic, finely chopped

1 tablespoon fresh ginger, finely

chopped or grated

Separate bok choy leaves and place in steamer. Steam until stalks begin to turn translucent and are soft when pierced. Combine vinegar, mustard, soy, etc. and mix well. After bok choy is steamed you have two options: chop up piece into bit size pieces while still warm and pour the ginger vinaigrette over or plunge steamed bok choy into cold water to crisp it back up. Drain and cool. Then chop and pour ginger vinaigrette over.

## Collard Greens and Tomatoes

From <http://southernfood.about.com>

2 pounds **collard** greens, tough stems cut out of leaves, cut or torn in bite-size pieces

2 tablespoons Italian seasoning, or combination of basil, oregano, and rosemary

1 can (14.5 oz) tomatoes, chopped and drained, reserve liquid

Rinse torn leaves well; do not dry. Put wet leaves in a large pan and let wilt over medium-low heat, stirring constantly. Add Italian herb seasoning and chopped tomatoes; continue to heat for about 5 minutes longer. Add liquid from the tomatoes. Heat for about 4 to 5 minutes longer, or until hot.

## Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers