



Farm Note ...

From the Farm:

You are invited to our annual Open House, Sunday the 25th from 12-4pm. Bring your family and friends to experience oven fresh pizza, vegetable tasting, farm tours, natural dyeing, poetry, live music, and more. Check out the chickens and baby lambs. See your veggies growing and meet your farmers.

At the end of the month is the fundraising dinner for Calypso's EATinG program (Engaging Alaska Teens in Gardening), on Saturday, July 31st from 5-7pm. Save the date and spread the word! Dinner will feature the school garden produce prepared with help from local restaurants. Enjoy deli-

cious food while supporting this vital program that empowers students to grow food for themselves and the community. Tickets are \$5 and available at Gulliver's books.

As for the latest on the farm, the vegetables have thrived with all the rain—and so have the weeds. Systematic weeding along the beds fills a large part of each day. Along with regular weeding, we have prepped for another succession of salad greens, turnips, spinach, arugula, and herbs. The pea forest has been effectively trellised as well. Expect to be munching them soon.

Summer pizza field trips are also in full swing. Kids

get to gather wood for the oven, milk the goats and make fresh cheese, gather vegetables in the fields and finally, enjoy their hand-crafted pizza creations. Yum. Our new visitor outhouse is nearing completion, which will accommodate our field trippers and guests. We've also finished building the compost pile in the lower field and are fixing to build a second in the upper field. We hope to see you at the Open House to share more projects and stories as these are but a few that have been keeping us busy!

*-Britt Retzlaff
Farm Apprentice*

Weather window:

Rainy and smoky with a little bits of sunshine thrown in.

Your share this week:

- ◆ Peas
- ◆ Kohlrabi
- ◆ Herb-Your Choice
- ◆ Summer Squash
- ◆ Swiss Chard/Collards
- ◆ Cabbage
- ◆ Lettuce
- ◆ Onions-Bunching
- ◆ Baby Turnips
- ◆ Carrots
- ◆ Salad Mix

Noteworthy:

100 Years of American Eating

Think of how our eating habits have changed over the last century. From meat and potatoes, to rotisserie chicken, to convenience foods, our food supply has changed due to political, social, economic, and technological advancements. The Economic Research Service, the main source of economic information for the US Department of Agriculture, has 100 years of data on America's food supply.

During the first half of the 1900s, the most significant change in food crops was a substantial decline in

availability of potatoes, sweet potatoes, flour, and cereal. Due to an improved ratio of wages to food prices, families were able to diversify food spending beyond these staples. Greater purchasing power, coupled with availability of fruit and vegetables led Americans to spend more of their food budget on milk, cheese, and produce. In 1918, Elmer McCollum, a Yale nutritionist, discovered vitamins. Food containing vitamins were labeled as critical for preventing specific diseases and promoting health.

In the second half of the century, Americans enjoyed

more varied, year-round, produce options as the global food market expanded. Social norms also changed, as gender roles shifted and middle-class couples spent more leisure time together. Eating out and processed foods gained in popularity. As women entered the workforce convenience foods increased in demand. Today, Americans are seemingly taking a step back in time as we realize the importance food has on our physical health and communities.

-Adie Callahan

Schedule of events

- July 25th noon to 4 pm
Annual Open House at Farm
- July 31st 5 to 7 pm
West Valley PAC
EATinG Celebration
- August 6th to 14th
Tanana Valley State
Fair
- August 11th 11 am to 2 pm
Natural Dyeing
Wool Workshop
- August 21st 2 to 4 pm
Composting Workshop
at Woodriver School
- August 28th 1 to 4 pm
Raising and Butcher-
ing Meat Birds

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Trivia question of the week:

This vegetable is considered Russia's national food. They consume about 7 times as much as North Americans.

Last week's answer:

Sorrel

Massaged Kale

From *Serenbe Farm*

1 bunch **Kale** or **cooking greens**

1/4 cup lemon juice

1/4 cup olive oil

1 teaspoon sea salt or to taste

Black pepper to taste

Optional:

Grated Parmesan Cheese, Raisins, Nuts, or Grated Root Vegetables

Remove stalks from kale. Chop into small pieces and place in a large mixing bowl. Add rest of ingredients and work into kale for 3-5 minutes with a wooden spoon or hands, until it is noticeably different. Refrigerate or serve immediately with optional ingredients.

Carrot Broccoli Cream Soup

From *Natural Foods Cookbook*

3 **carrots**

2 stalks **broccoli**

2 cups milk

2 cups vegetable stock

1 cup diced cheese (Cheddar or Jack)

1 medium **onion**, sliced

Tamari or soy sauce to taste

All-purpose seasoning to taste

Steam carrots and broccoli very lightly. Combined steamed vegetables with milk and vegetable stock. Then add cheese and onion. Season to taste with tamari and all-purpose seasoning. Stir and simmer at low heat until cheese is melted.

Around the table:

Raw Kohlrabi

From *The Victory Garden Cookbook*

Cut into cubes and dip into soy sauce and sesame seeds for a low-calorie snack.

Use on a crudité's platter or slice directly into salads.

For coleslaw like salad with a sweet, mild cabbage taste, mix grated kohlrabi with your favorite dressing. Kohlrabi is watery, salt it, let stand for a minute, then gently squeeze to remove moisture before mixing in dressing.

Sweet and Spicy Swiss Chard

From *www.allrecipes.com*

1 tablespoon olive oil

1 bunch **chard**- leaves and stems separated and chopped

1/3 cup chopped **onion**

2 (1/4 inch thick) slices fresh ginger root, peeled and julienned

salt and pepper to taste

1 tablespoon maple syrup

Heat the oil in a large skillet over medium heat. Cook the chopped chard stems, onion, and ginger in the hot oil until they begin to soften; season with salt and pepper. Add the chopped chard leaves to the skillet; reduce heat to low. Continue cooking until the leaves have wilted, about 2 minutes more. Drizzle the maple syrup over the mixture; stir to coat evenly. Remove from heat and serve.

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2 cups vegetable stock

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1 medium **onion**, sliced

Tamari or soy sauce

All-purpose seasoning

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Zucchini Ribbon Pasta

From *www.foodnetwork.com*

3/4 pound whole-wheat fettuccini

4 medium **summer squash**

3 tablespoons olive oil

4 cloves garlic, chopped

1 cup vegetable broth

1/4 cup grated (1-ounce) Parmesan (lightly packed), plus 2 tablespoons

1/3 cup finely minced **parsley** leaves

1 cup thinly sliced basil leaves

1/2 teaspoon red pepper flakes

1/2 teaspoon fresh ground black pepper

Salt

In a large pasta pot, cook pasta "al dente". Drain. Meanwhile, slice off ends of zucchini and discard. Cut zucchini in half lengthwise and slice zucchini into very thin (about 1/8-inch) slices, trying to keep some skin on each piece for color. Stack slices and cut in half lengthwise. Reserve zucchini ribbons in a large bowl.

In the pasta pot, heat the olive oil over low-medium heat. Add garlic and cook until soft and translucent but not browned, about 1 minute. Add zucchini ribbons and 1/4 cup broth, raise heat to medium-high and cook until zucchini is still somewhat firm but just cooked, about 3 minutes. Return pasta to pot and add remaining broth; cook for 2 to 3 minutes, until liquid has mostly absorbed into the pasta. Add 1/4 cup of the Parmesan, parsley, basil, red pepper flakes, black pepper and toss to combine. Season with salt, to taste. Serve garnished with additional parsley, basil and the remaining 2 tablespoons of cheese.

Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers