



Harvest Time...

Volume 4, Issue 16

Farm Happenings

Farm Pickings

Your CSA Share will include:

Family:	Economy:
Beets	Beets
Brussels sprouts	Brussels sprouts!
Cabbage	Carrots
Carrots	Celery
Celery	Bunching onions
Bunching onions	Potatoes
Potatoes	Rutabagas
Rutabagas	

ONE MORE WEEK OF CSA SHARES!

We've had a bountiful season this year, in spite of an unusually cold spring. Thank you for your contribution to a beautiful year.

Our final drops will be next week. Downtown-Monday, September 26, 5pm-6pm

Downtown Market will be closed for **the season, but we'll still be there** for our drop.

Ester-Thursday, September 29, 5:30pm-6:30pm

Ester market is through for the year, **but we'll still have a few veggies** for sale.

Last week I overheard Tom Zimmer, cofounder of Calypso, say, "Diversity is our crop insurance." Indeed, we have so many different crops growing on our three-acre farm that if one crop has a tough year, others will make up for the loss. This year, for instance, our lilies bloomed about a month late, due to the Spring's extended cold. However, our sunflowers began blooming earlier than usual, and they are still going strong.

This sense of relative security offered by diversity in the garden is one benefit of Calypso Farm's intentional mirroring of Mother Nature's ecological complexity. In the forest, we see spruce, birch, aspen, berries, lichens, fungi, mosses, and all manner of fauna joining together to create a balanced, healthy environment. In the same way, diversity in the garden helps all plants to thrive.



While we see diversity—and thus, health and vigor—in both garden and forest, I have come to notice a similar vitality in the community created by Calypso's intentional inclusion of all people at the farm. We host field trips for schools and organizations all over the borough and the state, welcoming anyone who wishes to, to come tour the farm. The generosity expressed in welcoming a breadth of humanity at the farm is reciprocated time after time through folks' willingness to volunteer, donate, sponsor and generally help out the farm at every turn. It's been a pleasure and a privilege to be a part of this dynamic, diverse community this summer. Thank you for the part you played!

—Linnea Wik, farm apprentice



Food preservation can be divided into two categories: the modern scientific methods that remove the life from food, and the natural "poetic" methods that maintain or enhance the life in food. The poetic techniques produce live foods... that have been celebrated for centuries and are considered gourmet delights today. The scientific techniques produce dead foods and literally seal them in coffins. My instincts tell me that long-dead foods cannot properly nourish long-lived people.

If we want to be well nourished, we need to eat what I call "real food." We all know what it is. During the summer, real food is fresh from the garden or the organic farmers' market. It is grown locally and is free of all the post-harvest treatments used for foods

shipped from far away. During the rest of the year, real food is fresh from cold frames and greenhouses, or is preserved by techniques that maintain and enhance its ease of digestion, nutritional status, and pleasing flavor. These are qualities that not even the most deceptive Madison Avenue advertiser could try to claim for canned or frozen foods. When we eat real food, we again work with rather than against "the grain of life."

-Eliot Coleman, in his introduction to Keeping Food Fresh: Old World Techniques and Recipes

Schedule of Events

SATURDAY, SEPTEMBER 24
Calypso's 11th annual Benefit Dinner & Auction, Pike's Waterfront Lodge
 Farm Dinner & Silent Auction begin at 5pm
 Live Auction begins at 7pm

SATURDAY, OCTOBER 1
 Seed Saving Workshop, Calypso Farm & Ecology Center
 2-4 pm
 Call our office to reserve your space! (907) 451-0691

Downtown Market Mondays

4 to 8 PM

Golden Heart Plaza

Last market of the season

this Monday,

September 19!

Final CSA Pick-up

5pm-6pm Monday,

September 26

Ester Community Market

Done for the year!

Final CSA Pick-up

5:30pm-6:30pm

Thursday,

September 29

Mom's Pilaff

1-2 T butter

1 med. onion

1/2 C chopped celery

1 C bulgur, uncooked

1/4 tsp. dill

1/4 tsp. oregano

Salt & pepper to taste

2 C chicken bouillon

2 T parsley

2 T chopped nuts

Noteworthy...

IT'S AUCTION TIME!

Join us for Calypso Farm & Ecology Center's 11th Annual Benefit Dinner and Auction on **Saturday, September 24** at Pike's Waterfront Lodge. We'll serve a delicious farm-grown dinner and feature locally-made auction items, live entertainment, and homemade desserts. Jeff Johnson (Homegrown Market) and Robin Feinman will host a rowdy live auction. **All proceeds benefit Calypso's education programs.** Dinner tickets are \$20 each (kids under 5 eat free) and can be found at Gulliver's Books, If Only—A Fine Store, and the door. Come one, come all!

AUCTION VOLUNTEERS are still welcome! (This is a fun event to work!) We'll have different shifts available all day. Please call Isabeau to schedule at (907) 451-0691.

Calypso will give a **Seed Saving Workshop** on **Saturday, October 1**. This workshop will familiarize you with basic botanical concepts, seed saving techniques, and resources needed to become a successful seed saver. (See our website's "workshops" tab for more details.) Call (907) 451-0691 to reserve a space.

From Farm to Table



Melt butter.

Add vegetables.

Stir constantly until veggies are tender and bulgur is golden.

Add seasonings and bouillon.

Cover and bring to a boil.

Reduce heat and simmer 15 minutes (or until done).

Enjoy!

The answer to last week's trivia question merits a short biography:

French confectioner, distiller and chef **Nicolas Appert** perfected a method for safely canning food in **1809**. This accomplishment was the culmination of fourteen years of experimentation by the chef! Appert was granted a 12,000-franc reward for developing his food preservation technique. (His work came in response to a general call from the French government, whose troops had been suffering from scurvy and malnutrition.) Appert's original canning method involved bathing glass containers, sealed with wire and sealing wax, in boiling water. In 1810, Appert published a work disclosing the secrets of his canning technique (which volume enjoyed much popularity despite its riveting title, *The Art of Preserving All Kinds of Animal and Vegetable Substances for Several Years*). He invested his reward money in the world's first commercial cannery, The House of Appert, which remained in operation from 1912 to 1933. Appert lived to be about 91. Thank you, Monsieur Appert!



Weekly Weather



Cranes call overhead
Far below them birch trees, bare
Shine in Falltime sun

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