

# Harvest Time...

Volume 4, Issue 9

## Farm Happenings

### Farm Pickings

Your CSA Share will include:

<b>Family:</b>	<b>Economy:</b>
Lettuce Mix	Lettuce Mix
Broccoli	Broccoli
Zucchini	Zucchini
Baby Carrots	Baby Carrots
Spinach	Spinach
Kohlrabi	Kohlrabi
Brussels Tops	Brussels Tops
Radishes	Radishes
Peas	Peas
Mixed Herbs:	Mixed Herbs:
Dill, Sorrel or	Dill, Sorrel or
Cilantro	Cilantro

A Different Kind of Produce...

At Calypso Farm every year we strive to bring new varieties and plants into the local community with our season's seed selection. From our dozen different salad greens, specialty broccoli and cauliflower and more, we try to bring in not only new varieties, but utilize all parts of the plant as well. In your CSA share this week you will find two examples.

**Baby Carrots-** To ensure adequate germination of seeds, sometimes we will sow more than necessary, and thin them out later to ensure proper spacing for growing room. Our baby carrots are some of these extra plants, that although need removed to allow others to bulk up, are still a valuable and nutritious product from the gardens.

Keep a look out for bigger, multi-variety carrots soon!

**Brussels Tops-** Brussels sprouts grow on a long stalk, with a fruit coming out at each node, the spot where the leaf and stem attach. By snipping off the very top of a Brussels sprout stalk we remove the spot where a flowering head would occur. By doing this we cause the plant to put more energy into developing side shoots, which means more Brussels sprouts in the long term. The small leaves that we snip at the top are succulent, tender and quite tasty.

**Ideas for Cooking:** Steaming, braising or sautéing; this green is good cooked alone or as an accompaniment.



Tanana Valley State Fair is Back!

From August 5th to August 13th the 80th Annual Tanana Valley State Fair will be open with lots of games, activities, rides, dancing and many more festivities for the whole family. Calypso Farm will be heading up the Ag Hall this year, so be sure to swing in and take a peek! Exhibits from the farm, school gardeners and our the community will be set up all week.

For more information visit:  
[www.tananavalleystatefair.com](http://www.tananavalleystatefair.com)

*Pictured Left: Brussels sprouts starting to grow on tall stalks. We are still waiting for the sprouts to grow denser, but enjoy the tops we snipped off.*

*Pictured Center: Kohlrabi keeps well in the field, and is resistant to pests and rot. Here, a kohlrabi grows to gargantuan size.*

*Pictured Right: Tight broccoli heads forming in the long sunny hours.*

### Schedule of Events

August 5th-13th: Tanana Valley State Fair. Come Visit Calypso Farm at the Ag Building!

**August 28th, 12-3PM: CSA shareholder pick-up-on-the-farm day**

September 24th: Calypso 11th Annual Benefit dinner and Auction

October 1st, 2-4PM: Seed Saving Workshop at Calypso Farm. Reserve your spot now by calling the office.

**Downtown Market**  
Mondays  
4 to 8 PM

Golden Heart Plaza  
CSA pick-up from 5-6PM

**Ester Community Market**

Thursdays 4:30-7:30 pm  
Ester Park  
CSA pick-up from 5:30-6:30PM

Come Check out our  
Local Artisans and  
Farmers

## Noteworthy...

- A Big Thanks to all who came out to support the EATinG program with their annual celebration. With the help of our student gardeners and local restaurants (Lemongrass, Pomegranate, The Pumphouse, Ivory Jacks, Zach's and Julia's Solstice Cafe) this end-of-season wrap-up was a huge success. Great job to all student gardeners for their efforts and our community for supporting them as well!
- The Tanana Valley State Fair is soon arriving! Once again Calypso Farm and Ecology Center will be running the Ag Hall from August 5th-13th, hosting a variety of things to come see and experience. If you are interested in helping us hall-watch, we are gratefully looking for volunteers. Each shift is three and a half hours and you will receive a free entry ticket into the fair grounds for your

## From Farm to Table

### Zucchini Brownies

#### Ingredients

1/2 cup vegetable oil  
1 1/2 cups white sugar  
2 teaspoons vanilla extract  
2 cups all-purpose flour  
1/2 cup unsweetened cocoa powder  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
2 cups shredded zucchini  
1/2 cup chopped walnuts  
6 tablespoons unsweetened cocoa powder  
1/4 cup margarine  
2 cups confectioners' sugar  
1/4 cup milk  
1/2 teaspoon vanilla extract

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch

baking pan.

In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan.

Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. To make the frosting, melt together the 6 tablespoons of cocoa and margarine; set aside to cool. In a medium bowl, blend together the confectioners' sugar, milk and 1/2 teaspoon vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.



### Sesame Carrots

#### Ingredients

3 cups sliced carrots  
2 tablespoons butter  
2 tablespoons brown sugar  
1 teaspoon ground mustard  
1/4 teaspoon salt  
Dash to 1/8 teaspoon hot pepper sauce  
Dash coarsely ground pepper  
1-1/2 teaspoons minced fresh parsley  
1 teaspoon sesame seeds, toasted



#### Directions

In a large skillet, cook and stir the carrots in butter over medium heat for 5 minutes. Stir in the brown sugar, mustard, salt, hot pepper sauce and pepper. Cook and stir 4 minutes longer or until carrots are crisp-tender and evenly coated. Sprinkle with parsley and sesame seeds.

*"Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders." Henry David Thoreau*

### Trivia?

What herb was once thought to help protect a home against witches, when hung on the windows and doors?

*Answer to last week's question:*

*The Radish!*

### Weekly Weather



The weather on our little Ester hillside has been fairly predictable and encouraging. Some showers and some sun balance out this summer, helping both plant and flowers to thrive.

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