



# Harvest Time...

Volume 4, Issue 15

## Farm Happenings

### Farm Pickings

Your CSA Share will include:

Family:	Economy:
Brussels Sprouts	Carrots
Carrots	Celery
Celery	Dill
Dill	Kale
Kale	Leeks
Leeks	Lettuce
Lettuces	Bunching onions
Bunching onions	Potatoes
Potatoes	Herb Choice:
Herb choice:	Cilantro
Cilantro	Parsley
Parsley	Sorrel
Sorrel	



above: Sarah making delicious blueberry jam. omnomnomnom!

below: from fields to root cellar, pickled Brussels sprouts and cauliflower to save for winter.

Summer's harvest seems to inspire an embrace of the bounty we have in the moment we are in. Yet with autumn shining brightly around us, and winter's arrival hastening, there is a different attitude toward what we harvest. The vegetables we receive from the fields become not just food for the present, but also for days to come. And we search for methods, long perfected by those who have come before us, to preserve our current abundance for the winter ahead. So we take the time, on blustery days, sitting around the table, chopping vegetables, shelling peas, giving thanks. And we spend moments, huddling around the stove, blanching vegetables, cooking fruits, canning new creations. We've been a part of making sauerkraut and vegetable salt, pickling carrots, Brussels sprouts, and cauliflower, cooking apple butter and chutney. And the processes, perhaps initially intimidating, are actually quite simple. A matter of balancing preserving ingredients (such as vinegar, salt, high acid foods, sugar) with the vegetables we have available.

*Here's a versatile, basic method for pickling veggies to save:*

- Chop vegetables an appropriate size for the canning jars you'll use (carrot and celery sticks, cauliflower bits, whole Brussels sprouts, green beans, etc.)
- Mix up a vinegar solution of 5 cups vinegar, 5 cups water, 1/2 cup salt, handful of sugar (you may end

up making more, but this is a good starting amount). Heat until near boiling.

- Lightly steam veggies, just until they turn bright.
- Heat canning jars upside down over boiling water for a little steam bath (The trick is to fill hot jars with hot vegetables and hot vinegar solution).
- Fill hot canning jars with dill flowers, half clove of garlic, steamed vegetables, any other desired herbs or spices. Pack veggies down and leave just a bit of space at the top.
- Once vinegar solution is well dissolved and hot, pour it over the vegetables, again, leaving just a bit of space at the top.
- Sanitize new lids with hot water, put them on the jars and secure with rings, snug but not too tight.
- Bathe jars in a boiling hot water bath for ten minutes.
- Remove from water, let cool and store in a cool place until you're inspired to eat pickles!

As always, be extra cautious when preserving food, as there is always the possibility of spoilage. If you're not into canning, remember, blanching and freezing vegetables is another alternative. Peas, kale, shredded zucchini are great items to freeze and save. Enjoy the autumn harvest and may you find ways to extend today's abundance into winter!

### Schedule of Events

- Monday, September 19  
Grand Finale Downtown Market,  
Golden Heart Plaza  
4pm-8pm
- Saturday, September 24  
**Calypso's Benefit Dinner & Auction,**  
**Pike's Waterfront Lodge**  
Silent Auction begins at 5pm,  
Live Auction begins at 7pm
- Saturday, October 1  
Seed Saving workshop  
2-4 pm at Calypso



**We're still gratefully accepting volunteers** to help out at our Benefit Dinner and Auction on September 24th. This is a really fun event in which to take part. Please call Isa-beau to find a task and time that works for you. Thank you!

**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...

**Calypso Farm & Ecology Center's 11th Annual Benefit Dinner and Auction** will take place on **Saturday, September 24** at Pike's Waterfront Lodge. Join us for a delicious farm-grown dinner, locally-made auction items, live entertainment, homemade desserts, and a rowdy live auction.

Join us for the **Downtown Market Grand Finale** on **Monday, September 19**, at **Golden Heart Plaza** to celebrate the Downtown Association's incredibly successful first market season! As always, the market will feature downtown businesses, local farms, and a recycling station. Special events will include downtown giveaways, live music, a photo booth, and end-of-season sales.

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

### **Brussels sprouts!**

The very idea makes kids recoil. To kids' credit, there is more to this negative reaction than just a picky palate: many people are actually born with a genetic proclivity to dislike the taste of a compound present in Brussels sprouts.

However, for those of us who find the brassicas delectable, few tastes rival that of a slightly caramelized, well-cooked little sprout. Here are a few simple ways to cook Brussels:

### **Oven-Roasted Brussels Sprouts**

- Preheat oven to 400°.
- Rinse **Brussels sprouts** and chop in half. Place in a baking dish or on a cookie sheet.
- Drizzle Brussels with **olive oil**, sprinkle

liberally with **sea salt**, and squeeze over them the juice of one **lemon** (☞ secret ingredient that makes them delicious and more digestible!). Add **red chili flakes** if you so desire. Mix everything together and spread out on the pan.

- Roast 20-30 minutes, stirring occasionally, until the sprouts are soft enough to spear with a fork and the outer leaves are starting to caramelize.
- Enjoy!

### **Dave's Pan-Fried Brussels Sprouts**

- Rinse **Brussels sprouts** and chop in half. Also finely chop some **onion**, if so desired.
- Heat a cast-iron skillet over medium-high heat. Add a nice big pat of **butter** and the onions. Stir for a minute or two. Then

add sprouts and a bit of **olive oil** and cover to allow the sprouts to steam, checking and stirring them periodically.

- When sprouts have turned bright green and are becoming easy to poke through with a fork, add a little **soy sauce** (☞ secret ingredient that encourages the sprouts to caramelize and become even more delectable!) and stir. If needed, crank up the heat a little to give the sprouts a nice roasty finish.



### On Cooking Leafy Greens

from *The Modern Vegetarian Kitchen* by Peter Berley

"Kale, collards, and other bitter greens are all members of the mustard family and can have a bitter, strongly sulfurous taste. Boiling these greens briefly in salted water without a lid allows the sulfur to escape. Immediately after cooking, drain and sauté in a small amount of oil to further tenderize the greens and deepen their flavor. And, a final last-minute addition of vinegar or citrus will unlock minerals beneficial for human digestion."

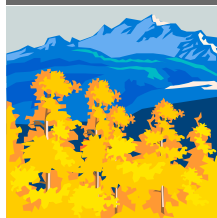
### **Weekly Trivia question:**

After fourteen years of research, what year did a French confectioner finally perfect a method for safely canning food?

*Answer to last week's trivia:*

**Onions** have seen a 50% increase in consumption in the U.S. over the last 20 years...(let your kids eat onions so you can see them in the garden when its dark...)

### Weekly Weather



Air cool, sun shining  
Leaves float golden on crisp wind  
Let's all go outside!

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