

Harvest Time...

Volume 4, Issue 2

Farm Happenings

Farm Pickings

Your weekly CSA Share includes:

Family Share:	Economy Share:
Chives	Chives
Tokyo Bakana	Bunched Asian
Kale	Greens
Bunching Onions	Radishes
Radishes	Spinach
Spinach	Turnip Greens
Salad Mix	
Turnip Greens	

Basics of Composting:

There are three types of composting:

- sheet composting- leaving organic matter on the soil surface to decompose
- Cold composting- a pile of organic matter left to slowly rot and decompose
- Hot composting- a large pile of layered with carbon and nitrogen rich organic matter that decomposes rapidly

Materials not to add to the pile: diseased plants, pet feces, meat or dairy products, humanure, wood ash and lime

Your compost is ready when the original materials are indistinguishable. You can check by placing some compost in a zip lock bag for 24 hours, and if it doesn't smell bad or fermented, it's ready!

Building a hot compost pile is about creating the right balance of nitrogen and carbon- you want a 30:1 Carbon to Nitrogen ratio. This is created by layering dried plant debris, freshly cut green plants or other green matter, animal waste, and other organic matter into a cube-shaped pile.

Please compost- the Earth will love you and so will we!

You can find more info about composting at www.attra.org.

As the last farm apprentice to arrive on the scene at Calypso, the last two weeks have been a whirlwind of catching up with the rest of the apprentices. It has been a series of firsts for me:

- First time working on a farm (and I don't think I could have found a better one to start!)
- First harvest: After moving countless wheelbarrows of compost and planting many rows of vegetables, it was exciting to be able to share in what the garden gave back to us. I love the feeling of being connected to my food and sharing in the growth cycle. As we farm apprentices sat down for our first big, harvest dinner together, we found ourselves hoping that all our CSA friends were also sharing in the feast (and to think, it only gets better!)
- First market and CSA pick-up: It

was wonderful to meet the many people supporting local agriculture as well as to see other people sharing their skills and talents with the community.

- First bake in our wood-fired bread oven: Last Friday we had a delicious pizza-making dinner followed by a farm bread-bake. I think I can definitely get used to homemade bread fired in the oven!
- First square dance, and I can't wait to continue cultivating my skills at the members potluck this Friday!

I am looking forward to many more firsts (including driving a tractor this week!) It is good to be part of such a vibrant community of people trying to build a healthier society. Enjoy your fresh, local food this week- we will do the same!

Sarah Furman, 2011 farm apprentice



Harvest Pictures:
Above: Linnea showing off some freshly harvested bunching onions
Below: Matthew helping spin the salad mixer



Schedule of Events

June 18th from 12 to 4PM-
Work Requirement Day at Calypso Farm

June 17th from 5 To 8PM-
Member Potluck Picnic at Calypso Farm

School Garden Farm Stands Opening soon 4-6PM

Monday- Pearl Creek
Tuesday- Woodrider & Randy Smith
Wed- Effie Kokrine Charter open this week!
Thursday- Hunter

Question: What vegetable did Noah not take on the ark?

Answer: Leeks

Downtown Market
Mondays
4 to 8 PM
Golden Heart Plaza

Ester Community Market
Thursdays
4:30 to 7:30 pm
Ester Park

Come Check out our Local Artisans and Farmers

Noteworthy...

- We had an incredibly successful CSA work day this past Saturday. Many thanks to those who came out and helped make our gardens healthier and more beautiful! It was great to meet and work alongside so many Calypso supporters and weed the *entire* upper field! If you still have not met your work requirement (or just want to help out again,) there is another work day this Saturday from 12-4.
- This Friday will be our member potluck picnic up at the farm. We hope to see you all there. Please bring something to share (perhaps using some of your fresh vegetables from this week!) and come ready to square dance.
- Please help us spread the word that we accept EBT for both CSA Shares and Market Stand produce and that EBT Dollar Matching Program, where every dollar of EBT you spend at a Schoolyard Garden Farm Stand, Calypso will match your dollar.
- If there is a week that you have a conflict with your pick-up day or time, please call the farm 24 hours ahead of time, and we can accommodate your needs.

From Farm to Table

This week's recipes & cooking tips are both from the same book and come along with a wholehearted recommendation for Peter Berley's The Modern Vegetarian Kitchen. Berley's minimalist cooking style proves that if we cook with the freshest ingredients we can find, the flavors of the vegetables speak for themselves and we hardly need to add anything to make them taste spectacular.

-Linnea Wik, 2011 Farm Apprentice

A few Thoughts on Dressing a Salad

"When I mix up a dressing, I...use either a fork or a whisk and first combine the acid [vinegar or citrus juice] ingredients with the seasonings. Acidic ingredients coax the nature and flavor out of the herbs, spices, and pungent foods, such as hot peppers, garlic, and shallots, whereas raw oil would coat these foods and lock in their flavor, smothering the taste. Whisking in the oil afterward preserves the flavors already drawn out by the [acid].

If you really know your dressing, you

can mix it right in the salad bowl and then toss in the raw ingredients...Tossing is the best way to combine the salad with the dressing. It incorporates air into the salad, making it appear fluffy and light. I like to toss with my hands, but you can use a pair of wooden spoons. Never use a sharp utensil to toss, since it can tear delicate vegetables.

You can enhance winter salads by adding complementary textural elements, such as soft, juicy orange slices or crisp, toasty homemade croutons. Most important, try to keep your vegetables seasonal and local...I [don't] use many tropical fruits and vegetables in my recipes [because] mangoes just aren't local for me." -P.B.

One of Berley's favorite, most simple vinaigrettes consists of just 4 ingredients, whisked together in a bowl:

1 tsp Dijon-style mustard
1 Tbsp Red wine vinegar
4 Tbsp Extra-virgin olive oil
Salt & pepper to taste

Asian-Style Greens with Sesame, Ginger, and Soy Sauce

4 Tbsp Light sesame or olive oil
2 Tbsp White hulled sesame seeds
2 tsp Black sesame seeds (optional)
4 tsp Gingerroot, peeled & minced
2 cloves Garlic, minced
2 lbs Tender Asian greens, such as baby bok choy, watercress, tatsoi, [Tokyo bakana, turnip greens,] or mizuna, coarsely chopped

2 Tbsp Soy sauce

4 tsp Rice vinegar

Warm oil over medium heat in a heavy sauté pan or wok. Add sesame seeds & stir until they pop & become fragrant. Add ginger & garlic and sauté for 1 more minute. Add greens and 1 Tbsp soy sauce, raise heat, & cook, covered, for 1 minute. Uncover and sauté for 1 to 2 minutes more, until greens are tender but still bright green. Stir in more soy sauce & vinegar to taste, & serve immediately.

Whether we and our politicians know it or not, Nature is party to all our deals and decisions, and she has more votes, a longer memory, and a sterner sense of justice than we do.—*Wendell Berry*

Weekly Trivia:

What vegetable was known (incorrectly) in the 17th Century as a general antidote for poisoning, a cure for snake bites, to alleviate the pain of child birth and to remove freckles?

Answer for last week's question: The onion. Its round shape symbolized eternity.

Weekly Weather:



The warm, sunny days were broken up this week with bouts of rain, bringing both moisture to the dry soil and a break from watering for our farm staff.

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