

# Harvest Time...

Volume 4, Issue 1

## Farm Pickings

Your weekly CSA

<b>Share includes:</b>	<u>Economy Share:</u>
<u>Family Share:</u>	Bunching Onions
Bunching Onions	Lovage
Lovage	Radishes
Radishes	Tat Soi
Tat Soi	Salad Mix
Salad Mix	
Lettuce	



Pictured left to right: Shannon, Linnea, Sarah D., Jessica, Sarah F. Abby, Brendon, Suz

### Meet Your Farmers

The grounds at Calypso Farm have been filling up with both sprouting vegetables and new, enthusiastic faces for the growing season. This year, Sue is joined by five farm apprentices and a field trip coordinator, all helping to promote the flourishing of plants and farm-based education. Arriving with the everlasting sun are Linnea, Shannon, Abby, Brendon and Sarah F. Coming from a wide array of backgrounds, each individual contributes to making up with strong-knit team that has worked feverishly to catch up with the thawing ground and provide well-maintained and nurtured gardens. This year's field trip coordinator, Sarah D., shares bits of farm life with groups of local children. Through the many different activities, whether it be milking goats, wool felting or the greenhouse tour, the visitors are invited to experience life at Calypso. Lastly joining us is Jessica, our VISTA worker, whose vital role is to promote community outreach and educational opportunities.

## Farm Happenings

As the trees burst forth with bright shades of green, the fields at Calypso have also come alive! In just a few short months, we have witnessed a tremendous transformation from snowy hillsides to flourishing rows of vegetables. Since early April, our farm crew has been hard at work, planting seeds in the greenhouse, clearing, composting, and planting starts in the fields, and nurturing the new life springing up all around us. The farm community has been a bustling place of positive energy as school groups, volunteers, and visitors have continuously been stopping by. We are deeply thankful for the community involvement that is such a vibrant and vital part of Calypso. This beginning harvest is certainly a cause for celebration—for the healthy vege-

tables, delicious herbs, and beautiful flowers the earth, sun, and water have given us. And also for the people that have joyfully come together to participate in this amazing growing process. It is with warmest gratitude and hopeful anticipation that we welcome you to this new harvest season and thank you ever so kindly for your participation in it. Community Supported Agriculture, in its truest form, exists because of community partnership. We are all a part of these agricultural acts together in various ways. So we thank you for your time, your energy, your support of local, healthy food. And, we hope you enjoy your vegetables this week and in the weeks to come! Happy eating!

*Abby Huggins, 2011 Farm Apprentice*



Pictured left to right are: Jules, Gillian, Kalee, Allie and Avril

### Meet the School Garden Supervisors

An important aspect at Calypso is our outreach to local children through the EaTinG program. Our group of school garden supervisors develops small-scaled gardens at five local schools. Children ages twelve to seventeen work through the summer under the guidance of the supervisors to maintain the gardens. Here they gain valuable work experience and understanding in the importance of eating local through CSA's and Farm Stands.

## Schedule of Events

June 12th from 2 to 4 PM-  
Composting Workshop at  
Calypso Farm

June 11th and June 18th from  
12 to 4PM- Work Requirement  
Days at Calypso Farm

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

### School Garden Farm Stands Opening soon 4-6PM

Monday- Pearl Creek  
Tuesday- Woodrider & Randy  
Smith  
Wed- Effie Kokrine Charter  
Thursday- Hunter

**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...

As Calypso Farm and Ecology Center hopes to spread its mission of encouraging local food production and environmental awareness through hands-on education in natural and farming ecosystems, we are dedicated to informing and improving our community. Fresh and organic produce has many benefits, and we want to make our produce as widely accessible as possible. In a continuing effort to do this, we accept EBT for both CSA Shares and Market Stand produce.

This year at Calypso we are also proud to announce our EBT Dollar Matching Program, where every dollar of EBT you spend at a Schoolyard Garden Farm Stand, Calypso will match your dollar.

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## From Farm to Table...

### Mixed Greens with Tarragon Dressing

#### Ingredients

2 tablespoons tarragon vinegar  
2 tablespoons canola oil  
2 teaspoons sugar  
1 garlic clove, minced  
1/2 teaspoon salt  
1/4 teaspoon ground mustard  
1/4 teaspoon pepper  
1/4 teaspoon lemon juice  
1/2 teaspoon Worcestershire sauce  
6 cups torn mixed salad greens  
2 radishes, thinly sliced  
1 cup salad croutons  
2 tablespoons sesame seeds, toasted

In small bowl whisk together the first nine ingredients. In a large salad bowl, toss salad greens, radishes, croutons and sesame seeds. Drizzle with dressing and toss to coat.

From: Amy Samuel



### Tat Soi Soup

#### Ingredients

1 teaspoon butter  
1/2 cup onions, minced  
4 garlic cloves, minced  
4 baby Tat Soi, thinly sliced  
8 cups vegetable stock  
2 large potatoes, diced  
2 teaspoons dried mar-

joram  
2 teaspoons dried chervil (optional)  
1 carrot, grated  
3 ounces dry vermicelli  
Salt and Pepper, to taste

Place butter and 1/4 cup water in soup pot; add leeks and garlic and cook slowly until beginning to brown. Add Tat Soi, broth, and 2 cups of water; bring to boil. Add potatoes, chervil, marjoram and carrot. Simmer for 25 minutes. Add vermicelli; cook for 10 minutes. Add salt and pepper.

From: Asparagus to Zucchini

### Radish and Cucumber Salad

#### Ingredients

3/4 cup cider vinegar  
1/4 cup sugar  
3 tablespoons chopped fresh dill  
2 tablespoons chopped fresh parsley  
3/4 teaspoon mustard seed  
1/4 teaspoon each salt and pepper  
3 large cucumbers, thinly sliced  
1 cup thinly sliced radishes

Combine vinegar, sugar, dill, parsley, mustard seed, salt and pepper; stir to dissolve sugar. Add cucumbers and marinate in refrigerator several hours. Mix in radishes just before serving. Six servings.

From: Asparagus to Zucchini



“The goal must be to raise all food in wholesome, sustainable ways while eliminating the poverty and inequality that deprive many of the ability to buy an adequate diet at any price. Food produced on prosperous and sustainable family farms should be the affordable food of choice or ordinary people everywhere.” —Marty Strange, *Peace with the Land, Justice Among Ourselves*

### Weekly Trivia

What vegetable was placed on the right hand while taking an oath in ancient Egyptian times?

Tune in to next weeks Harvest Note for the answer...



### Weekly Weather

The sun has been shining brightly on the inhabitants at Calypso Farm. Lots of heat

early in the season means lots of time watering the fields. The light drizzle helps to raise our spirits but not our water collection ponds.

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