

the
Canticle Farm
newsletter

HARVEST TIMES

The Canticle Farm is a Certified Naturally Grown farm and Community Supported Agriculture project sponsored by the Franciscan Sisters of Allegany. The farm is committed to connecting all peoples, practicing Earth-friendly habits, and realizing a Creation-centered spirituality.



week of June 16, 2008

week # 1 of 20

WELCOME TO CANTICLE FARM'S EIGHTH SEASON

by Elizabeth Thompson

We are thrilled to welcome you to our growing farm community for another season celebrating the bounty and beauty of the Southern Tier. In joining Canticle Farm you have joined a growing number of Americans who value healthy diets, safe food, sustainable agriculture systems and just food distribution. There are over 2,000 Community Supported Agriculture (CSA) farms in the United States serving thousands of families. With rising food costs and food safety issues, local farms offer a reassuring alternative by offering food whose origins and farmers we know. CSAs are often called "food with a farmer's face on it." Distribution days and volunteer projects offer opportunities to put a face and name to your farmers and some of your fellow farm families. This is one of the most blessed gifts of Canticle Farm, the many fruitful relationships that spring from this one healthy relationship with the earth that sustains us.

This weekly newsletter will be a source of information, recipes and opportunities for the next eighteen weeks. Be sure to pick one up every week! We hope it will help you make the most of your participation in Canticle Farm.

We are glad you have joined us in this environmental, ecological, culinary and community adventure. We look forward to getting to know you and helping you to get to know your food. We hope you enjoy the adventure and the farm. This is your farm, so please come and take advantage of it, not just at pick-up, but by coming for a walk, a special event or for self-pick. The farm is open during daylight hours and its ten acres include a reflection area and labyrinth, in addition to a lot of vegetables! So, make yourself at home and we look forward to seeing you!

How's it GROWin'?

by Mark Printz

Things are going very well in the fields. We had a bit of a dry spring, but the recent rains have helped to nourish the plants and raise the water table. However, the rain does not just nourish our crops, it also nourishes the weeds. Therefore, help with cultivation is a high need at this time.

We are on schedule with our planting and the crops are looking good. The addition of our tractor has helped increase efficiency.

The week of 90 degree temperatures did set us back on a few things, shortening the spinach and Asian greens season. Greens are cool weather crops and the high temperatures cause them to bolt and go to seed, making the leaves bitter and tough. The current cool temperatures will hopefully slow this process down, leaving us with plenty of tender, delicious and nutrient-packed leafy greens.

In the next few weeks we are looking forward to:

- beet greens • garlic scapes
- squash • peas (beginning of July)

HANDBOOKS

Handbooks are available in the distribution center. Please pick one up and read it. It is especially important to familiarize oneself with the distribution policies so that distribution goes as smoothly as possible for you through out the season.

RECIPES

Warm Salad Dressings

Warm salad dressings offer the opportunity to turn your usual salad into something special and out of the ordinary. Impress your friends with these recipes, or make one for yourself, throw some grilled chicken or tofu on it, and call it a meal.

Charlemagne Salad with Hot Brie Dressing

from Blue Valley Gardens, Wisconsin
serves 6

8 ounces ripe Brie, chilled
2 medium or 3 small heads romaine or leaf lettuce, or 1 pound spinach, stems removed
1½ cups garlic croutons
1/3 cup olive oil
4 teaspoons minced shallots or green onions
2 teaspoons minced garlic
½ cup white wine vinegar
2 tablespoons fresh lemon juice
3 teaspoons Dijon-style mustard
Freshly ground black pepper

Remove rind from chilled Brie with a sharp knife; reserve rind for another use. Cut cheese into small pieces and allow to come to room temperature.

Wash greens in cold water. Tear into bite-sized pieces; dry in salad spinner or clean towels. Toss with croutons in a very large bowl.

Warm oil in a heavy skillet. Add shallots or green onions and garlic; cook over low heat until golden, about 3 minutes. Stir in vinegar, lemon juice, mustard and several grindings of pepper. Add the cheese a little at a time, stirring constantly.

When all the cheese is melted, toss hot dressing with greens and croutons. Serve immediately, and pass the pepper mill. (Note: The dressing may be held and gently reheated just before serving.)

A Simple Warm Salad Dressing

from Riverford Organic Vegetable CSA, UK

1 clove fresh garlic
1 tsp wholegrain mustard
1 tsp honey
1 TBL balsamic vinegar
6 TBL olive oil
3 TBL red wine
salt and pepper

Crush garlic into a jar and add mustard and honey. Stir a little, then add the remaining ingredients, with salt and pepper to taste. Put the lid on the jar and shake well.

When ready to use, put in a shallow pan and gently heat, do not boil.

Drizzle over the salad just before serving.
This will keep in the fridge for two weeks.

VOLUNTEER OPPORTUNITIES

- Volunteers are needed to help during distribution on Friday, June 27th and Thursday, July 3rd as Rhonda will be out of town. (Friday is the 4th of July holiday, so Friday distribution will be on Thursday that week.)
- Field Work: planting, cultivation, harvesting. Give Mark a call (378-9714) about specific times and projects. There is a lot to be done at the farm this time of year. Think about getting your volunteer hours in early so you won't have to worry about them later.

SHARES STILL AVAILABLE

Canticle Farm still has shares available. We would very much like to sell out this season as we have in the past since we plan for a certain number of shares. Please spread the word to friends and family!

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Rhonda Berman & Sr. Joyce Ramage; 373-0200 ext. 3358

Mark Printz: 378-9714 (cell) - learn more about the farm at
www.alleganyfranciscans.org/canticlefarm.htm