

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 23, 2008

week # 2 of 20

## Canticle Farm's Reflection Area

by Joe Kotala

The labyrinth is an ancient circular diagram found in many cultures around the world. There are at least seven turns and some have eleven turns. There is only one way in and one way out, you cannot get lost. Some people call the labyrinth a maze. However, a maze has many paths in and out and you can get lost. The labyrinth is a tool that can be used to help one on a spiritual journey.

Canticle Farm has a seven circuit labyrinth in the reflection area. It is located on the right hand side of the farm, and can be accessed very easily. If you chose to walk the labyrinth, it is a simple exercise with no right or wrong way to walk it. At whatever pace, one is always on the right path. All that is necessary to reach the center is faith in the path you're on, and a little patience. The labyrinth teaches us that if we keep putting one foot in front of the other, we can quiet the mind and find our center. The lesson is to trust the path. The path is in full view, which allows one to be quiet and focus internally.

Some would say the labyrinth is a path of prayer, a sacred space, a walking meditation, a crucible of change, a source of reconciliation, and a place of healing. Each person's journey into a labyrinth is different. I have met people who shared their experience and one said that his walk opened his eyes to see that the choices he made brought him to prison, not God. God was with him but God did not put him in prison. Another person shared that she had experienced several deaths and was walking the labyrinth to experience some peace and healing. My first experience walking a labyrinth brought me to uncon-

trollable tears as I circled the center and when I stopped in the center for awhile, my tears turned into joy. It was a very powerful experience. So the next time you are at the farm or when you need to reflect on your life stop by the reflection area and discover how walking the labyrinth can help clear the mind and bring deep personal insights into your spiritual journey as well as give you new ways you can perceive the challenges of life.

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## How's it GROWin'?

by Mark Printz

What's good for one isn't necessarily good for another! Last week's cold and moist weather was a boon to the spring Brassica, (broccoli, cabbage, cauliflower) while slowing the growth of our heat-loving vine crops. The Brassica threatened to mature too rapidly in the previous heat, being cool weather crops. The coolness came too late to save our spinach crop, but we are grateful for the more than six weeks that we were able to enjoy it. You will see spinach on the distribution table again in the fall when the cool temperatures return.

As the weather warms consistently, we are moving away from the high tunnels (which supplied the entirety of our spring shares with the addition of storage crops) and into the open fields! The high tunnels now house only heat-loving tomatoes and cucumbers. Yum – sounds like a delicious July sandwich is on its way!

All in all we consider ourselves very lucky and send out a prayer to those in the Midwest who are suffering under the excessive rains. May the floods recede soon!

# RECIPES

## Simple Salads

Dressing ideas from *Nourishing Traditions Cookbook* by Sally Fallon

### Lemon Pepper Dressing

2 TBL lemon juice  
1 TBL wine vinegar  
1 tsp honey  
¼ tsp sea salt  
½ tsp cracked pepper  
1 clove garlic, peeled and mashed  
½ cup extra virgin olive oil  
1 TBL flax oil (if available)

Place all ingredients in a bowl and stir vigorously with a fork.

### Oriental Dressing

4 TBL rice vinegar  
2 TBL soy sauce  
2 tsps fresh grated ginger  
2 tsps toasted sesame oil  
2 tsps green onions or chives, finely chopped  
1 clove garlic, peeled and mashed (optional)  
1 tsp honey  
2/3 cup extra virgin olive oil or peanut oil  
2 tsps flax oil (if available)

Place all ingredients in a jar and shake to combine.

### Caesar Dressing

½ to 1 tsp Dijon style mustard  
1 TBL wine vinegar  
1 TBL lemon juice  
1 TBL finely grated Parmesan cheese  
½ cup extra virgin olive oil  
1 TBL flax oil (if available)  
1 egg yolk  
2 anchovy filets  
1 clove garlic, peeled and mashed

Place all ingredients in a food processor or blender and process until smooth.

Have a favorite recipe utilizing fresh veggies that you think other shareholders would enjoy? Please share it! Drop a copy off at distribution or email it to Elizabeth Thompson at [paxagrarian@gmail.com](mailto:paxagrarian@gmail.com). Thanks for sharing!

## UPCOMING EVENTS

**Thursday, July 17** - "Building Community and the Spirituality of Supporting Local Agriculture" by shareholder Tony Lipnicki

**Wednesday, August 6** - Ice Cream Social with entertainment by Steve Duprey, folk singer from Penn Yan.

**Date TBA** - Canning and preservation workshop. Please contact the office if you have a particular interest in this area so we can best accommodate our shareholders' interest.

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## DON'T MISS THE PYO!

PY-what? PYO stands for "Pick Your Own" and is a great way to add volume and value to your share while getting out on the farm. In addition to the vegetables harvested and ready for you weekly inside of the distribution center, there are regular opportunities for you to beef up your share by picking additional quantities yourself. We have planted several beds of beans, peas, cherry tomatoes, flowers, and herbs specifically for this purpose and we hope you will take advantage of them.

All of the PYO beds are located in the front of the farm near the road and will be distinguished by "PYO" signs. In the distribution center is a PYO board listing the variety and quantity of self pick items for that week. You may self-pick anytime Tuesday through Sunday; it does not have to happen on your pick up day. Whenever you have the time and energy for pickin' we encourage you to come on down! However, please remember that the self pick quantities are for shareholders only and are available to you only one time in a one-week period to ensure that there is enough for everyone. Happy pickin'!

## VOLUNTEER OPPORTUNITIES

Hand painted signs for PYO and compost.

Planting, harvesting and cultivating! This is a particularly busy time of the season when we are heavily involved in all three of these activities. So, if you signed up for volunteer hours in June, contact Mark to arrange an agreeable project. Thanks!

In approximately two weeks get ready for a Brassica planting party!