

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 July 28, 2008

week # 7 of 18

## How's it GROWin'?

with Mark Prinz

The garlic is in! Thank you to all those who participated in the garlic harvest party on Saturday.

We got everything done we had hoped to and had a lot of fun. The garlic looks healthy, with little disease and is currently drying in the "garlic catacombs" in the back of the barn. Prepare yourself for whiffs of garlic over the next few weeks and for an ample supply of garlic in your basket starting with a fresh bulb or two this week!

Where one legume leaves off, another picks up. As our peas fade, the beans are coming on strong. Expect to see green, yellow and purple beans for the next 6-7 weeks. That said, there is lots of bean pickin' to be done and it's an enjoyable job, and a sit-down job, especially on one of these beautiful summer afternoons.

Roots, roots, roots. Our potatoes, carrots and beets are coming in strong and should be steady for the rest of the season. The potatoes look very nice with three varieties of red, three varieties of white and one yellow variety soon to be on the distribution table.

The heavy rain didn't really set us back. It slowed down the harvest (and forced us to break out our stylish rain gear for a day) and challenged some newly seeded crops, but overall was very beneficial. The hail missed us and, with our well-draining soil, the precipitation was not excessive.

### MARK YOUR CALENDARS

Canticle Farm  
Annual Ice Cream Social  
Wednesday, August 6  
at 6:30 p.m.

Free entertainment by Steve Duprey, folk  
singer and composer from Penn Yan

Music for all ages  
Bicycle Raffle

Delicious Ice Cream Sundaes!  
Price: \$3 or \$2 for children 10-and-under  
3835 So. Nine Mile Road • Allegany, NY

## VOLUNTEER OPPORTUNITIES

SEWING - We need two money belts for the farmer's market & a canopy mended.

GARLIC SNIPPING - (early in the week)

BEELE PATROL - This involves walking through the plants and knocking the offending beetles into a bucket of water.

BEAN PICKING! - (It's lots of fun and is a sit down job!)

AM HARVEST HELPERS - (especially Mondays and Thursdays)

## EMPLOYMENT OPPORTUNITIES

Are you looking for an opportunity to work outside doing fulfilling work within a meaningful community? Canticle Farm is looking for full and part-time help starting in mid-August, when our college and high school hires leave, through November when the season ends. The responsibilities are mainly field work (planting, cultivating, harvesting and prepping vegetables), and applicants must be able to lift a good thirty pounds, work on their hands and knees and enjoy (or at least tolerate) the morning hours. No experience necessary, but motivation required! Please pass this information along to anyone you know who may be interested, perhaps a neighbor or a college student. See Mark for an application.

## WISHLIST

- Old towels
- Plastic Totes
- Coolers
- picnic tables or benches for reflection area
- reams of legal size paper for newsletter
- dry erase boards
- bushel and half bushel baskets
- large harvest wagons
- garden scooters

# HARVEST RECIPES

Last week the newsletter covered sauerkraut. This week we turn to her Asian cousin, kimchi, which serves a similar purpose of preserving cabbage and boosting its nutritional value to you. The magazine *Health* named kimchi as one of the top five healthiest foods in the world because of its high level of vitamins, its ability to aid in digestion and due to contemporary research showing that it combats cancer cells.

Kimchi uses Napa cabbage or bok choy and is usually spicy; although if you are making it yourself its spice quotient is up to you. Be sure to use a good quality natural salt when making kimchi or sauerkraut to receive even more nutritional benefits!

## Kimchi

from Sandor Katz's fermented foods collection, *Wild Fermentation*.

**Timeframe:** 1 week (or longer)

**Ingredients** (for 1 quart): sea salt, 1 pound of Chinese Cabbage (napa or bok choy), 1 daikon radish, 1 or 2 carrots, 1 or 2 onions or scallions or leeks, 3 to 4 cloves of

garlic, Korean red pepper powder or any hot red chilies, 3 tbs. of fresh grated gingerroot, a couple tbs. of sugar, and any other things you want to add (seaweed, bean sprouts, fish sauce, dried shrimp, etc).

### Process:

1. Mix brine of 4 c. of water to 4 tbs. of salt.
2. Clean heads of cabbage and cut in half. Slice or grate carrots and radish. Soak the vegetables in the brine overnight or a few hours. Keep vegetables submerged by keeping a weighted plate on top of them.
3. Next day – drain brine off of vegetables, reserving brine. Rinse vegetables and squeeze water out.
4. Prepare spices: grate ginger, chop garlic and onion. Make paste with dry red pepper powder and water (cabbage can absorb a lot of spice) or just dice the hot peppers if using fresh ones. Mix spices into paste.
5. Mix vegetables with spiced paste and stuff into crock/jar, pressing down until the brine rises above vegetables. If necessary, add brine to top off. Cover. A wide mouth Ball jar works well.
6. Check periodically – push down to keep brine over vegetables – and taste.

After 4 days to a week, put kimchi into a cooler place (fridge) to slow down the fermentation so that it lasts longer with a more pleasant taste. ENJOY!

## Our Farm Team

by Elizabeth Thompson

How do those colorful, crisp and delicious vegetables get to the distribution table each week? The story of your food involves many devoted and enthusiastic people. Let's meet the crew!

Sister Joyce Ramage is at the helm, helping to steer the course of the farm, both short term and long, with the help of a devoted board of directors chaired by dedicated shareholder Kris Later. Together they create policies for the farm related to land use, share prices, hiring, community events and long-term vision. Several committees operate like mini focus groups, grasping and grappling with one specific aspect of Canticle Farm, planning events and reporting to the board of directors. The current committees are Marketing, Farm Operations, Finance, Education, and Spiritual and Social. Additional volunteers also serve on these committees. Behind all of their toiling and discerning lies a commitment to helping this farm succeed and embody its mission statement to connect all peoples, practice Earth-friendly practices, and realize a Creation-centered spirituality.

At the forefront of carrying out that mission on the ground is head farmer Mark Printz. Head farmer for Canticle Farm since its inaugural season in 2001, Mark continues to provide leadership in the fields, from ordering seeds in the winter and starting them in the greenhouse in the spring, to working with the season's hires to plant, tend and harvest, to closing up shop as the snows roll in.

In the field with Mark this season are high school students Alex Fellows, Dominic Passerino, Mike Walters, and Helen Ventura and college students Santana Questa, Abram Brown and Molly Wagner. They are learning more about food, its growing, distribution and preparation, than they every imagined. We like to think of Canticle Farm as a school; we are all continually learning important lessons about that which keeps us running – our food and water!

Assisting this crew are the annual Warming House interns! Four Saint Bonaventure students are hired by Warming House director Trevor Thompson to work at the Warm-

ing House during the summer months when most students are away. These four interns, in addition to spending afternoons preparing and serving food at the Warming House, spend two mornings a week at Canticle Farm harvesting the fresh vegetables that end up on your plates and the plates of Warming House guests since four of Canticle Farm's donated shares go to the Warming House weekly. These lucky students, Jenny Ackers, Zach Domes, Sharee Ortiz and Sarah Specchio, along with returning intern Katie Rogers, also get an education in food and especially its distribution as they prepare the fruits of their work at Canticle Farm for those most in need of healthy foods here in the Southern Tier.

Rhonda Berman is the charisma behind the distribution center. She organizes the bi-weekly distribution and is present for most pick-up days, keeping bins stocked and ready to field any question someone may have. She really keeps things moving along with ease and alacrity during distribution thanks to a lot of hard work before, during and after distribution times.

For the past two seasons, Rhonda has also worked in the office taking care of such important management issues as keeping track of share payments and assigning distribution days. This year those responsibilities have been taken over by shareholder Lori Peterson. Lori works in the office on Fridays and takes care of these all-important details that help your farm season run smoothly.

Behind the scenes are also the newsletter newsies. On the writing end is myself, Elizabeth Thompson. Once written, the newsletter is taken over by Carol Paar and Darrell Klute of The ReHab Center who format, print and deliver the newsletter to the farm every Tuesday.

As you can see, Canticle Farm has many faces behind those beautiful vegetables we enjoy each week. These are people who are involved not for some financial gain, but because they value and appreciate the fruits of Canticle Farm, which are not limited to the host of vegetables we enjoy. The Canticle Farm team is a group of dedicated individuals committed to ideals of community, community with each other and community with creation and health for each of these. Thank you all for your tireless work which keeps this farm running!