

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 August 18, 2008

week # 10 of 18

How's it GROWin'?

by Mark Printz

The large dose of moisture and cool temperatures we received has caught up with us and is causing some common disease in some of our plants. Downy mildew has appeared in our cucumbers, debilitating the plants. Therefore, this will be our last week of a fairly successful cucumber season. Our cucumbers plants were beset with downy mildew earlier last year and we are grateful for the extra weeks of cukes we were able to enjoy this season. If you are looking for more cucumbers for pickling or eating purposes, we suggest you check the farmer's market or farm stands soon as downy mildew is a common problem in this area.

We are also experiencing a late blight in our tomatoes. This is also a disease that appears every year, sooner or later, and takes the foliage off of the plants. This causes the tomatoes to ripen sooner, but also shortens the tomato season. So, enjoy summer's finest while it's here, in those sweet, juicy, ripe tomatoes.

Summer's finest always leads into fall's finest. And we have much to look forward to. The winter squash is looking great and if disease and the woodchucks keep their distance, we'll have a fine season of winter squash this year. The potatoes are also looking good. We will be enjoying many different varieties this fall in different colors. Look for red, white and yellow potatoes and take the opportunity to try them all and see which is your favorite.

CORRECTION

Last week's article, "*Being Kind to Mother Earth: Another Reason for Choosing Organic*" was written by shareholder Sheryl Anderson. We apologize that your name was left off last week! Thank you, Sheryl, for your contribution.

GIFT CERTIFICATES AVAILABLE

We are now selling Canticle Farm gift certificates that can be used toward a CSA share or at the Farm Stand or Farmers' Market. They can be purchased at the stand (Tues. & Fri.) and the market (Sat.), or by calling the office (373-0200).

Reflections from the Spirituality Committee

by Betty D'Arcy

A few years ago, while working for a church community in Tioga County, I attended a burial service for a parishioner in a town cemetery. The parishioner was a Catholic, and as part of the service, the priest blessed the grave site.

At a later date, I asked the priest how our blessing of the earth could make it any holier. I thought of Psalm 24, which says, "The earth is the Lord's and all it holds, the world and all those who live there."

With certain wisdom, the priest replied, "The earth was sacred until we (humans) desecrated it."

I have given great thought to the priest's reply and how we continue to "desecrate" this holy gift and what we might do to restore some respect to what God has given. We all know people, maybe even ourselves, who have sought to rid the world of "weeds" and "insects" by using chemicals on our lawns, on our crops, on ourselves.

With each attempt at our destruction of what is natural, we seem to encounter new problems – more allergies, super "bugs," loss of helpful insects, unsafe water, contaminated food, and the list goes on and on.

It would seem that we, as human creatures made in God's image, have a duty to be good stewards of the "more perfect" gifts that God has bestowed on us, "the earth and all those who live there." Being a part of Canticle Farm offers us one opportunity to work toward becoming better stewards of the earth.

Yet, we can all do better, but we need to take time to inquire, read and learn about, to advocate for and engage in practices that renew and restore the gift of nature as intended by our Creator. When we do, we all benefit with tastier and healthier food, a healthier earth and a healthier economy.

After all, "The earth is the Lord's."

"Be praised, my Lord, through our Sister Mother Earth who sustains us and produces diverse fruits with colored flowers and herbs...."

- St. Francis
Canticle of Creation

HARVEST RECIPES

Minestrone

From *Everyday Food* (Martha Stewart)



- 1 Tbs. olive oil, plus more for drizzling
- 1 medium onion, diced
- 1 large leek, white and pale green parts only, halved lengthwise, sliced crosswise ¼ inch thick, and washed well
- 1 medium carrot, sliced crosswise ¼ inch thick
- 2 garlic cloves, minced
- 1 medium zucchini, quartered lengthwise and sliced crosswise ½ inch thick
- ¼ small head cabbage, halved lengthwise and shredded
- 1 tbs. chopped fresh rosemary or 1 tsp. dried
- 1 can (14.5 ounces) diced tomatoes
- coarse salt and ground pepper
- 1 can (19 ounces) kidney beans, drained and rinsed
- 4 ounces small elbow macaroni
- grated Parmesan cheese, for garnish

In large pot (6-8 quarts), heat one tablespoon oil over medium heat. Add onion, leek, carrot, and garlic; cook, stirring frequently, until onion is translucent, 3 to 4 minutes. Stir in zucchini, cabbage, and rosemary; cook, stirring, until vegetables are coated, 1 to 2 minutes.

Add tomatoes and enough water (about 6 cups) to cover vegetables by 1 inch. Bring to boil; reduce heat to a simmer. Season with salt and pepper. Cook until vegetables are tender and soup is thickened, about ten minutes.

Stir in beans and pasta; cook until pasta is al dente, 10 to 15 minutes. Season with salt and pepper. Divide among four bowls. Garnish with Parmesan, and drizzle with olive oil, as desired.

Serve with a crusty, Italian bread.

Tabouleh

From Madge Ash, St. Joseph's Church, Olean.

- 2 cups course bulgur
- 4 cups parsley, finely chopped
- 2 bunches scallions, chopped
- 2 large tomatoes, peeled, seeded and finely chopped
- 1 cup fresh mint, finely chopped
- 1 cucumber, peeled and finely chopped
- juice of 4 lemons
- ½ cup olive oil
- Salt and pepper to taste

Soak bulgur in hot water for at least 30 minutes (This will more than double so use a big bowl!). Set aside. Chop parsley, scallions, tomatoes, mint and cucumber, and place together in large bowl. Squeeze as much water as possible from bulgur, and toss in bowl with vegetables. Mix well to combine all ingredients. Right before serving add lemon juice, olive oil and seasonings. Mix well and taste. More lemon may be needed as the salad should have distinctly lemony taste. Serve on lettuce leaves. To make a Middle Eastern feast, serve with pita and hummus, falafel and/or kibbee.

VOLUNTEER OPPORTUNITIES

URGENT! We especially need help next week! Our new paid hire do not start work until September 1st, so we are very low on employees next week. We will be relying on volunteer help to get the vegetables harvested and ready for distribution. So, if you still have hours to contribute, or have any free time next week, contact Mark and set up a time to come by and help!

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

Mow or weed-eat the labyrinth! Any time, any day – talk to Mark.

MARK YOUR CALENDARS

Aihme Ellis from the Cornell Cooperative Extension will be offering a **tomato** canning lesson and demonstration using the boiling method on Wednesday, September 3rd at 6 pm at St. Elizabeth Motherhouse. Each participant will leave with recipes and handouts explaining how to can properly and safely. Participants will also prepare a pint of tomatoes to take home. The cost will be \$10 per person to cover materials. Please contact the Canticle Farm Office at 373-0200, ext. 3358 to register for the demonstration. Due to space limitations, there will only be room for 20 participants so make sure to call to reserve a spot.