

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 September 1, 2008

week # 12 of 18

How's it GROWin'?

by Mark Printz

Canticle Farm received a much coveted barrel washer through a grant from the Franciscan Sisters of Allegany. This contraption will greatly assist us in the washing of our root crops. A barrel washer is a large barrel mounted sideways. Hardy vegetables such as potatoes, carrots or beets are put into the barrel with the door closed and the barrel is turned, tumbling the root crops with water to cleanse them. This method greatly increases efficiency in washing these crops and we are excited to start using this new toy!

The last of the field planting is finishing up for the year. Now we will be moving into the high tunnel and beginning the planting of the winter greens.

You may be wondering if we have a vampire problem, with all the garlic that is hanging from the rafters of the distribution center. Actually, vampires have never been sighted at Canticle Farm; rather, these bunches of drying garlic are seed stock for next year. A Canadian farmer donated 12 different varieties of garlic to Canticle Farm last year and we are saving this year's yield of these 12 different varieties for seed stock. We are hoping to become self-sufficient in our garlic, meaning that – in addition to growing garlic annually for distribution – we grow enough for the following year's seed stock. This way we do not have to buy planting garlic yearly and we will know the names and history of our garlic.

Some of the varieties of garlic we are saving for planting are Red Russian, Portugal Carpathian, Hungarian, Armenian, Leningrad, Floha, Romanian Red, Korean Red, and Choparsky. Garlic is planted in the fall, winters in the ground and is one of the first green shoots we excitedly welcome in the spring. We harvest with celebration in early summer.

Garlic is a culinary staple in many parts of the world, yielding its strong bite to many of our favorite dishes. (Pesto, pizzas, stir-fries and garlic bread, to mention a few.)

Garlic has also been used medicinally for thousands of years. Modern science attributes the plant's sulphur-bearing compound allicin, which gives garlic its pungency, to conferring health-enhancing benefits. So, the stronger a garlic bulb smells, the stronger its medicinal capacity. Louis Pasteur, who gave us penicillin, recognized garlic's anti-bacterial properties and in World War One wounds were routinely treated with garlic juice to keep them from getting infected. In addition to garlic's anti-bacterial properties, it is

also anti-inflammatory and strengthening to the heart, lungs and immune system in general. Of course, a daily dose and a raw dose are most potent, so perhaps a midnight garlic snack is safest!

As the garlic starts appearing on the distribution table and farm stand this fall, stock up for the winter. Maybe it will help you keep a cold or two at bay! At least it will help you enjoy your vegetables more while strengthening the body.

Distribution Policy Reminder

Distribution occurs bi-weekly, on Tuesdays and Fridays. At the beginning of the season we assign each shareholder a pick-up day, balancing Tuesday and Friday so that there are equal numbers of shares going out on each day. This allows us to harvest throughout the week and not have to hold produce over for very long. This also allows us to plan. We know how many shares are going out on a given day.

If you know you will be out of town on a given pickup day, you may switch pickup days for that week if you give Mark at least 48 hours notice. We cannot switch pickup days with less notice than that as the produce may already have been picked.

We are happy, however, to bag your share and store it in the cooler until the next pickup day or anytime before the next pickup day when you can make it down to pick it up.

Thank you for your understanding; this policy helps us provide the freshest produce to our shareholders.

WISHLIST

- BAGS! We need your clean, dry, plastic grocery bags for distribution pickup. Please bring ONLY clean, dry bags of grocery store size. Bread bags, dry cleaning bags and bags that are dirty are not of use for vegetable pickup. Thank you!
- Pint and quart containers that berries and cherry tomatoes come in for PYO
- Plastic Totes
- large harvest wagons
- garden scooters

HARVEST RECIPES

Potato – Corn Chowder

1 onion, chopped
1 garlic clove, crushed
a medium-size potato
2 stalks celery, sliced
1 small green bell pepper, seeded, halved and sliced
2 TBL butter
2 TBL sunflower or olive oil
3 cups stock or water
salt and freshly ground black pepper
1 ¼ cups milk
1 can (7 ounces) lima beans (optional)
1 lb corn kernels cut off of leftover corn on the cob
generous pinch dried sage

Put the onion, garlic, potato, celery, green pepper in a large saucepan with the oil and butter. Heat the ingredients until sizzling, then turn down the heat to low and cover. Sweat the vegetables gently for about 10 minutes, shaking the pan occasionally. Pour in the stock or water, season with salt and pepper to taste and bring to a boil. Turn down the heat, cover and simmer gently for about 15 minutes. Add the milk, beans, corn and sage and simmer again for 5 minutes. Check the seasonings and serve hot with some nice, crusty bread, such as the recipe that follows!

Zucchini Crown Bread

from *The Complete Encyclopedia of Vegetables and Vegetarian Cooking*
by Roz Denny and Christine Ingram

1 pound zucchini, coarsely grated
salt
5 cups all purpose flour
2 packages active dry yeast
¼ cup freshly grated Parmesan cheese
freshly ground black pepper
2 TBL olive oil
lukewarm water, to mix
milk, to glaze
sesame seeds for garnish

Place grated zucchini in colander and sprinkle with salt. Let drain for 30 minutes, then pat dry. Mix the flour, yeast and Parmesan together and season with black pepper. Stir in the oil and zucchini and add enough lukewarm water to give you a good firm dough. Knead the dough on a lightly floured surface until it is smooth, then return it to the mixing bowl, cover it with oiled plastic wrap and let rise in a warm place.

Meanwhile, grease and line a 9-inch round bak-

ing pan. Preheat the oven to 400 degrees. When the dough has doubled in size, turn it out of the bowl, punch it down and knead it lightly. Break into eight balls, rolling each one and placing it in the baking pan. They should fill up the pan. Brush the tops with milk and sprinkle with sesame seeds. Let rise again until doubled and then bake for 25 minutes or until golden brown. Cool slightly in pan before turning out to cool completely.

THANK YOU!

A big thank you to everyone who pitched in during our employee shortage these past two weeks. It goes to show that the participating share does work, as we were able to get all the harvesting, planting and cultivating done that we needed to do. Thank you for helping your farm to succeed!

Naturally Grown Corn For Sale at Canticle Farm

Jim Faulkner of Portville is selling his Certified Naturally Grown Corn at Canticle Farm on Tuesdays. Come support and meet another Certified Naturally Grown farmer and get some delicious, chemical-free sweet corn!

"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

Tomato Canning Class

This is a reminder about the class on tomato canning which will take place at 6 pm on Wednesday, Sep. 3 at St. Elizabeth Motherhouse. The class will be presented by Aihme Ellis from Cornell Cooperative Extension. The cost is \$10 per person. Participation is limited to 20 people. Please sign up at distribution or call the office at 373-0200, ext. 3358.