

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 15, 2008

week # 14 of 18

How's it GROWin'?

by Mark Printz

Thanks to Ike's visit to our region we received the one inch (plus a bit more) of rain that we needed. Ike's visit also dismantled our wash station, which was not something that we needed, but is only a minor setback. We already have it up and functioning again.

Our lettuce has been good and consistent this season; it has been one of our best crops. Some varieties of lettuce bolt sooner than others, so we have been discovering which varieties grow better (bolt later) in heat of summer. Now is a better growing time for lettuce and we should accomplish our goal of distributing lettuce every week of the season. We'll soon start our high tunnel lettuce planting to finish the season out and carry us into the fall season.

It's time for pick-your-own sauce tomatoes this week! If you are interested in extra quantities of blemished tomatoes for sauce making or canning, this is your opportunity to glean the remaining tomatoes from our fields. The season for field tomatoes is waning quickly and the remaining fruits are mostly blemished, so we are inviting our shareholders to come out and pick a bag or two. A blemished spot may have to be cut off, but these tomatoes are perfect for stewing up into a great sauce to be enjoyed now or in the midst of winter when we are reminiscing about the fruits of summer.

The fall cabbage is maturing nicely and we will start distribution this week. The broccoli is coming in and is looking pretty good. There is some Swede Midge damage, though we're not sure of the degree yet. We are hoping for the best and for some bright, crisp stalks of broccoli on the distribution table soon!

Volunteer Opportunities

- onion toppers
- hand weeders and scuffle hoers in the lettuce beds
- garlic toppers

At Canticle Farm, we love our produce, our shareholders, our land and our farmers. It is a blessing to be able to know our food inside and out – from the land and weather that engenders it, to the people who plant, tend and harvest it, to the people who consume it. We are grateful for all of these components that make the cycle of sustenance part of our consciousness and our community. Sarah Baldwin, one of our field employees last season, wrote the following poetic tribute to farmers everywhere who grow our food.

'Who's your farmer?'

by Sarah Baldwin
Canticle Farm staff 2007

My farmer dedicates his best to his craft, is hard-working and intelligent. He explores and listens, increases his knowledge, educates and shares...his passion.

My farmer seeks balance and well-being. She's a mom with a college degree. Children respond to her and her trade with giggles and with glee.

My farmer is a one-man-band from a world of musical instruments. He's an exuberant smile, a friendly wave, and a person with a willing, "Hello!"

My farmer reinvests his fortune to create an original horizon. He shapes his skill to heal the land. He inspires ideas and actions.

My farmer follows a legacy of farmers. She prefers jeans, he, a tractor—he rises early, and she rests when day's light ends.

My farmer is a stranger: a mother, a father, a child. She understands what many ignore, while he earns large payrolls' wages. My farmer's resilient—my farmer is poor.

My farmer learns lessons each season, asks questions, and eats frequently. My farmer is healthy...my farmer is me.

My farmer is a professional leader, supporting his network of farmers...his fields, his family and friends. For all this and more, I value my farmer—his life, his love, and his lore.

THANK YOU to everyone who volunteered and staffed the Canticle Farm tables at the Taste of Olean and the Cuba Garlic Festival. Those were both lovely, though slightly damp, events.

HARVEST RECIPES

Rhonda's "Low Mess" Way to Cook Beets

First, select beets that are all about the same size. Beets similar in size will take about the same amount of time to cook.

Put your beets in your slow cooker. Add water so that you have about an inch of water in the bottom of the slow cooker.

Set your slow cooker to low. Let beets cook about 6 to 8 hours. Beets are done when they are easily pierced with a fork. Turn off crockpot. Let cool.

When cool enough to handle, rub each beet in a paper towel. The peel should rub right off. Use a knife to trim the top of the beet where the stems attach. Rinse the beets.

Now you have cooked beets to use as you want. I like mine warm with vinegar. You can also just eat them warm with butter, salt and pepper. You can add them to your tossed salad. I also make a salad consisting of sliced, cooked beets, sliced oranges and a simple vinaigrette.

The beets from Canticle Farm are sweet with a depth of flavor. If you haven't tried any of our beets, I encourage you to do it once. You might be amazed at the flavor! And now, some ways to use those simply cooked beets . . .

Russian Beet Salad

adapted from Nourishing Traditions
by Sally Fallon

6 medium beets (cooked, peeled and finely chopped)

3 TBL apple cider vinegar

4 TBL olive oil

1 TBL orange juice

pinch of sea salt

pinch of cayenne pepper

1 tsp caraway seeds

pinch of cloves

pinch of cinnamon

½ tsp finely grated lemon peel

½ tsp finely grated orange peel

lettuce leaves for garnish

Combine all ingredients except beets in a bowl, then stir in the chopped beets. Refrigerate several hours, then serve on lettuce leaves.

Dutch Salad

from American Wholefoods Cuisine
by Nikki and David Goldbeck

1 cup cooked, diced beets

1 cup cooked, diced potatoes

¼ cup thinly sliced onion

1 small, tart apple, diced

2 hard-cooked eggs, diced

½ cup diced cheddar, Gouda, Edam, Muenster or similar cheese

¼ cup diced pickles

1/8 tsp salt

3 TBL cider vinegar

3 TBL oil

mayonnaise

Combine first four ingredients with eggs, cheese and pickle and season with salt. Dress with vinegar and oil, mixing gently but thoroughly. Just before serving, garnish with dollops of mayonnaise.

Variation: Replace beets with 1 cup diced tomatoes.

Cold Beet Salad

from American Wholefoods Cuisine
by Nikki and David Goldbeck

1 cup chopped, cooked beets

1 cup chopped cucumber

2 chopped, hard-cooked eggs

4 scallions, thinly sliced

¼ cup yogurt

1 TBL sour cream

lemon juice

salt and pepper

Combine all ingredients, adding lemon juice, salt and pepper to taste.

Beet Slices with Creamy Mustard Sauce

from Farmer John's Cookbook
by Farmer John Peterson and Angelica Organics

1 ½ pounds beets, cooked and peeled

3 TBL unsalted butter

¼ cup chopped shallot or red onion

1 TBL all-purpose flour

½ cup vegetable or chicken stock

¼ cup milk

3 TBL Dijon mustard

salt and pepper

chopped fresh parsley

Cut each cooked and peeled beet in half, then into ¼ inch wedges. Melt the butter in a large skillet over medium-low heat. Add the shallot or red onion and cook, stirring, for about four minutes. Add flour and stir constantly for two minutes. Whisk in stock, milk and mustard. Cook, stirring until slightly thickened. Add the beets, continuing to cook and stir until they are warmed through, about 10 minutes.

Naturally Grown Corn For Sale at Canticle Farm 2 - 3 MORE WEEKS

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! Freezing quantities are available – talk to Jim on Tuesdays or contact Mark if interested.