

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 22, 2008

week # 15 of 18

How's it GROWin'?

by Mark Printz

Unfortunately, broccoli continues to be a challenge for the 2008 season at Canticle Farm. The fall crop has succumbed to more Swede midge damage than expected. The Swede midge has been migrating down from Canada in recent years and is becoming more and more of a problem for other area farmers as well as for us. The Swede midge winters over in the soil and feeds on the next season's plants as well. The key is that we need to break the cycle and we have a couple of options for this. I am researching and networking with other farmers in order to discern the best solution for our situation. The options include rotating next season's broccoli further away from where it was planted this year. However, the recommended distance for rotation is half a mile, which is not feasible for our small farm. Another option is skipping the spring broccoli crop or next year's broccoli crop entirely in hopes that if the Swede midge doesn't have any food they will die off. There is no organic or conventional solution to the Swede midge except for removing their food/shelter supply.

On a brighter note, the other Brassicas crops are looking good. The cabbage looks great. It has not been as badly affected by the Swede midge.

This week begins winter squash distribution. We will begin with a lesser known variety called delicata, or sweet potato squash. This squash was commonly grown fifty years ago and is one of the best tasting, sweetest winter squash we've tried. If you've never had the pleasure of eating it, be sure to give it a try!

We were missed by frost so there is still some precious summer basil and blemished tomatoes. This is the LAST WEEK FOR TOMATOES. They will be tilled under this weekend, so come out and pick some if you'd like to.

Growing Strong Kids

by Elizabeth Thompson

What children eat in the first five years of life significantly shapes their taste buds for life. What we are exposed to as children is what we end up wanting for the rest of our lives, recent research shows. A recent report from Washington University in St. Louis reported that, "providing fruits for snacks and serving vegetables at dinner can shape a preschooler's eating patterns for his or her lifetime" (Professor Debra Haire-Joshu). Not only are children

forming life long habits around eating healthy foods, just like they are forming lifelong habits around brushing their teeth and washing their hands, their taste buds are also being trained to be familiar with and thus desire certain tastes.

What children eat in the first five years of life also significantly impacts their lifelong health, more so than any other period in life. If a house is built on a solid foundation, the house will stand strong for many years, and so it is with the human body. Therefore, it is doubly important that we put time, effort and consideration into what goes into our children's bodies. This means at times going against the tide and making some of your own good stuff in your own good kitchen. Spending a bit of time in the kitchen can go a long way towards your child's greater well being for the rest of his or her life.

Here are a few important things to keep in mind when deciding what to feed kids:

- Fresh fruits and vegetables
- Choose chemical-free foods whenever possible. Since children eat more food per pound of body weight than adults due to the fact that they are rapidly growing, they also receive a higher dose of chemicals.
- Cut out sugar as much as possible. Sugar is a culprit in dental decay and lower immune system function, as well as obesity.
- Choose foods with healthy fats. Women's breast milk contains over 50% fat in order to nourish the child's rapidly growing body and brain. Naturally occurring fats (for example in eggs, dairy and nuts) continue to support a child's robust development.

In this *Harvest Times* you'll find some ideas for snacks for children. Adults will probably enjoy them too! Have fun making them, perhaps involving the children in the process. Children are more likely to try something new that they have helped to prepare and feel proud of. Recipe ideas can also be found online and in cookbooks which are fun to check out at the library. Feeding children, like raising children, is a challenge and a joy as we shape the future generation while also being shaped by them!

Notes:

Professor Debra Haire-Joshu was quoted at <http://mednews.wustl.edu/news/page/normal/12106.html>

Information from this article was also gleaned from the Weston A. Price website (www.westonaprice.org) and their cookbook *Nourishing Traditions* by Sally Fallon which has been a mainstay of my cooking library for several years.

HARVEST RECIPES

Marinated Beans

These make great finger food snackers and you can spice them however the little people in your life prefer!

Wash and snap green, yellow or purple string beans (or mix the colors for added attraction). Snap enough beans to fill a wide mouth canning jar. Boil or steam beans until just tender. While still hot toss in:

1/3 cup (approximately) olive oil
5 tbsp. red wine vinegar or other vinegar
a bit of chopped onion
parsley, celery seed, dry mustard, basil
2 cloves of garlic, chopped
sugar to taste

Marinate in a wide mouth canning jar overnight or all day, shaking occasionally. Serve cold.

Fun Carrots and Dip

1. For each child, spoon about 3 tablespoons of hummus or vegetable dip into a small plastic cup.

2. Shortly before you're ready to serve, take four trimmed carrots per cup and use a toothpick to poke a hole in the top of each one. Insert a sprig of parsley into each hole.

3. Then plant the carrots in the hummus or other dip. For a special presentation, you can place the cups in mini terra-cotta pots that the kids can use to start veggie seedlings of their own.

Carrot Peanut Butter Cookies

Add some carrot power to your cookies. These cookies also deliver some healthy fat and protein.

1/3 cup butter or safflower oil
1/2 cup chunky, natural peanut butter
1 egg
1/2 cup honey
1/2 tsp sea salt
1/2 tsp cinnamon
1/2 tsp baking soda
1 cup grated carrots
3/4 cup whole wheat flour
1/2 cup instant dry milk powder
1 cup rolled oats
1/2 cup raisins

Mix wet ingredients in one bowl and dry ingredients in a separate bowl. Slowly add the dry ingredients to the wet, stirring to combine completely. Spoon onto a buttered cookie sheet and bake at 350 degrees for about 15 minutes.

Pumpkin Nut Loaf Cake

2 cups flour
2 tsps baking powder
2 tsps cocoa
1 tsp cinnamon
1/2 tsp ginger
1/4 tsp cloves
1/4 tsp salt
1/4 tsp baking soda
6 TBL unsalted butter
2/3 cup brown sugar
2 eggs
1 cup cooked and mashed pumpkin (or another kind of winter squash)
1/4 cup milk
3/4 cup chopped nuts (optional)

Combine ingredients. Bake in a 9x5 loaf pan at 350 degrees for 55 minutes.

VOLUNTEER OPPORTUNITIES

- Onions need to be topped and put into storage
- Weeding – there is still time to get rid of weed seed banks so we have fewer weeds to deal with next year
- Bean picking (for as long as Mother Nature lets us!)

THANK YOU

To all those who volunteered to staff the Canticle Farm table at Bonogany. It was a beautiful day and there was a spectacular turnout at Bonogany. Thanks for your help in spreading the word about Canticle Farm.

THERE ARE ONLY 4 WEEKS LEFT IN THE SUMMER SEASON.

THE FALL SEASON BEGINS ON OCTOBER 14th.

A FEW SHARES ARE STILL AVAILABLE, BUT YOU NEED TO ACT SOON IF YOU WANT TO GET YOUR FALL SHARE.

"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