

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 29, 2008

week # 16 of 18

How's it GROWin'?

by Mark Printz

The next crop in our crop rotation is cover crops. We grow cover crops to enrich and add organic matter to the soil. Once our vegetable plants have given us their bounty, they are tilled into the soil or composted. We are then left with the bare soil. Why leave the soil bare and susceptible to erosion, when we have the opportunity to build and enrich the soil with cover crops? We use a grain (oats) in combination with a legume (field peas). These plants grow until the winter weather kills them off and buries them under the snow. In the spring we have a mat of winter-killed oats and peas which are easily incorporated into the soil. We also use winter rye and hairy vetch, which winter over and continue growing in the spring. These, too, are tilled into the soil in beds that seedlings are transplanted into. We use these on transplant beds because winter rye has an allopathic affect, retarding the germination of seeds. So, planting carrot seeds in those beds would negatively affect the carrots, but plants, like lettuce, that we start elsewhere and then transplant into beds, do just fine. An added advantage is that the germination of weed seeds is retarded, giving us a jump on them. Not every bed is planted with a cover crop; some are simply covered with old hay, which will decompose and be tilled in next spring, also enriching the soil. Every bed is covered in one way or another.

**Printing from Nature with Joan Pingitore
Saturday, October 18, 2008
at Canticle Farm 2 to 3:30 pm**

This fun workshop will give kids a chance to create art from nature and have some beautiful art to take home with them.

First, there will be a little lesson about art to learn how to make a strong composition, and how to do printmaking. Participants will then go out into the grounds and look for different "nature components" to use to make their prints. They will be looking for interesting leaves and plants and vegetables from the farm.

They will bring their new-found objects back to the workshop and using their lesson, will create interesting works by using inks and their natural creativity, and print on large paper. They will be making their own decisions about color and design and learn a bit of problem-solving in the process, while having a great time!

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This program is designed for kids 8 -14 years old. There is a limit of 12 participants and parental guidance is encouraged for younger children. Please call 373-0200 ex. 3358 to register. There will be a registration fee of five dollars.

Reflection by Fr. Phil Houghton member of the Spiritual Committee

As we in the Western world grow further and further away from the land to the bricks and mortar of cities and towns, we quickly forget how much we depend on the earth. Since we have become accustomed to instant gratification and immediate service, the land shrinks in importance to our daily lives. Occasionally a tiny bacteria creeps into our food chain with deadly impact and we might rise up for a day or two, but we know that a super-sized burger with super-sized fries and a 26 ounce sugar soda is no more than 10 minutes away.

I grew up on a farm in eastern Pennsylvania near Kennett Square, which in the 40's and 50's was the mushroom capital of the world. It was also the 'manure' capital of the world as that is how mushrooms grow in dark buildings. I can smell it now! But if you like mushrooms, manure is a fact of life. All those elements go together to give you the mushrooms that smother a steak. They are interconnected.

I was made fun of as a boy growing up because I lived on a farm. Even today, I have seen people make fun of 4H and FFA, forgetting that their daily food comes from their labor. We should be praying that more young men and women will continue on the farms and others will join them.

In the Bible translation 'The Message,' Genesis 2:16 says 'God took the Man and set him down in the Garden of Eden to work the ground and keep it in order.' This wonderful creation of earth supplies us with more than we could imagine plus a riot of colors and flavors. (I am glad that there are other flavors of ice cream besides vanilla.) When we look around at the weekly shares, we begin to realize how we have accepted the mundane and almost flavorless vegetables and other goodies at the store, which are grown and manipulated for cheap cost and large profits. Yes, we do pay a little more (though actually now with the gas crisis at the pump, transportation costs will push store costs higher).

God has given us this earth to tend and prosper and we are blessed in our Olean community to have Canticle Farm and the opportunity to care for the land. We need to keep sharing this blessing. We are not in a 100-meter dash, but we are in a marathon to steward this good creation. Share it with others!

HARVEST RECIPES

If you are tired of those delicious string beans, why not freeze a few for the winter? They are simple to freeze and will be much appreciated when our bean beds are under snow!

- wash and trim beans
- blanch beans by boiling or steaming for 3 minutes
- plunge beans into a bowl or sink full of ice water to avoid overcooking
- drain the beans well
- place in Ziploc freezer bags and freeze
- thaw in the winter and enjoy!

Carrot-Beet-Ginger Soup

3 medium beets
1 TBL olive oil or butter
1 cup chopped onion
1 pound carrots, coarsely chopped
1 tablespoon minced fresh ginger
1 large garlic clove, minced
6 cups vegetable stock
1 teaspoon grated orange rind
3/4 teaspoon salt
Freshly-ground black pepper to taste
sour cream (optional)

Under running water (this is very messy otherwise), peel the beets with a vegetable peeler. With a chef's knife, cut the beets in half, then lay them flat side down and cut them into large chunks.

In a stock pot over medium heat, heat the oil. Saute the onion until it is translucent. Add the carrots, ginger, and garlic. Cook for 5 minutes, stirring frequently. Add beets and water or stock. Simmer the soup, covered, for 50 minutes. Add orange rind, and stir well.

In a food processor or blender, puree the soup in batches. Transfer the pureed soup to a large container, and stir in the salt and pepper. Taste the soup, and adjust the seasonings, if you like. Serve the soup hot or chilled, garnished with dollops of sour cream. Serves 4.

Donations Requested

As you can see we are making progress in improving the Reflection Area at the farm. Thanks to Joan Pingitore and other volunteers' gift of time, plus donations of plants, the area is looking very nice. Plan to go over and spend some time.

We still need to purchase landscape timbers which will help in controlling the weeds in the flower beds, so we are adding this to our wish list. If you can help with a donation in any amount, please give to Rhonda or me at the farm or send to the Canticle Farm office. The amount needed is approximately \$250.

~ Sr. Joyce

CERTIFIED NATURALLY GROWN INSPECTION

Our annual Certified Naturally Grown inspection is scheduled for Thursday, October 9th at 5:30 pm. We strongly ENCOURAGE anyone who is interested in attending to come down to the farm and join us in this fellow-farmer-led inspection. This is an amazing (and increasingly rare) opportunity to learn about how your vegetables are grown and be involved in your farm. This is also an opportunity to see and understand how Canticle Farm produces its beautiful vegetables naturally, in harmony with Mother Nature and without the use of synthetic chemicals. If you are curious or skeptical about how this happens, please join us at the farm **Thursday, October 9th at 5:30 pm.**

More information about Certified Naturally Grown will be found in next week's newsletter.

Thank you!

Many thanks go to Dan Evans at Pleasant Valley Greenhouses for his generous donations. He donated several beautiful shrubs for our reflection area. Our volunteers, Colleen and Mark Crino, Sue Hammond and JoJo Pingitore gathered together this weekend and planted them at the entranceway by the road. Stop by and enjoy them and thank Dan again for his generosity if you see him!

More Volunteers Needed

We are hoping to install timber edging along the flower gardens and the new shrubs in the reflection area. We need volunteers who have experience cutting and drilling and also a few others to help out. We are hoping to do this on Saturday, October 4 starting at about 9:30 am, weather permitting. If you are able to put in a few hours, please contact the Canticle Farm office at 373-0200 and leave a message, or call JoJo Pingitore at 372-2784 or at jrping@yahoo.com. Thanks in advance !

VOLUNTEER OPPORTUNITIES

- onion topping
- breaking up garlic bulbs (sit-down job)
- planting and mulching garlic
- weekday harvest help
- bean picking