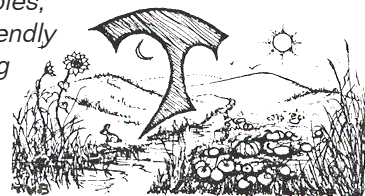


the  
Canticle Farm  
newsletter

# 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 **June 18, 2007**

week # **3 of 20**

## How's it **GROWin'?**

by **Garrett Dadley**

Wondering what those little curly Q's are doing in your share of veggies? Those are your garlic scapes, the seedheads that are growing from that wonderful patch of garlic over by the second high tunnel. We have to cut off these little devils before they flower in order to redirect plant growth toward the garlic bulb. You can enjoy scapes in salads, sauteed, or my personal favorite, dilled!

We've also decided to keep the strawberry patch for one more year. If Mark had landed that new tiller any sooner, I'm afraid we might be strictly vegetable farmers! So we won't be casting any of these pearls to swine ... but for those of you willing to get itchy, scratchy, and downright nasty with that weed patch, the strawberries are officially open for self picking. They are located on the west side of the fence in front of the reflection area. Happy hunting!

Coming to your share soon: kale, pac choi, peas!

### **Acknowledgements**

We would like to thank the following for their recent contributions to the farm:

**The Girl Scouts** – for their seeding, weeding, and discovery of a carrot bed

**Rob Granger** – for digging the ditch for the electric line

**A & P Construction** – for a wonderful job on the new driveway

**Stayer Electric** – for their timely electrical work (we'll need that cooler soon!)

### **Nine Mile Scoat**

by **Garrett Dadley**

Need a quiet break from the office? Summer plans getting just a bit too hectic? Take a stroll over to the reflection area, walk the labyrinth, or get a good view of the farm from the hill. While you're at it, check out that new family in the birdhouse! Those baby necks are outstretched, their mouths are open – these little guys are just looking for some attention!!

### **Compost Corner**

We are once again inviting our shareholders to bring their vegetable scraps for our compost pile.

We have empty cat litter pails available for anyone who would like to use them – please bring it back full, lid sealed tightly, leave it by the big compost barrels next to the barn, and take a clean pail with you. It is easier for us to empty them later.

If you use your own container or bring loose items, please put them directly in the compost barrels – not beside them, and not in plastic bags.

**Please remember:** only vegetable scraps, egg shells, coffee grounds, etc. No meat, dairy or left-over casseroles. Thanks!

## **HARVEST RECIPES**

### **Stir Fried Pac Choi**

A simple and traditional way to prepare this Asia green. This is delicious as a side dish to meat or served with rice.

1 head of pac choi  
~ 3 TBL oil  
chopped garlic scapes  
1 tsp fresh grated ginger (optional)  
a dash of cayenne (optional)  
2 tsp salt  
½ tsp sugar

Wash each leaf of pac choi. Cut the pac choi stems into 1-inch pieces, keeping these separate from the leaves. Tear the leaves several times lengthwise, then cut into 1-inch pieces. Heat oil in a wok or skillet over a high flame. Add the chopped stems and stir swiftly so the oil covers all the pieces. After about one minute, add the green leaves and chopped garlic scapes. Stir and cook another two minutes. Add salt and sugar – mix another minute. Reduce heat to medium, cover and cook for another 5 minutes. If the pac choi seems dry, add a couple tablespoons of water before covering.

*More Harvest Recipes on page 2!*

## Your 501(c)3 Meets a 5103

by Garrett Dadley

When I first joined Mark in mid-April, a few things seemed out of place. Here was a gorgeous new barn and two high tunnels, but we were lacking enough hoses to run an efficient irrigation system. At one point I think I spent a half-hour just searching for a hose! And then I found out Mark was entertaining thoughts of a new tractor - but at this point we were still in the greenhouse and he's trucking water back and forth. New tractors before running water?! This guy must be crazy nuts!

But I did a bit of poking, asked a few questions, and quickly found out why things seemed upside down at first glance. Turns out Canticle Farm, Inc. is registered as a 501(c)3, a non-profit corporation recognized by the State of New York. As a non-profit, your farm is able to accept charitable grants and donations from various sources. Such grants have allowed the farm to purchase the two high tunnels, the barn, the farm stand, as well as the greenhouse that will be coming in September. By now you've probably seen Mark perched in all his glory on the latest farm improvement - a John Deere 5103. I have driven both of those old Super C's, so I can say with confidence that our efficiency has already improved with this new girl in town. She straddles our beds with ease, has the tight turning radius we require, and if I can get Mark off her during daylight hours I'll have a bit more to report!

So how exactly does a non-profit fund a brand new Deere? Well, the funding for this new tractor came from two sources: a grant and a personal donation. The farm received generous grants from ACOR and the Poverty, Justice, and Peace Fund of the Dominican Sisters for the purpose of modernizing our equipment. Round of applause please! (Seriously folks...have you ever driven one of those rust-buckets?) The rest of the funding for the new tractor was personally donated by Sr. Francis Cardillo. If it is Sister Fran's intention to leave a lasting mark on this farm, I could not think of a better placed donation. As my father will tell you, and as I know from experience, these tractors will outlast two good men!

Of course, the funding for improvements at the farm does not necessarily have to come for major upgrades. Any donation, large or small, can be used as an itemized deduction on your tax forms. Now even I've paid taxes a few times, so I know that such charitable donations are used to offset taxable income. You list what you have given to charity and your liability is reduced - always a good thing! For example, say you wanted to make a specific donation for a pair of kneepads to be used by a certain assistant farmer, you would take the donation to the office and they'll give you the equivalent receipt. Alternatively, you could make a financial donation of a set dollar amount to be used at our discretion. Whichever way you approach it, just be sure to keep these handy for tax time!

Please understand, my point is not to encourage you to float money to the farm that I am conveniently working for this season. But if you are already making such charitable donations or have done so in the

past, why not consider donating to your own farm? I could probably drain my bank account donating to Goodwill and have no idea where these funds would be used. But here I can make a small, local difference that will affect the efficiency and productivity of the farm. Hoses and kneepads are not flashy and they will not be seen from the road, but they do make an impact.

So maybe this explains why things appeared to be topsy-turvy. We aren't likely to receive funding for things like hoses and kneepads because big donors want to see the results of their donations. They may not realize that there is more to a high tunnel than the structure itself. And I just use hoses and kneepads as examples; if you are thinking of making a donation to your farm, please contact Mark or I to determine how your donation would fit our needs. You see, I got to grumbling enough that Mark went out and bought some hoses. And planting with one kneepad - that just makes me easier to recognize! See you at the farm!

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REMINDER: Please read your Canticle Farm Handbook for important information, including information about what to do if you cannot make it to pickup your vegetables one week (**pages 6 – 7 in your handbook**). We try to limit the amount of food that is wasted, and your cooperation in handling pickup changes greatly facilitates this. If you haven't picked up a handbook yet, be sure to get one at distribution.

## HARVEST RECIPES

### Kale Pesto Pasta

You'll never even know you are eating kale with this recipe. The sharpness of the garlic and sweetness of the nuts help to balance the taste of the kale, which some people find slightly bitter.

Pasta enough for four people  
6-8 oz kale (you can also use spinach or chard)  
2 cloves garlic, peeled  
handful of pine nuts or walnuts  
3 TBL heavy cream  
2 oz grated parmesan cheese  
1 TBL olive oil  
½ tsp grated nutmeg (optional)  
pinch of salt

Heat oil in pan over medium/medium low heat and saute garlic for a couple minutes, being careful that it does not burn. Wash kale and remove stems. Discard stems or save for stock or another recipe. Chop leaves roughly. Add to pan and cook, covered, for about two minutes, until it starts to wilt. Put nuts in food processor and process until smooth. Add cream and nutmeg and process again. Add kale and garlic to food processor and process until smooth. Add salt and parmesan and blend well. Cook pasta according to directions on package. Drain, mix with pesto and serve warm.