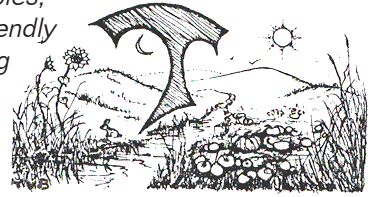


the
Canticle Farm
newsletter

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 25, 2007**

week # **4 of 20**

How's it **GROWin'?**

by **Elizabeth Thompson**

When our planting schedule gets delayed by a quick shot of rain, we shift gears to cultivation and field projects. Thanks to last week's soft ground, we've recovered several root beds that were chock full of lamb's quarters and pigweed. If the last harvest of radishes was any indication, we could be in for a highly productive year of root crops. Be prepared! We've also begun our mulching and trellising work, so if you are looking to fill volunteer hours please see Mark or me so we can steer you in the right direction. Or maybe you're looking for more of a workout - in which case I'll gladly hand you the scuffle-hoe!

And just one more word about the weather: Jason, Jen, Sarah, and I consistently plan on being caked in dirt and mud by the end of a day at the farm. Rain, sleet, hail, or even snow will not deter us from harvesting those veggies! So don't forget about your share on a rain day unless melting is a serious concern for you. In that case we can probably hold your share.

The Nine-Mile Scout

And...*Action!* Buzzing bees, earthworms, happy farmers, and healthy eaters...Film director Christine (age 12) and her film crew, Kristen, Margaret, Lauren, and Sarah captured a day at Canticle Farm on video Tuesday, June 19th. The crew ran for cover as a line squall ripped across the farm, then waited patiently for the clouds to part. The girls even tried their hands at seeding melons and entertained Ying, Yang, and Jasmine. The crew is now busy learning how to edit the video footage at the Ellicottville Memorial Library, and is planning to submit their mini-movie to the Future Film Makers Contest. We hope to see Canticle Farm on the big screen at the Children's 1st Festival, August 18-19, in Ellicottville.

Thanks to everyone who helped the girls have a special day at Canticle Farm!

Food with a Farmer's Face on It

by **Elizabeth Thompson**

The concept of Community Supported Agriculture was born from many hungers – hungers for safe, nourishing food, hungers for healthy rural landscapes and communities, hungers for connection in an increasingly far-flung and disconnected world. Specifically, Community Supported Agriculture (CSA) began in 1971 when a group of women in Japan recognized their hungers for a healthy environment, economy and family and sought to satisfy these hungers by forming a relationship with a local farmer. They agreed to pay him upfront for a season's worth of vegetables, so that the farmer would have enough money for all of the necessary inputs, plus have the assurance that his produce was sold at a fair price. The Japanese name that evolved for this sustainable vegetable trade was "teikei," which translates as cooperation or link-up, and, in reference to CSAs, is often translated as "food with a farmer's face on it."

This remarkably simple concept has spread since then, feeding hungers worldwide. In the United States alone there are nearly 2000 CSAs. Here at Canticle Farm, we enjoy knowing that what we do facilitates healthful relationships – relationships with our land, our neighbors, our economy and our food growers (our farmers). In upcoming newsletters we will be bringing your farmers' faces to you, featuring one of the farmers each week with a photo and short bio. We hope you will take the time to read these and to introduce yourself to the farmers when you see them. Our farmers love shareholder interaction – that is part of why they work here at Canticle Farm, for the real relationships that are forged with shareholders and the wider community. They also appreciate input from shareholders about what they would like to see at their farm.

I, as a shareholder, deeply appreciate knowing who is behind the produce I enjoy when I sit down to another delicious meal featuring Canticle Farm produce. I also enjoy having the opportunity to chat with the farmers, ask them questions, and thank them for the vital and undervalued work that they, and all our farmers, do.

Look for more information about your farmers and about "teikei" in upcoming newsletters.

Mark Your Calendars

Canticle Farm's Ice Cream Social
Thursday, July 19th - 6:30pm at the
farm. Details to follow.

Elizabeth Thompson & Darrell Klate - editors

HARVEST RECIPES

Caldo Verde (Portuguese Kale-Potato-Sausage Soup)

This classic soup will not leave you disappointed! This particular version hails from seasonalchef.com.

- 1 large yellow onion, peeled and finely minced
- 1 large garlic clove, peeled and minced
- 4 TBL olive oil
- 6 large potatoes
- 2 quarts cold water
- 1 pound chorizo or similar sausage
- 2 ½ tsp. salt
- ¼ tsp. pepper
- 1 lb. kale, chopped

Saute the onion and garlic in three tablespoons of oil. Add potatoes and sauté for five minutes. Add water, cover, and boil gently for 20 minutes until potatoes are falling apart. Meanwhile, chop and fry the sausage in a skillet and drain, then add the kale, remaining tablespoon of olive oil, salt and pepper, and simmer for five minutes. Stir sausage and kale into pot of boiled potatoes. Cook for about 20 more minutes and serve with dark bread.

Radish Bulbs and Greens Sautéed with Green Garlic and Chives

from *From Asparagus to Zucchini*
by the Madison Area Community Supported
Agriculture Coalition, Jones Books 2004

If you catch some of your own fish this time of year, this makes a particularly great accompaniment to your poached, grilled or steamed catch and makes use of those vitamin packed radish greens, too! These greens are also great in soups and stir-fries and can be added to salads if they are young and tender.

- 2 bunches radishes
- 1 ½ TBL butter
- 1 ½ TBL chopped garlic scapes
- 1 ½ TBL chopped fresh chives
- salt and pepper

Clean radishes and greens well under running water to remove all traces of dirt. Cut off the upper leaves and coarsely chop them. Cut off the remaining greens and stalks and discard them in the compost. Trim and quarter the bulbs. Heat butter in a large skillet over medium high heat. Add quartered radishes and cook, stirring often, 2 minutes. Stir in greens, garlic scapes, and chives and cook until wilted, another 1-2 minutes. Season with salt and pepper to taste.



Head Farmer Mark Printz

If you don't know this friendly face already, be sure to introduce yourself. Mark has been the head farmer at Canticle Farm since its beginning in 2001. An Allegany native and Alfred-Brockport business major, Mark worked in the business world for 10 years before this opportunity to put his love for gardening into practice for the good of the larger community arose.

Though significantly more intense and time-consuming than his previous jobs, Mark finds the long hours he puts in at Canticle Farm more rewarding than any other job he has had. As he puts it, "I get a bigger charge from shareholders than from a paycheck." Mark also enjoys seeing the vegetables grow from seed to plant to fruit.

Interesting Tidbit: Mark enjoys eating all of the vegetables he grows, with the exception of some of the Brassica hooligans such as cabbage and Brussels sprouts.

Call for Recipes

Got a favorite recipe? Our Farm Education Committee would welcome your recipe contribution! We're particularly looking for recipes that feature some of our more exotic vegetables – the ones that so many of us meet for the first time at the produce table that make us scratch our heads and wonder which end is up, what part or parts of it is food, and how do we prepare it. Do we eat it raw, or cook? If cooked, how? We could sure use some storage/preservation tips as well. Your ideas and recipes are welcome, and they'll be compiled a few times throughout the season and made available in a hand-out at pickup.