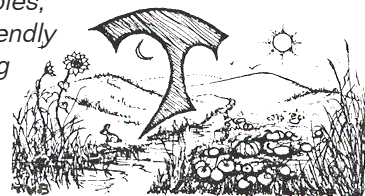


the
Canticle Farm
newsletter

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 4, 2007

week # 1 of 20

Welcome to Season # 7 at Canticle Farm Allegany, NY.

We are glad you have joined us in this environmental, ecological, culinary and community adventure. This newsletter will be a source of information, recipes and opportunities for the next twenty weeks. We hope it will help you make the most of your participation in this Community Supported Agriculture (CSA) Farm.

In joining Canticle Farm you have joined a growing number of Americans who value healthy diets, sustainable agriculture systems and just food distribution. There are over 2,000 CSA farms in the United States serving thousands of families. This season, 2007, you are sharing your farm with 168 other families and community organizations. Distribution days and volunteer projects offer opportunities to put a face and name to some of your fellow farm families. This is one of the most blessed gifts of Canticle Farm, the many fruitful relationships that spring from this one healthy relationship with the earth that sustains us.

Happy Harvests!

The Community Auction Needs You!

Are you looking for a fun and easy way to complete your shareholder volunteer hours? If so, the Fundraising Committee needs a few people to help with the upcoming Canticle Farm Community Auction. We're looking for volunteers to help with planning, soliciting donations, generating publicity, and staffing the auction. The time commitment is flexible — as much time as you would like to offer. Interested?

Contact Kris Later at 585-307-9892, chogrook@aol.com or sign up in the distribution area. Thank you!

How's it GROWin'?

by Mark Printz and Elizabeth Thompson

The 2007 Canticle Farm distribution season has officially begun, but the work of Canticle Farm really began many months ago with the arrival of the first seed catalogue to Mark's door. It has gathered speed with the arrival of the seeds, their planting and germination in the greenhouse, their move to the high tunnel or open field and their watering, weeding and harvesting by Mark and his assistants and volunteers. So far things have been growing well, and we will enjoy a tasty salad share this week and next. The heavier vegetable items don't mature until later in the season in these northern climes, but will make their appearance before we know it!

Our gratitude for our irrigation system was tapped in the month of May as we received barely 1/2 inch of rain! We need 1 inch a week to keep the crops sufficiently hydrated, so our irrigation system has been in heavy use.

The next 2-3 weeks are heavy planting weeks and VOLUNTEERS are greatly needed to help with this exciting task. Get your volunteer hours in now so that you don't have to worry about them, and enjoy the planting parties, which most people enjoy more than the weeding parties! Contact Mark to arrange a time to come plant your future food!

"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

Spring into the Greens!

by Elizabeth Thompson

Spring is in full bloom and fresh greens are her bounty! I hear Popeye in the background as I gather the young leaves of dandelion, mesclun and spinach for a salad. "Eat those greens" is more than Popeye's mantra, it's also Nature's mantra as she provides an abundance of accessible nutrients in the rapidly growing foliage of this season of rebirth. As the earth finds renewal in the warmth and light of spring, let our bodies find renewal and health in the vitamins and minerals available to us in fresh, leafy greens!

Crisp, green lettuce hits our tables this week and for many weeks to come in the Canticle Farm share! Lettuce is very high in water content and few calories while packing a variety of nutrients including beta-carotene, potassium, calcium, folate, iron, fiber and vitamin C. The varieties that pack the most powerful punch of these nutrients and antioxidants get our attention with their dark green or reddish color and their robust flavor. The outer leaves of any lettuce are usually the darkest and, hence, the most nutritious. The pale, crunchy inner leaves of head lettuces (and the entirety of iceberg lettuce) are mainly water with few extra nutrients or antioxidants. Increase the nutrition quotient of your salad by adding other spring greens such as dandelion leaves (the younger and smaller one are sweetest), lamb's quarter (a prolific, nutrient-dense "weed", check out an edible plant guide to identify this free salad green), endive, spinach, radicchio, mizuna and arugula. Fresh herbs such as parsley, cilantro, dill or basil also make interesting additions.

Make the most of your fresh lettuce by storing it appropriately. Store head of lettuce whole in open plastic bags in the hydrator drawer of your refrigerator. A damp cloth wrapped around the bagged lettuce also helps keep it fresh and hydrated. When ready to use, wash lettuce thoroughly by pulling apart the head and rinsing it under cold water. Dry the leaves with a salad spinner or towels before using. Any unused leaves should be placed in a bag in the hydrator drawer of the refrigerator with a damp (not wet) towel. Romaine lettuce usually stores for up to ten days, while looseleaves and butterheads remain fresh only five to seven days. Store lettuces and other vegetables away from fruit as fruit releases ethylene gas as it ripens, causing lettuces to turn brown.

We are growing over 20 different varieties of lettuce this season at Canticle Farm. Take advantage of this diversity on your doorstep and try a variety of lettuces throughout the season!

HARVEST RECIPES

Salad Greens with Chinese Salad Dressing

from *From Asparagus to Zucchini* by the Madison Area Community Supported Agriculture Coalition

1/3 cup sesame or olive oil
1 tsp minced garlic
1-2 tsp grated fresh gingerroot or 1/4 tsp powdered ginger
dash of cayenne
2 TBL fresh lemon juice
1 tsp sesame seeds
1 TBL chopped green onion
salad greens

Mix all ingredients (except greens); toss with greens. This is also good with bok choy, snow peas, or cucumbers. Makes about 1/2 cup of dressing.

How about greens for breakfast? Take advantage of those tasty strawberries soon to be ripe in the Southern Tier.

Strawberry Breakfast Salad

2 TBL strawberry preserves
1 TBL honey
2 TBL vinegar (balsamic or fruit flavored suggested)
1/2 tsp Dijon mustard
5 TBL olive oil
salt and pepper
8-10 cups assorted salad greens
1 apple, thinly sliced
1 cup fresh strawberries, sliced

Make the dressing by combining the preserves, honey, vinegar and mustard. Gradually whisk in olive oil. Season to taste with salt and pepper. To serve, toss greens with just enough dressing to lightly coat them. Portion onto plates and garnish with sliced apples and berries.

Extra Ideas!

Having trouble eating enough salad to use up your salad greens? Many salad greens, including many lettuces, taste delicious slightly braised, sauted, or stir-fried. Be careful! They cook VERY quickly, but make a surprisingly tasty addition to your dishes.