

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 July 16, 2007

week # 7 of 20

How's it GROWin'?

by Garrett Dudley

You can't say we haven't been trying. In the past week, your farm crew has danced to some African hand drumming, joined in with some amateur square dancers at The Pines in Olean, and even headed to East Otto for an exciting bout of line and country dancing. Alas, we're still a tad shy! So if any of you know some crazy moves that will keep the rain coming, we'll have a makeshift dancefloor on the right-hand side of the barn during this weeks' distribution. A prize will be awarded for the most creative dance, and any successful dancers may count their dance time as part of their volunteer hours (of course....you'll be expected to teach the farm crew your moves!!).

Drought aside, things are growing very well these days! We're now harvesting summer squash on a daily basis, and your cucumbers are trellised and ready to climb. We've also noticed another encouraging sign – the bees are stinging. OUCH! But we would rather they climb into our sandals than stay away for good, as bees are important for pollination. Mark and I can handle a few stings...it's much better than watching some of our plants not bear fruit!!

The Nine-Mile Scout

by Garrett Dudley

Sometimes the most enjoyable part of my job is the positive attitudes that come with volunteer spirit. Last week we were blessed to have the help of Santana Questa, who is spending the summer away from her home in Livonia, NY. In just a few days, Santana has taken the crash course on CSA – she's become a master of harvesting scallions, has helped prepare for distribution, and has proven that she can hold her own with some fairly crude farmers. If you happen to see Santana next week, give her a big hug for her efforts!

"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

URGENT

Participating Shareholders

The bounty of the harvest depends on your help. As a participating shareholder, we rely on your volunteer hours commitment to sustain a quality harvest. At each turn of the season, certain tasks need to get done to maintain a healthy, productive harvest. For the first seven weeks of this season, work parties have averaged one volunteer; hence, important tasks are not getting done. For example, this past weekend only one out of the three crops needing to be planted actually got in the ground due to low volunteer turnout. Therefore, Mark and the crew will have to work double-time to get the rest of the crops planted, giving them less time for tasks such as weeding. Weed pressure compromises the productivity of our plants. This is a task that is important at this time of year and can be done at any time! Contact Mark (378-9714) to schedule a time for weeding that is convenient for you. Other upcoming, urgent needs include:

**Garlic Harvesting Party this Saturday,
July 21st from 10am – 3pm**

**Planting Party this Wednesday morning
starting at 7am to get the Brassica
plants in the ground that did not get
planted on Saturday.**

Volunteer opportunities will continue to be posted in the newsletter and on the whiteboards in the distribution center and sign up sheets will be in the distribution center. Please don't wait until the end of the season to get your volunteer hours in. We need your help NOW! Thank you to all volunteers who have been getting their hours in. Some of you have already gone above and beyond your commitment. We deeply appreciate each of your commitments of time, energy and talent.

Help Needed:

Rhonda Berman, the friendly face you have come to know at distribution will be on vacation on **Tuesday, July 24th** and **Friday, July 27th**. Therefore, we need volunteers to fill her shoes during distribution on those days, greeting shareholders, answering questions and making sure that the vegetables remain stocked. This is a FUN and easy way to fill those volunteer hours; sign up in the distribution center.

HARVEST RECIPES

This week's recipes are adapted from *Recipes from America's Small Farms* by Joanne Lamb Hayes and Lori Stein, Villard Books 2003

Greek Zucchini Cakes

1 pound zucchini, grated
1 tsp kosher salt or $\frac{3}{4}$ tsp table salt
 $\frac{3}{4}$ cup crumbled Feta cheese
1 large egg, slightly beaten
3 green onions, thinly sliced
3 TBL all-purpose flour
 $\frac{1}{4}$ cup chopped pine nuts or walnuts
1 TBL chopped fresh dill, or 1 tsp dried
1 $\frac{1}{2}$ tsp chopped fresh oregano, or $\frac{1}{2}$ tsp dried
1 garlic clove or two garlic scapes, finely chopped
 $\frac{1}{4}$ tsp freshly milled black pepper
Olive oil or butter or both

Combine the grated zucchini and kosher salt. Set aside for 5 minutes (no more, or it will be mush). Rinse in cold water and squeeze dry in a kitchen towel or press in a strainer until dry. Combine the cheese, egg, green onions, flour, pine nuts, dill, oregano, garlic, and pepper in a large bowl; fold in the zucchini. Form into 24 small cakes (about 2 TBL of mixture for each) and sauté in olive oil, turning once, until browned, about 3 minutes on each side. Serve immediately. **Note:** this recipe can easily be doubled or tripled.

Favorite Flan

1 lb broccoli, summer squash or greens, coarsely chopped
 $\frac{1}{2}$ medium onion, thinly sliced
4 large eggs
2 cups grated Swiss or Jarlsberg cheese
1 $\frac{1}{2}$ tsp chopped fresh oregano or $\frac{1}{2}$ tsp dried
1 $\frac{1}{2}$ tsp chopped fresh basil or $\frac{1}{2}$ dried
1 $\frac{1}{2}$ tsp chopped fresh parsley or $\frac{1}{2}$ dried
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp black pepper

Preheat oven to 325 degrees. Lightly grease a 1 $\frac{1}{2}$ quart baking dish. Steam the broccoli, summer squash or greens with the onion until just tender. Do not overcook. Drain well. Meanwhile, beat eggs in a large bowl and fold in the cheese. Add the broccoli mixture to the eggs along with the oregano, basil, salt and pepper. Transfer the mixture to the greased baking dish and bake, covered, for 30-40 minutes, until set.

Note: This flan goes great with a fresh, green salad.

Distribution Reminders or Obtaining your Canticle Farm Vegetables with Ease and Alacrity

It is now week seven of our twenty-week season – the halfway mark is amazingly in sight! The bounty will really start rolling in off of the land now! With summer squash on the table this week, we know that ripe-off-the-vine tomatoes are right around the corner. You definitely do not want to inadvertently miss a pick-up day this time of year! Here are some tips and reminders to make obtaining your weekly share a fun and simple process.

Distribution hours are 2 – 6:30 pm. On your assigned pick-up day (Tuesday or Friday) plan your trip to the farm around other errands or outings. Bring a cooler with ice packs so that you can make other stops on the way home if need be.

Program Mark's cell phone number (**716-378-9714**) into your cell phone so that you can give him a quick, emergency call on your pick-up day if you have forgotten to come to the farm or run out of time. If you do this, your share can be held in the cooler until the next pick-up day and can be picked up from the cooler any day during daylight hours. Leave a message if you get Mark's voice mail; Mark checks his voice mail frequently for messages. Remember, these calls must be received BEFORE 6:30pm. At 6:30pm, all remaining produce is given to a food pantry. Please don't get into the habit of doing this, but do use this service when needed.

If you know in advance that you will be gone, you can change your pickup day for the following week by leaving a message in the "Comment" section of the sign-in sheet stating which pick-up day you would like to come next week. Or, you can leave a message on Mark's cell phone **at least 48 hours in advance** of your scheduled pick up day to change it. Again, use this convenience only when absolutely necessary.

If you cannot make it to your pick-up day, you can also have someone else pick your share up for you or leave it to be donated to a food pantry.

If you have trouble remembering to come down to the farm on your pick-up day, highlight, star, draw a dancing zucchini or otherwise note every pick-up day in your calendar. We look forward to seeing you on the farm for the next thirteen weeks!

Ice Cream Social this Thursday!

Come on down to the farm Thursday, July 19 at 6:30pm for a sweet and sticky ice cream sundae and homemade baked goods. There will be giveaways and Linda Matthews, a retired JCC professor, will give a presentation on organic farming. The Ice Cream Social starts at 6:30, and the presentation will begin at 7:15. The cost is only \$3.00 for adults and \$2.00 for children 12 and under. All proceeds benefit your Canticle Farm.