

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 23, 2007

week # 8 of 20

## Assistant Farmer: Jennifer Sader



I consider myself lucky to have had pro-environment influences in my life at a very young age. I consider myself *extremely* lucky to have a heart that was responsive to these influences. The very first memory I have of feeling a connection and a responsibility to the planet was while reading *The Lorax*. This book by Dr. Seuss, along with *The Little House*, a 1943 Caldecott Award winner, has made me who I am and should be on the bookshelf of every child in America. I think at the age of five I cried every time the Once-ler 'biggered' his factory, roads, wagons and loads. More recently, I even staged a few dramatic readings at college for friends who had never read this book. *The Little House*, on the other hand, tells the story of a nation moving away from small, sustainable, rural communities to fast-moving, urban centers.

Thanks partially to these books, I graduated from Elmira College in June 2007 with a degree in Environmental Studies. You may have seen me around last summer when I did 260 hours at the farm for my career-related internship. I have traded in *The Lorax* and *The Little House* for a few new favorites including *Garbage Land* (2005), *Down to Earth* (2002), *For the Beauty of the Earth* (2001), and my current undertaking, *Diet for a Small Planet* (1971) (a Canticle Farm Book Club must read if I do recall!). These books all address issues of environmental sustainability and the food industry's impact on our planet. It's a hard concept to swallow, that something as elemental and good as producing food can cause so many problems for our nation, our bodies and our planet. Here at Canticle Farm we really are growing solutions for all three: country, self, and Earth.

In 2004, at the end of my senior year of high school, I could no longer ignore the ethical problems

posed by the meat industry. With the encouragement of one of my best friends, I became a vegetarian. He taught me a lot of what I know about problems with meat processing on a large scale, and this turning point in my life was an important milestone on the road that brought me to Canticle Farm. Funny how people are put in your life to help move you from place to place, huh? When I stopped eating meat, I not only became obsessed with nutrition, I began to understand the importance of eating and living locally. Every day I **try** to lessen my dependence on products produced far across the nation and globe and try to keep my purchases local. This is a struggle, and each day I try and do better than the day before, but I really feel that Canticle Farm is a first step in the right direction. I really, sincerely believe in the projects here at Canticle and what you are ALL doing to help make this a success.

My favorite part of working at the farm, without a doubt, is the people I have met. The community here is *extraordinary*, everyone is wonderful, and some of the most interesting conversations I have had have been with shareholders who come to volunteer. The most fun days are when there are eight or nine people out in the field, between Mark, the other employees, the warming house crew and the shareholders, all working together on golden mornings, talking and laughing. I couldn't ever love the farm more than at those moments. We all love meeting you, and hearing your stories while bunching garlic or weeding lettuce, so please come visit us sometime! (shameless plug for volunteers, I know....)

Oh and by the way, my name is Jennifer Rose Sader, I enjoy sunsets and long walks on the beach. Some day I do hope to own my own farm and produce most all of my own food. Canticle has got me addicted! I hope to meet you soon!

---

## Nine Mile Scout

By Garrett Dudley

Come one, come all, to the grand opening tour of Canticle Catacombs!! If you helped Mark last Saturday, you likely got the privilege of building this structure....row after row, stack after stack. This new design might give you an eerie feeling...or it might just make you stick your nose in the air to get a good whiff. Either way, I encourage you to check out our newly patented method of vampire repellent. Just follow your nose!!

# HARVEST RECIPES

## It's Cabbage Time !!!

What's your favorite way to prepare cabbage? There are countless possibilities with this staple Brassica crop, with its many varieties eaten in almost every country of the world.

Boost the taste, digestibility and vitamin content (such as vitamin C) of this staple with this ancient preservation technique.

## Naturally Fermented Sauerkraut

- 1 medium cabbage, cored and shredded
- 1 TBL caraway seeds
- 1 TBL sea salt

In a bowl, mix cabbage with caraway seeds and sea salt. Pound with a wooden pounder or a meat hammer for about 10 minutes to bruise the cabbage and release the juices. Place in a quart size wide-mouth jar and press down firmly with a pounder or meat hammer until the juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage (like the refrigerator). The sauerkraut may be eaten immediately, but it improves with age.

IDEA: You can also add other grated vegetables, like a bit of carrot, turnips or beets. Other spices may also be used such as celery seeds, dill seeds or juniper berries. Use your imagination and let your kitchen creativity loose!

## Crunchy Cabbage Salad with Pesto Mayonnaise

adapted from *The Complete Encyclopedia of Vegetables and Vegetarian Cooking* by Roz Denny and Chrisine Ingram, Hermes House 1997.

- 1 small green cabbage
- 3 – 4 carrots grated
- 4 scallions, finely diced
- 1 – 2 oz pine nuts or chopped walnuts
- 1 – 2 TBL chopped fresh mixed herbs: basil, parsley, chervil

### For the pesto dressing:

- 1 egg yolk
- about 2 tsp lemon juice or apple cider vinegar
- 7/8 cup sunflower or olive oil
- 2 tsp pesto
- 4 TBL plain yogurt
- salt and freshly ground black pepper

To make the mayonnaise, place the egg yolk in a blender or food processor and process with the lemon juice. With the machine running, very slowly add the oil, pouring it more quickly as the mayonnaise emulsifies. Season to taste with salt and pepper and a little more lemon juice or cider vinegar if necessary. The mayonnaise can also be made by hand using a whisk. Spoon 5 TBL of mayonnaise into a bowl and stir in the pesto and yogurt, beating well to make a fairly thin dressing. (The remaining mayonnaise will keep for about 3-4 weeks in a tightly capped jar in the fridge and can be used whenever you would use store bought mayonnaise.)

Using a food processor or sharp knife, thinly slice the cabbage and place in a large salad bowl. Add the carrots and scallions, together with the herbs and nuts, mixing thoroughly with your hands. Stir the pesto dressing into the salad or serve separately in a small dish.

---

## Volunteer Opportunities

THANK YOU to everyone who helped with Saturday's Garlic Harvest! With a dozen volunteers we were able to pull two-thirds of our garlic out and get it into the barn. We will pull the rest this week. Thank you so much your help!

We are in need of cultivation help ANYTIME! Stop down to the farm when you have some time available. If you know when you are coming ahead of time, give Mark's cell phone a call (378-9714) to give him a heads up. If you get his voice mail, leave a message; he will not call you back, but will look forward to seeing you!

I guess if we wanted more rain earlier in the seasons, we should have planned more social events! It was also great to see all those who came out to the slightly sprinkly ice cream social last Thursday! It was a nice event and we appreciate all who helped to plan it. We look forward to the next.

---

## How's it GROWin'?

by Garrett Dudley

Is your share feeling a tad light lately? Expecting to build a bit more muscle dragging that overloaded bag of veggies back to your car? Yes, if you have been with us in seasons past you may have noticed that Mother Nature has delayed harvest of some of your heavier vegetables. At this time last year we were already distributing your brassicus and root crops; this season we've only skimmed the surface with a little broccoli. We're not making excuses - we're just learning that the key to a successful crop plan is flexibility!!

But no worries, folks! The value of your share will be increasing steadily over the next few weeks, and you'll have to pencil in more kitchen time soon. We've harvested our first beautiful heads of cabbage, pulled a few carrots that should be ready soon, and if you look up on the hill, you'll see a maturing crop of potato plants! Yikes! (These additions could make for some bursting bags....so I'll be on hand during distribution hours to assist with loading).