

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 9, 2007

week # 6 of 20

Sarah Baldwin, Assistant Farmer

Hi... My name is Sarah Baldwin, and I'd like to say thank you... because meeting all of you is a dream come true.

This is my food story...

I first asked the question, "Where does my food come from?" in January of 2000. I was reading John Robbins and Gandhi at the time, and adjusting to life as a college student in Boston, MA. Independently, I studied modern food production's impact on our ecosystems, and my questions mounted. My father's struggles with heart disease pushed me to study nutrition, and I found that millions of people have personal connections to heart disease, cancer, diabetes, and stroke.

In early 2002, I found Frances Moore Lappé and her daughter, Anna Lappé, as they addressed a small group in Cambridge, MA. They had recently published *Hope's Edge: The Next Diet for a Small Planet*, after traveling the globe, looking for and finding positive food stories, thus relating a reason to remain inspired and hopeful.

In March of 2002, I set out to see first-hand the gravity of our out-of-balance planet in Haiti. I held hunger in my arms. At a Home for the Dying, I kissed her tiny face – held her last gaze. This time, the road to finding balancing positive experiences would test my endurance and patience. On return to America, I decided to move home to my roots, to my family and eventually wandered thirty miles south of my childhood home, to Ellicottville, where I now call home.

I found Canticle Farm this past winter on localharvest.org. Shortly after, I began working in a twenty-by-thirty foot world of wonder on the St. Bonaventure campus. I became known as the "Greenhouse Girl," meeting interesting people and gathering hands-on information. With my hands deep in "live" soil, I felt connected to my family tree's farming genes. Later, I learned about planting "babies," those fresh, new plants with only a few leaves on them which would one day yield the first harvest, which I especially enjoyed. **Delicious!**

I've learned that farming can be fun! And, when we plant on the hill in ninety-degree heat, Mark wisely recommends that we work into our strength. With rest, LOTS of water, and now with the missing ingredient – nutritious food – we have the recipe to create the energy we need. **Wait!**



I also learned to see how change can be positive. The farm is a terrific place to practice accepting change. My routine these past few months changed every few weeks. And now I look ahead to a changing summer season, and beyond. Mark helps us understand nature's processes and cycles, thus helping us accept these changes. Knowledge and practice increase our confidence in knowing what we can do; the community's faith helps us accept unknowns; and each day, together, adds to our bank of wisdom. **Harmony...**

One college related experience that increased my curiosity about our food sources came in July of 2000, in Australia's Blue Mountains. I met the son of a farmer who employed his vast creative energy to save his family's land and lifestyle. Ahead of his time, he utilized the early Internet boom with an informative and aesthetic website, formed partnerships with Sydney's universities, chartered a bus and led small group tours for home-stays on his family's homestead.

I forget his name, but 'I'd remember his face.' We slept on cots in a shed – listened to fascinating stories – sheared sheep – ate homegrown vegetable-beef stew around a rustic kitchen fire. With a wave of his arms, a smile, and a simple song in his heart, he painted a picture of the Blue Mountain Valleys I will always remember.

Hopefully I can find him on the Internet, and email him pictures of *our* homegrown Picasso. Thanks for lending an ear. Happy Farming!!!

The Nine-Mile Scout

by Garrett Dudley

Well, they might have canceled the fireworks in Olean on Independence Day, but the sparks were still flying at Canticle Farm. This is just a special shout out to those Warming House Interns who spent their holiday plucking weeds and picking up my slack. Ladies: my back is strong, my muscles taut, and my bum knee almost healed - but I cannot do this all myself. Mark and I sincerely thank you for your efforts. And, you too, Chris!!

HARVEST RECIPES

Ensalada de Marcelo

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

This could be called a "what do I need to use up from my share" dish. This flexible recipe came from a Uruguayan student who was working at a Madison, Wisconsin CSA.

2 cups cooked rice (white or brown),
at room temperature
2 cups assorted, diced early summer vegetables:
carrots, kohlrabi, peas, slightly steamed green beans,
steamed Swiss chard, etc
¼ cups raisins
¼ cups chopped olives
2-4 TBL diced scallions
½ cup cubed provolone or other cheese
3-4 hard-cooked eggs, chopped
½ pound summer sausage, diced (optional)
olive oil
salt and pepper
salad greens (lettuce)

Mix rice, vegetables, raisins, olives, cheese, eggs and sausage (if using). Dress with olive oil and salt and pepper to taste. Serve at room temperature on a bed of salad greens (lettuce). Other ingredients can also be added as you like it: chopped garlic scapes, radishes or other greens.

Vegetable Couscous with Feta

This dish also uses many ingredients from your share. You can adapt the recipe to add more or less of them as you like it!

1 TBL olive oil
½ cup chopped scallions or red onion
3 garlic cloves or three garlic scapes, minced
4 red skinned potatoes, cut into ½ inch cubes
3 carrots, cut diagonally in ½ inch slices
2 small kohlrabi, cut into ½ inch cubes
(can be replaced with peas, green beans, zucchini, etc if no kohlrabi is available.)
1 TBL chili powder
1 tsp paprika
1 tsp curry powder
½ tsp ground cumin
½ tsp turmeric
generous pinch cinnamon
1 15 oz can tomato sauce
½ cup water
1 cup couscous
1 ¼ cups water or stock
¼ tsp salt
1 tsp butter (optional)
1 cup crumbled feta cheese

Sauté onion with garlic until tender (about 4 minutes). Add potatoes and carrots and sauté about 5 minutes. Add kohlrabi and spices and stir, cooking another minute. Add tomato sauce and water and bring to a boil. Reduce heat, cover and simmer for 10 minutes. Uncover and simmer for another 10 minutes. Season with salt and pepper. Bring the 1 ¼ cups of water to a boil with the salt and butter in a saucepan. Add the couscous, give it a quick stir, then cover saucepan and remove from heat. Allow to stand for 4-5 minutes then fluff with a fork, pour the vegetable medley over it, sprinkle with feta and serve.

How's it GROWin'?

by Digester Dudley

Living here in the dismal valley, we sometimes have to spice things up. Last Tuesday you might have caught the farm crew working at our favorite pastime - Beetle Patrol!! After all that hard work planting spuds, it is incredibly disappointing to see potato beetles ravaging our crops. So when duty calls, we fight back! We suddenly morph into Jason "River of Death" Rivera, Jen "The Sadist" Sader, and Mark Printz of Evil. The goal is to flick as many adult potato beetles into the Death Pool as possible before time runs out. Come join us for this almost gross yet strangely addicting pastime - you might just find yourself a new favorite hobby!

Recipes Still Needed

Our Farm Education Committee is still looking for recipes to include in periodic handouts throughout the season. We are 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 distribution table that make us scratch our heads and wonder how exactly to prepare it. We could sure use some storage/preservation tips as well. Recipes can be dropped off at distribution or emailed to the farm at the email address at the bottom of the newsletter.

A Bounty of Beet Greens

Beet greens are the sweetest of the greens and the most nutritious part of the beet plant, containing more calcium, iron and vitamin C than the roots. Beet greens can be used raw in salads, briefly stir-fried or steamed or substituted in recipes calling for other greens such as spinach or Swiss chard. Delicious!

All are Welcome at Canticle Farm's Second Annual Ice Cream Social

The Ice Cream Social will take place on Thursday, July 19, at 6:30pm at the farm. There will be giveaways and a presentation by Linda Matthews on organic farming. The Social starts at 6:30, and the presentation will begin at 7:15. The cost is \$3.00 for adults and \$2.00 for children 12 and under. All proceeds benefit your Canticle Farm. See you there!