

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 August 13, 2007

week # 11 of 20



Assistant Farmer: Jason

By Garrett Dudley

Call him Jaybird. If at this point in the season you haven't had a close encounter with your third kind of farmer, you just need to take a walk around during distribution. Some call him Jason, some Sweetcheeks, others Cupcake - but a rose by any other name can still prick you just as deep. On the slightly less than slim chance you might have trouble picking him out of the crowd, just flock to the only farmer wearing war paint. No, that's not a joke. More like a daily ritual...this guy is that serious about his vegetables.

When Jason started back in May, I had a few questions for him - but only one was glaring. What in the heck is a rough and tumble guy like Jason going to do in a tender patch of Bright Lights swiss chard? Seriously folks....men like Jason eat boys like me for breakfast (I kept bringing donuts in the morning just to be safe). As the brawn of Canticle, he consistently manhandles those monstrous totes of cabbage, digs waterline with his bare hands, and pounds tomato stakes like toothpicks into cheesecake.

But it turns out there is much more to Jaybird than muscle alone. Like many local residents of the Dismal Valley, this guy has fought his share of uphill battles. Striking out on one's own at 17 years of age could serve to harden and embitter some folks; with Jason it has only built character and colored his personality. Working in North Carolina for the past seven years, Jason has topped trees, worked as a chef and even run his own small landscaping business. And these are just things he lets on to in our brief conversations - there's much, much more he's definitely NOT going to tell me!!

It is Jason's pride and joy that brings him back to Olean, and more recently to Allegany as a new resident. **X**, his son, is now **X** years of age. And what better place to raise a son than in Allegany, a small

town close to Jason's own hometown? When asked, Jason says that he values a quiet community to raise a family - the lure of higher paying jobs do not outweigh the considerations of where to raise a child. As a someday/possibly/might-like-to-be father myself, I am personally inspired by Jay's passion for his son's upbringing. Maybe there are some hidden perks to living in Western New York that we sometimes take for granted.

But I won't sugarcoat this just because your farm is a ministry of the Franciscan Sisters. Fathers are farmers are men, right? Here is a guy who can polish a twelve pack well into the night and still work me under the table the following day (and I'm no slacker!). Here is also a guy who enjoys seeing the results of his labor - a good yield of cabbage, a record day at the farm stand, a carrot with real taste - but is realistic about balancing a job with real life. Does that lettuce patch need hand weeding? Have we made weight with this week's distribution of beans? For Jason, it's just another day.....word, Jaybird, word!

Volunteer Opportunities

Rhonda Berman will be away on **Tuesday, 8/21** and **Friday, 8/24**. 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.

We are in URGENT need of harvest helpers. In addition to the departure of the Warming House interns, we are short one employee this week. We are particularly in need of help Monday, Tuesday, Wednesday and Thursday mornings. Bean pickers are also needed any afternoon. Our ability to distribute beans depends on volunteer turnout for this task. So, grab a friend or two and come on down to the farm one afternoon and discover the mystique of the bean patch!

There are several events planned for Canticle Farm during the month of September and this could be a wonderful way to fulfill your volunteer obligation. We will need people to be present at tables at the following community events:

1. 9/9 - Taste of Olean - 11 a.m. to 5 p.m.
2. 9/15 & 16 - Cuba Garlic Festival
Saturday from 10 a.m. until 6 p.m.
Sunday from 11 a.m. until 5 p.m.
3. 9/29 - Bonagany - 11 a.m. to 5 p.m.

HARVEST RECIPES

How's it GROWin'?

by Garrett Dudley

This week's recipes come from *Vegetarian Planet* by Didi Emmons, 1997, The Harvard Common Press.

Stuffed Zucchini

1 medium zucchini (about 1 pound)
1 ½ TBL olive oil
1 cup chopped onion
1 garlic clove, minced
1 medium tomato, chopped
2 slices sandwich bread, chopped fine
1 TBL drained capers
½ cup chopped basil
2 oz soft, mild chevre goat cheese (optional)
salt and fresh ground pepper to taste

Roasted New Potato Salad

1 ½ pounds new potatoes (9-10) cut in half
5 TBL extra virgin olive oil
1 tsp salt
Fresh ground black pepper to taste
1 ½ cups green beans, trimmed and cut in half lengthwise
1 garlic clove minced
1 TBL sherry vinegar or red wine vinegar
1 small red onion sliced thin
1 cup chopped parsley
2 plum tomatoes

Preheat oven to 375. Put potatoes in roasting pan. Drizzle with 2 TBL olive oil, and sprinkle them with ½ tsp of the salt and pepper. Roast the potatoes for 40-50 minutes, or until they are tender. Let them cool 10-15 minutes.

While the potatoes roast, bring 1 quart salted water to a boil in a small saucepan. Add the green beans and boil for 1-2 minutes, no longer. Drain them and rinse with cold water. In a large bowl, combine the garlic, vinegar and remaining 3 TBL olive oil. Add the onion, parsley, tomatoes and green beans to the vinaigrette. Add the potatoes and the remaining ½ tsp of salt and pepper to taste. Toss well. Serve the salad warm or let it cool, cover with plastic wrap and chill to serve cold later.

The Nine-Mile Scout

By Garrett Dudley

Last week was a sad one at the farm. On Friday, we had to say goodbye to Jennifer Sader, who leaves us to take part in the Hawksbill Turtle Recovery Project in Volcanoes National Park, Hawaii. Jennifer will be missed for her early morning expertise harvesting greens, her warm and willing smile, and for helping to keep those testosterone levels in check on the farm. Jennifer - we thank you for a wonderful summer and wish you well in all your future endeavors!!

Funny how the seasons can come and go so quickly. Last week I was surprised to realize that we were seeding plants – but not for the field - for the high tunnel! Beyond a few lettuce and brassicas transplants, we've basically moved into harvest, harvest, HARVEST mode! So instead of prepping flats and marking rows, we're now washing, counting, and packing. Unfortunately, we usually have to count and count again once we've packed a crop in the back of the cooler (hey – you can't expect too much here, we're just farmers!).

Canticle Farm Educational Event

You are invited to Canticle Farm on Wednesday, August 29th at 6:30 p.m. to hear a presentation by Lyn Chimera, Master Gardener. Lyn is a retired teacher and lifelong gardener. Her topic will be "Organic Gardening for Weed and Insect Control in the Lawn and Garden."

Wish-list

Canticle Farm is currently in need of the following things. Donations of any of these items are always greatly appreciated! Thank you!

White boards, totes, milk crates, metal shelving for barn and newsletter paper (reams of legal size preferably green or yellow)

Join Us at Canticles Farm's Community Auction

Everyone is invited to attend Canticle Farm's annual Community Auction, to be held Saturday, September 8, 2007, at 7 PM at the St. Elizabeth Motherhouse in Allegany. Along with the auction (about 100 prizes are expected!) there will be desserts, beverages, entertainment, and a guest speaker. This is the farm's biggest and most exciting fundraising event. Bring your friends and come out for a great evening of family entertainment. Since this is a Chinese-style auction, everyone who plays has a chance of winning, and almost everyone wins at least one prize. Keep reading the Harvest Times in the coming weeks for more details.

We're still looking for volunteers to help the Community Auction Planning Group. A particularly urgent need is for auction item donations. Do you work for a local business or know someone who owns one? Are you willing to give a small amount of time to ask for donations? Do you have something of your own that you'd be willing to donate? If so and if you have not signed up already, please contact Kris Later at 585-307-9892 or chogrook@aol.com for more details. Remember: time spent soliciting donations counts towards your shareholder volunteer hours. Thank you so much for your help!