

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 20, 2007

week # 12 of 20

Step into the Labyrinth

by Elizabeth Thompson

Several years ago Canticle Farm, with a dedicated crew of volunteers and a beautiful autumn day, built a labyrinth in the reflection area. Labyrinths are gaining popularity as a meditative tool, and Canticle Farm wanted to offer shareholders and community members this opportunity to connect with the earth, themselves and the mysteries inherent in both.

A labyrinth is very different from a maze, which has many tricks, turns and dead ends. In a labyrinth there is only one path leading to the center. There are no dead ends; rather, you meander back and forth, turning 180 degrees as you enter a different circuit. Labyrinths have been around for over 4000 years and are found in every major religious tradition in the world. They are used for reflection, meditation and relaxation. The regular changing of directions in a labyrinth shifts awareness between the two halves of the brain, and the lack of tricks or decisions helps shake one out of the regular thinking modes, at least for a while.

Everyone's walk in the labyrinth is a unique experience. Some may enter with a special intention or question in mind, some may enter to simply slow down and center, others may enter to pray, and others may come with no agenda. The beauty of the labyrinth is that it is a space away; like a mini-retreat it can be a hiatus from the constant to-do lists of modern life. The meditative space and slower pace that the labyrinth provides can be a pathway into our own sacred space, our own peaceful, deep-breathing self.

If you are new at this, try this simple walking meditation in the labyrinth. Take a couple of breaths before entering the labyrinth. Begin walking at a slower than normal pace, but not so slow that it is a labored activity. Try to be fully present to the surroundings, maintaining awareness of each foot making contact with the earth and keeping the gaze soft and forward. Strive to be fully present for the length of the labyrinth walk, not thinking of things that need to be done like picking up your Canticle vegetables or depositing your paycheck at the bank. Simply walk and absorb the sensations of moving through time and space. Enjoy the relaxation and calm that you take with you at the completion of your walking meditation.

This walking meditation does not necessarily have to be done in a labyrinth. If you can't make it to the labyrinth, try it when walking from the car into the office, or from the kitchen to the bedroom, or while

walking the dog. It is energizing and healthful as it slows our heart rates and balances our energy by bringing us more into the body and out of the head. Peaceful and healthful blessings!

How's it GROWin'?

by Garrett Dudley

Unfortunately for you pickle lovers, last week was the final hurrah for our cucumber plants. They have succumbed to downy mildew - a fungal disease that has been spreading across the Northeast all summer. Downy mildew first appears as pale yellow and green spots on the plant, and then progresses to the curling and graying of the leaves. This is exactly what we've found in those sad looking (though productive) beds of cukes.

On a positive note, however, your lettuce seems to have shouldered the worst of the summer heat. You may have noticed all those mini-heads on the choice table - they were lettuce plants going to seed far before reaching their full potential. But with a little more rain and cooler temperatures, we will be able to realize our goal of offering lettuce every week of the season. Canticle heads are bigger!! Canticle heads are bolder!! Hope you love your lettuce!!

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 still in need of harvest helpers, particularly on 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 - Bonagony - 11 a.m. to 5 p.m.

HARVEST RECIPES

from: <http://www.unhinderedliving.com/harvestrecipes.html>

Crock Pot Zucchini Casserole

1 red onion, sliced
1 green pepper sliced in thin strips
4 medium zucchini, unpeeled, sliced
1 16 oz can diced tomatoes (undrained)
1 tsp sea salt
½ tsp black pepper
½ tsp dried basil
¼ cup freshly grated Parmesan cheese
Combine all ingredients except butter and cheese. Place in a slow cooker and cook on low for 3 hours. Dot casserole with butter and sprinkle on cheese. Cook for 1½ more hours on low.

Harvest Surprise Buns

1 cup warm water
1 package active dry yeast
1 ½ cups unbleached white flour
1 cup whole-wheat flour
2 tablespoons olive oil
½ tsp salt

Combine the water, yeast, and unbleached white flour in a large bowl. Mix well. Add the whole-wheat flour, oil, and salt. With hands or a large wooden spoon, work the ingredients together until the dough holds its shape. You may need a bit less flour, so add the whole-wheat flour gradually. Place the dough on a lightly floured surface and knead until it is smooth and elastic, 5 minutes. If the dough becomes sticky while you are kneading it, sprinkle a bit more all-purpose flour over it. Transfer the dough to a lightly oiled 2-quart bowl. Cover the bowl with plastic wrap or a kitchen towel, and let the dough rest until it has doubled in size, 1 hour. When the dough has risen, place it on a lightly floured surface, divide it into a dozen or so parts, and roll them into balls. Cover them with a towel and let rest for 15 to 20 minutes. The dough is now ready to be shaped, stuffed and cooked.

Roll out little balls of dough. Fill the center of each one with your choice of the following:

Two large broccoli tops and two small cheese cubes

1/3 cup mixture of chopped mushrooms, peppers, onions, and tomato sauce with garlic and basil

1/3 cup mixture of shredded cabbage, carrots, onions, soy sauce and water chestnuts

1/3 cup mixture of macaroni & cheese with tiny bits of chopped tomato

1/3 cup mixture of apples, pineapple chunks, chopped pecans and one small cheese cube

1/3 cup pinto beans, 1 tablespoon salsa, 1 small cube cheese

Really, you can put anything in there you want to, depending upon what your family likes.

After depositing your "surprise" in the center,

pull all sides of the circular piece of dough up and scrunch together. It should look like a paper sack that's been scrunched together at the top. Then use string to tie around the top to hold it together while cooking.

Cook in 325 oven for 30 to 45 minutes, depending on how brown you want the bread to be when you are done. Remove from oven, let cool, tie colorful ribbons around the top where the string was. The "surprise" is, your diners never know what they are getting inside until they bite into it.

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."

Nine Mile Scout

by Garrett Dudley

Turns out even the toughest farmhands can be brought to their knees by Mother Nature. In case you missed the action, last week we regretfully disturbed a nest of yellowjackets that was perched at the west end of the first high tunnel. Your crew managed five stings total; an hour later the smallest among us was contemplating a trip to the ER with some serious swelling in the worst places possible! But we survived (and came back full strength the following morning). That Certified Naturally Grown nectar makes for some powerful beestings.

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!