

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 6, 2007

week # 10 of 20



## Farewell and Thank You to the Warming House Interns

Five St. Bonaventure University students dedicated themselves to bringing good food to the Olean area community this summer. For the past ten weeks, Alyssa Sparatta, a junior biology/chemistry major, Mary Jeffers, a junior journalism major, Katie Rogers, a senior psychology/fine arts major, and Chris Caldwell and Sarah Schummer, recent graduates, have provided a warm meal to any one in need at the Warming House in Olean six days a week. Additionally, they have worked at Canticle Farm two mornings a week, harvesting our fresh produce. Some of that produce returns to the Warming House with them in the form of four donated shares. The interns have been able to see their efforts go full circle, from planting, to cultivating, to harvesting, to preparing and serving the vegetables. The people who receive the fruits of their labor are often those without the financial or educational resources to give them access to fresh vegetables. The Warming House guests enjoy the dishes with fresh vegetables and are often surprised that the produce comes from a local farm.

For some of the interns this was their first experience with hands-on farming, for others it was something that they grew up with, but for all of them it was a learning experience. Trying new vegetables, such as their new favorite Swiss Chard, learning new uses for familiar foods, such as using the scape from the garlic plant and eating baby beet greens, preparing root vegetables from scratch and appreciating the work and time that goes into growing our food have been some of the things the interns have learned this summer. Alyssa and Mary plan to buy a student share for their apartment this fall, and Chris and Sarah hope to continue to find sources of fresh,

local foods wherever life takes them next. Sarah said that after working at Canticle Farm she realizes that "fresh is worth the price and organic is too. We don't think about all the work that goes into where our food comes from."

All of the interns encouraged shareholders to come out and experience the work involved at Canticle Farm in order to gain a better appreciation of food, wherever it is grown. Their departure at the end of this week will leave gaping holes on Monday and Wednesday mornings, so consider coming to experience the harvest on one of these days.

The interns also agreed that they learned a lot about teamwork this summer between putting daily meals together at the Warming House and working with the farm staff to get the harvest done. There were struggles and satisfactions along the way that go with working with others. "We were reaching a common goal," said Mary, and at the Warming House and at Canticle Farm that goal was providing fresh, healthful foods and a sense of community to those in the Olean area. For their time and energy towards this goal we thank them. We also wish them well, hoping that their journeys always include vibrant community and delicious food.

## Canticle Farm Gift Certificates

Canticle Farm is offering gift certificates for sale. These gift certificates may be redeemed for payment towards a share, or for a purchase at the farm stand or farmer's market. The gift certificates may be purchased in any amount. Please see Rhonda during distribution or call the farm office to purchase.

## Volunteer Opportunities

There is still the ever-present task of cultivation awaiting willing volunteers and friends. Stop down at the farm anytime and see what needs to be done!

The Spiritual & Social Committee is considering dedicating a Peace Pole in the Reflection area on September 11<sup>th</sup> @ 4pm. However, we are in need of someone to make the peace pole. We would supply the wood, the dimensions and the design. If you are interested in taking on this project, call or email the Canticle Farm office or talk to Rhonda at distribution. And, yes, this would count towards your volunteer hours if you are still in need of fulfilling those.

# HARVEST RECIPES

## What to do with all that SUMMER SQUASH & ZUCCHINI ?!?!?!?

Are you running out of ways to use all that summer squash and zucchini? Try these new and easy ideas:

- add it, sliced, to spaghetti sauce
- make zucchini breads and cakes
- mash cooked summer squash, drain well, and add butter, salt, pepper and grated cheese
- cut into chunks and add to summer soups and stews. Add toward end of cooking time
- grate or thinly slice into green salads or shred and make a squash slaw
- cut raw summer squash into rounds or sticks and serve with dip
- a simple casserole: alternating layers of blanched summer squash and onion cooked with bread crumbs, topped with butter and cheese (if desired) and heated in 350 degree oven until hot.

## Zucchini Skillet Supper

from *More with Less Cookbook*  
by Doris Janzen Longacre

Sauté in skillet with a small amount of hot oil:

- 4 cups zucchini or other summer squash, thinly sliced
- 1 onion, sliced

Add:

- 2 cups canned tomatoes with juice
- ¾ cup canned mushrooms, drained (optional)
- salt, pepper, oregano to taste
- cubes of cooked chicken, beef, ham or cooked ground beef

Simmer until heated through. Serve in soup bowls and sprinkle with Parmesan cheese.

## The Nine-Mile Scout

By **Garrett Dudley**

Employees, interns, and volunteers were left at a loss last Wednesday at the absence of a certain farm manager. Rumor has it that he shirked his duties, jumped over the bank, and floated downstream casting and cranking. The following day he reappeared telling tall tales of the one that got away – one so big it snapped a steel leader in one swift strike. We'll believe it when we see it, Mr. Printz!!

*"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

# How's it GROWin'?

by **Garrett Dudley**

Rainbow carrots, patriot potatoes, and soon enough sungold tomatoes!! I certainly hope you are enjoying the exciting varieties popping up in your share! After last week's heavy harvest, I've finally come to appreciate the efforts of a farmer who is not afraid to experiment. Rather than stick you with standard green zucchini and yellow squash, we're picking Zephyr, Eight Ball, Magda, Flying Saucer, Patty Pan, and Costata Romanesco. It takes a little more work and a lot more planning to offer so many varieties of a crop, but the payoff comes in the distribution center when we can show a beautiful array of veggies. Don't be afraid to get crazy and try something that looks bizarre!!

And now let me introduce Farmer G's top five ways to beat the heat:

1. Hose wars in the wash station (sorry if you're accidentally sprayed in passing)
2. Starting harvest at 5 a.m. sharp (no one has joined me on this one yet)
3. Popping into the cooler between rows of vine crop harvest
4. Finding shade in the 2<sup>nd</sup> high tunnel under the forest of cherry tomatoes
5. Playing musical cars as shareholders pull up during distribution (ahhh, the wonderful world of air conditioning.....I promise not to drive away!!)

## ITEMS NEEDED

The Spiritual/Social committee continues to collect used ink cartridges and old cell phones. It is a fundraiser as the committee turns in the items and gets a small amount of money back. These items may be dropped off in the labeled boxes at the distribution center or at the farm office in the St. Elizabeth Motherhouse.

## Annual Community Auction is Coming Soon and Needs your Help!

The Canticle Farm Fundraising Committee needs your help. Canticle Farm's annual Community Auction (previously held during the annual Thanksgiving Celebration) will take place on Saturday, September 8, at the St. Elizabeth Motherhouse. New or gently used items of any value, baked goods (either baked right before the auction or a certificate that the winner can redeem at a later date), services (like babysitting or bike repair), and crafts are all welcome. Theme baskets are particularly encouraged.

Non-perishable donated items can be brought to the St. Elizabeth Motherhouse between 1 and 6pm on Monday August 27 through Friday, September 7. Bring fresh food donations to the Motherhouse between noon and 5pm on Saturday, September 8.

We are also looking for people to help before, during, and after the auction. What a fun and easy way to fulfill remaining shareholder hours!

Please sign up in the Distribution Area to let us know how you might be able to help. Thank you!