

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 September 10, 2007

week # 15 of 20



What Does Canticle Farm mean to me?

by Rhonda Berman

Recently I was asked the question, "What does Canticle Farm mean to me?" I had to think about this for a period of time. It is interesting to ponder the different answers to this question. Here are some of my thoughts.

Food

I originally signed up to be a shareholder because I wanted the fresh produce for me and my family. I liked the idea of paying someone else to grow the food for me.

Local Jobs

Then I gradually understood that by supporting Canticle Farm, I was also supporting the local economy. My support meant local jobs and money that went to local businesses. I now try to buy local whenever possible. Support your local businesses or else they will not survive.

Knowledge

Gradually I was learning about food grown using organic methods. I was not seeking this information, but here and there I learned various things. Now, I understand better the benefits of organically grown farming methods for my body and for the earth.

Community

I now value the sense of connectedness that Canticle Farm provides. I see many familiar faces

when I am at the farm on distribution days. I value the friends that I have made.

Expanding My Interests in Food

I have always had an interest in food and cooking. My grandmother and mother handed down to me their love of food. I really enjoy trying cuisine from different cultures. It is interesting to see the differences and yet there are always similarities. I enjoy sharing lessons learned with other shareholders. I love when someone gives me a new recipe to try. I have learned about fermentation, canning, dehydrating, and freezing food.

This is where I am today. It is hard to anticipate what lessons I will learn in the future. Maybe some of you have learned the same lessons. Maybe some of you are still learning these lessons and other lessons.

Ask yourself, "What does Canticle Farm mean to me?" You may be surprised when you look back and identify what you have learned on your journey!

How's it GROWin'?

by Garrett Dadley

Red peppers! Green peppers! Hot peppers! Peppers?! In case you've been wondering about this year's crop of your most favorite Solanaceous, check out those 200 foot beds near the gate to the reflection area. What you'll find is a weed infested zone...and some very sad looking pepper plants. Here is a good example of what happens when us farmers can't keep up with ourselves - volunteer efforts are sometimes not enough to save a crop.

But no worries, folks! You'll still find some tasty peppers popping up in your share. Unfortunately they just won't be as big and there won't be as many as you might have had last year. Pigweed sometimes gets a wild hair and just takes over!! Oh well!

Nine Mile Scout

by Garrett Dadley

Last week you might have seen Steve Howard, an archaeologist with Ohio State University, poking around the grounds of the farm. Steve is looking for remnants of the Hopewell Culture in various sites along the South Nine Mile, and he will be returning later this season to do some excavation. If he finds anything interesting, we'll be sure to let you know!!

HARVEST RECIPES

Thank you to shareholder Judy Lynch for this week's recipes from *Taste of Home*. Shareholder contributions to the newsletter are always appreciated!

Herbed Tomatoes 'n' Green Beans

3 green onions, coarsely chopped
2 garlic cloves, minced
2 tsps olive oil
½ pound fresh green beans, trimmed
¼ cup chicken broth
2 medium tomatoes, diced
1 TBL minced fresh oregano
1 TBL minced fresh parsley
1/8 tsp salt
1/8 tsp pepper

In a small skillet, sauté onions and garlic in oil until tender. Add beans and broth. Bring to a boil. Reduce heat; cover and simmer for 6-9 minutes or until crisp tender. Stir in the tomatoes and seasonings; heat through. Serves 4

Cherry Tomato Mozzarella Sauté

¼ cup chopped shallots
1 garlic clove, minced
1 tsp minced fresh thyme
2 tsps olive oil
1 ½ cups cherry tomatoes
¼ tsp salt
¼ tsp pepper
4 ounces fresh mozzarella cheese, cut into ½ inch cubes.

In a large skillet, sauté the shallots, garlic and thyme in oil until tender. Add the tomatoes, salt and pepper; heat through. Remove from the heat; stir in cheese. Serves 4

Mock Apple Pie Squares

4 cups all purpose flour
2 cups sugar
½ tsp salt
1 ½ cups cold butter

FILLING:

8 cups sliced peeled zucchini
2/3 cups lemon juice
1 cup sugar
1 tsp ground cinnamon
¼ tsp ground nutmeg
½ cup chopped walnuts
½ cups golden raisins

In a large bowl, combine the flour, sugar and salt. Cut in the butter until the mixture resembles coarse crumbs. Press half of the crumb mixture into a greased 15x10x1 inch baking dish. Bake at 375 degrees for 10-12 minutes or until lightly browned.

Set remaining crumb mixture aside.

Meanwhile, in a large saucepan, bring zucchini and lemon juice to a boil. Reduce heat; cover and simmer for 5-6 minutes or until tender. Cook and stir for 2-3 minutes. Stir in walnuts and raisins.

Spread filling evenly over crust. Sprinkle with remaining crumb mixture. Bake for 25-30 minutes or until golden brown. Cool on a wire rack. Cut into squares. Yields about 2 ½ dozen.

Volunteer Needs:

Onion Toppers
Help with Scuffle Hoeing
Harvest Helpers
Bean Pickers

Looking for a Wood Worker

The Spiritual and Social Committee has had a piece of untreated oak appropriate for a peace pole donated from Mount Irenaeus. We are looking for a wood worker who would be able to cut the pole to the correct height and shape. If you know of anyone, please let us know!

We plan to have the Peace Pole dedicated on October 3rd at 5pm, during Francis Week celebrations.

Canticle Farm Auction



Joan Petzen from Cornell Cooperative Extension makes a presentation during Canticle Farm's Annual Community Auction. Watch for more details on this highly successful event in next week's newsletter!