

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 24, 2007

week # 17 of 20



The Newsletter Revealed

by Elizabeth Thompson

At some point this season your curiosity may have compelled you to go poking around the farm looking for the source of your weekly newsletter. Is there an antique printing press rigged up to the old tractor behind the barn? Do the distribution tables double as computer desks in the morning hours? How does this weekly publication materialize?

The production of the *Harvest Times* happens off of the farm and is a collaboration of a number of people and organizations. The engine of the newsletter operation is the Olean-based ReHAbilitation Center. Since Canticle Farm's inception, The ReHAbilitation Center, with a building located next door to Canticle Farm, has been an avid supporter, not just in words, but in action, providing editing and printing services for the newsletter since 2001. Today, Darrell Klute and Carol Paar in the Communications department based in the Buffalo Street office, do the final editing, layout and printing of the newsletter, in addition to making sure that it gets to the farm in time for Tuesday's distribution. The ReHAbilitation Center donation of time and printing expenses is a gift we enjoy each week as we peruse the *Harvest Times*. Darrell and Carol work with material written and collected by Elizabeth Thompson, who has worked for Canticle Farm in many capacities, including field work, marketing, education and always including newsletter writing since 2002. She works from home, emailing the newsletter content to Darrell and Carol each Monday morning. Multi-talented former assistant farmer Garrett Dudley provides the weekly "How's it Growin'" and "Nine Mile Scout" columns in addition to occasional main ar-

ticles. Mark Printz, Director Sr. Joyce Ramage, Board Chair Linda Matthews and many others contribute announcements and suggestions to help keep us all informed. Shareholders are always encouraged to contribute articles, announcements and recipes to help us further the purpose of the newsletter, which is meant to be a resource for and by the Canticle Farm community, a source of sharing of wisdom, information, ideas and announcements.

Because of the awesome community support of The ReHAbilitation Center, we do not have to rely on antiquated printing presses to bring you the *Harvest Times*. And thanks to the contributions of many, we all receive a weekly helping of inspiration and information to compliment our weekly helping of fresh vegetables, helping this Canticle Farm community to be one of transparency, education and transformation.

How's it GROWin'?

by Garrett Dudley

One of the greatest joys of farming is that first day in September when we feel the onset of autumn. The air is crisp and the burning summer sun has retired when that first flock of Canadian geese fly overhead. But let's not get too romantic here – we've still got vegetables growing; we've still got produce to bring to your table!

With the changes coming in the next few months, I strongly encourage you to take a walk around the fields. Remember those hearty tomato plants, bushy with green growth? They've now succumbed to blight – their heavy fruit set must come off. And how about those new green grasses popping up all over the farm? That is your cover crop – oats, rye, field peas, and hairy vetch – providing green matter for next years veggies. Now if only we can keep that flock of pigeons from pecking it all up!!

Nine Mile Scout

by Garrett Dudley

Hey folks, what do you think about that new treeline by The ReHAbilitation Center?! Your farm got a new look last week when they decided to trim (and uncover our piles of junk!). But please don't be discouraged if your farm seems a little less picturesque these days – every good farm has a mound of future ideas! Salvaging is just being resourceful!

HARVEST RECIPES

Carrot, Apple and Honey Muffins

from bakingbites.com

1 ¾ cups all-purpose flour
¼ cup wheat bran
½ cup brown sugar
2 tsp baking powder
½ tsp salt
½ tsp cinnamon
¼ tsp allspice
1/8 tsp nutmeg
¼ cup vegetable oil or melted butter
¼ cup honey
¾ cup buttermilk
1 large egg
1 tsp vanilla extract
1 cup shredded carrot, drained and packed
¾ cup diced apple (1 medium apple, peeled)

Preheat oven to 350 F and lightly grease a 12-cup muffin tin with cooking spray. In a large bowl, whisk together the flour, wheat bran, brown sugar, baking powder, salt and spices. In a small bowl, whisk together the vegetable oil, buttermilk, egg and vanilla. Make a well in the center of the dry ingredients and pour buttermilk mixture into the well. Stir until just combined, then add in the shredded carrots and diced apples. Divide evenly into muffin tins and bake for 16-20 minutes, until a toothpick inserted into the center comes out clean and the top of the muffin springs back when lightly pressed. Cool muffins on a wire rack. Store in an airtight container. Makes 12 muffins.

Baked Carrots

4 cups of carrots, sliced
½ cup of water
6 tablespoons of butter
2 tablespoons of sugar or
1 ½ tablespoons honey
1 teaspoon of nutmeg
1 teaspoon of salt

In a casserole dish, mix the sugar, nutmeg and salt with water. Add the carrots and dab them with butter. Bake at 350° F (175°C) for 10 minutes, stirring after 5 minutes. After 10 minutes check for doneness and continue cooking at 5 minute intervals if needed. Allow to rest for 3 – 4 minutes. Serve.

Volunteer Needs:

Harvest helpers
Hand weeders
Help collecting winter squash
from the fields in the coming weeks

2008 here we come!

Believe it or not it's that time of year again – time to start saying farewell to this season and thinking ahead to next season's bounty. Look for 2008 applications in the distribution center in the coming weeks and get signed up early – only a deposit is needed. Take applications to family, friends and co-workers now who may be interested in getting involved with Canticle Farm next season. Now is a great time to spread the word.

Volunteers are Needed for the Bonagany Festival on Saturday, Sept 29, 2007, 9:30 AM – 5:30 PM

The Canticle Farm Fundraising Committee is looking for a few volunteers to staff the Canticle Farm booth at the Bonagany Festival in downtown Allegany. Come fulfill your remaining shareholder hours by helping us sell Canticle Farm produce and promoting the farm. Any time you can spare between 9:30 am and 5:30 pm on Saturday, September 29th would be greatly appreciated. See the sign-up sheet in the Distribution Area. Thank you!

Thank You for Our Best Community Auction Ever!

by **Kris Later**
Chair of the Fundraising Committee

The Canticle Farm annual Community Auction, held on Saturday, September 8, 2007, at the St. Elizabeth Motherhouse, was a great success! We raised about \$1200 for the farm, which is far more than all previous years! I would like to thank the following volunteers in particular, whose valuable assistance was the reason for the auction's great success:

Community Auction Planning Group: Sister Eleanor Berret, OSF; Rosemary Conroy; Faith Hustak; Mary Mater; Linda Matthews; Gus Napoleon; Sister Rosa Mystica Niedda, OSF; and Sister Joyce Ramage, OSF.

Auction night volunteers: The Balloon Man, Rhonda Berman, Mike Conroy, Betty D'Arcy, Tyler Fox, Ronni Gronemeier, Jamie Hearn, Brian Kelly, Daniel Kelly, Marcel Kelly, Darryl Mayeaux, and Joan Petzen.

Thanks also go to everyone who baked the delicious desserts served that night and to those who donated all the spectacular prizes. A special note of appreciation for those who donated "blue ticket" items: Peg Bothner; Margaret Bryner; Darrell Gronemeier and family; Hampton Inn and Best Western; and Olean Singer and Viking Sewing Center.

Congratulations to all the prize winners! See you at next year's auction!