

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 October 13, 2008

week # 18 of 18

How's it GROWin'?

by Mark Printz

Hats off to one of our best seasons ever! The weather, the produce and the community all combined to produce a season of abundance and beauty. Thank you Mother Nature; thank you shareholders!

This year, in particular, the participating shareholders really stepped up and proved what a wonderful program this can be! In addition to supplementing our labor, participating shareholders also build the community that Canticle Farm is about, and get a glimpse of what it takes to produce a community supported agriculture farm! This season, several participating shareholders went above and beyond the hours they committed to, finding a niche and a meaningful place in the workings of Canticle Farm.

First, a big hats off to Mary Schlosser, our Volunteer Coordinator! She really made the scheduling, tracking and implementation of the volunteer hours go smoothly. Arlene and Don Frisbee were a consistent help with harvesting and cultivating, picking numerous pounds of beans! Jim and Selene Machuga also proved themselves to be great harvest helpers. Dick and Maryanne Murphy were, again, faithful distribution hosts. Jojo Pingitore found her niche as the reflection area goddess, enhancing the farm with a sanctuary of beauty. Paula Scraba took over the much-needed role of tending the labyrinth. The Wenke family was a blessing on harvest days and were weeding machines! Thank you to these people, to all of those who went above and beyond, and to all those who participated, proving the community essence of Canticle Farm. Some CSAs do not even offer peas and beans because they are so labor intensive, but our participating shareholders made a lengthy pea and bean harvest feasible. Participating on the farm also allowed people to meet their farmers, fellow shareholders and their crops face to face.

If you still have participating shareholder hours to complete, contact Mark to schedule something as there is still much autumn work to do on the farm. If it doesn't work out to complete your hours, simply cut a check for what you think your hours are worth and send it to the Canticle Farm office.

Thank you again for what YOU did to make this one of our best seasons ever! We hope you have a warm and beautiful snow season. We look forward to seeing you at the Thanksgiving Gathering and again next spring for another unique and blessed season!!

IMPORTANT INFORMATION

We are in the final week of the summer share season. The fall share season begins on October 21. For those who do not have fall shares, but are interested in obtaining some of the fall produce, the Farm Stand will continue to be open on **Tuesdays and Fridays from 2 to 6 pm**. Also, you can obtain our produce at the Olean Farmer's Market until its final day on October 25. **The Farmer's Market is open from 8 am to 2 pm on Saturdays** at the JCC parking lot.

Also, we will have periodic **sales of vegetables during the winter**. Notification of the winter sale dates and times will be communicated via email. If you wish to be notified, please provide your name and email address on the list in the distribution area or send your request to canticleoffice@yahoo.com.

Today you are being provided with a questionnaire that will help us in planning for the 2009 season. Please complete it and place it in the box provided in the distribution area. We value your feedback, as our desire is to offer the best possible experience of CSA to all of you.

~ The Canticle Farm Staff

KUDOS TO SUCCESS!

We had a very successful day Sunday, October 5th, with many volunteers helping to build the timber beds for the reflection gardens. All our volunteers worked extremely hard and diligently. We cleaned and edged the gardens and after about 4 hours of teamwork we created two large timber beds surrounding the flower gardens, and two smaller ones to surround the shrub gardens.

Many thanks to Sister Eleanor Berret, Sue and Gary Morton, Brother Joe Kotula, Phillip Proctor, Chris Maine and kids, Colleen and Mark Crino, Amy and Nathan and Dick and JoJo Pingitore. Also, thanks to Chris Napoleon who picked up and delivered the huge load of timbers in his wonderful flat-bed truck. Your help was truly appreciated and we couldn't have done it without you!

And to everyone else, stop by and visit when you have a chance and remember us in the spring when you would like to share your perennials.

Recipes for Winter Harvest

by Trevor Thompson

Our first killing frost has come and gone now. The cold, dark, and wet mornings grow more frequent and bone chilling. The leaves of oak, maple and beech will soon light up in glory and then, in what seems like a flicker, fade. The whispers of winter can already be heard from the hills. To live through these coming months tucked up in western New York requires some extra daring, some resilience, even some stubbornness, but especially the gift and grace of hard hope that calls us to wait out the darkness for the resurrection of buds and bugs and spring's bright green beginnings. There are also the other helpful ingredients needed to cook up the warmth required for this waiting: cords of dried wood, canned tomatoes, bags of potatoes, braids of garlic, frozen peaches, and a half of the neighbor's grass-fed beef in steaks, burger, and roasts. I hope you have taken the time to preserve summer's bounty.

Slowing down, turning inward, hanging out by the hearth with family and friends, watching football (and Bona basketball), crock-pot cooking, making and exchanging gifts – what else do you do indoors during the lock-down of the frozen months?

Just because Canticle Farm's summer season of bounty is taking its final bow this week does not mean that we must shut the frozen door on the many possibilities available to us through winter for further educating ourselves about the value and importance of local foods. Here are a few suggested "recipes" of sustenance that might help the longest days and months of the year feel like a sabbatical or like an abundant harvest. With expectant hope, when those buds begin to stir again next May, perhaps our commitment to this community, to this land, and to these "buy fresh, eat local" values might return western New York and our lives to glory.

BOOKS

Deep Economy: The Wealth of Communities and the Durable Future by Bill McKibben

The Omnivore's Dilemma: A Natural History of Four Meals and *In Defense of Food: An Eater's Manifesto* by Michael Pollan
Slow Food Nation: Why our Food should be Good, Clean, and Fair by Carlo Petrini

Plenty: One Man, One Woman, and a Raucous Year of Eating Locally by Alisa Smith and J.B. Mackinnon

The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution by Alice Waters

Animal, Vegetable, Miracle: A Year in the Food Life by Barbara Kingsolver

The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements by Sandor Katz

Food Not Lawns: How to Turn Your Yard into a Garden And Your Neighborhood into a Community by Heather Coburn Flores
World Made by Hand: A Novel by John Howard Kunstler

The Art of the Commonplace: The Agrarian Essays of Wendell Berry by Wendell Berry and Norma Wirzba (editor) and Hannah Coulter (a novel) by Wendell Berry

MAGAZINES

Orion Magazine

Mother Earth News

Resurgence

The Ecologist

Organic Gardening

Backwoods Home Magazine

Stockman Grass Farmer Magazine

ORGANIZATIONS

to learn about on-line, become a member, support, go to a conference, etc.

Orion Society

National Catholic Rural Life Conference

Earth Ministry

Slow Food International

Northeast Organic Farming Association (NOFA)
FoodRoutes

National Campaign for Sustainable Agriculture

Weston A Price Foundation

Community Food Security Coalition

The Food Alliance

International Society for Ecology and Culture

Center for Ecoliteracy

Slow Food and Slow Food USA

The Land Institute

Robyn Van En Center for CSA Resources

Chefs Collaborative

Printing from Nature with Joan Pingitore

2 – 3:30 pm on Saturday, October 18
at Canticle Farm

For ages 8-14, 12 participants,
\$5 registration fee - call the office to register

This fun workshop will give kids a chance to create art from nature and have some beautiful art to take home with them.

First, there will be a lesson about art to learn how to make a strong composition and how to do printmaking.

Participants will then go out into the grounds and look for different "nature components" to use to make their prints. They will be looking for interesting leaves and plants and vegetables from the farm. They will bring their new-found objects back to the workshop and using their lesson, will create interesting works by using inks and their natural creativity, and print on large paper.

They will be making their own decisions about color and design and learn a bit of problem-solving in the process, while having a great time!

SAVE THE DATES:

Annual Canticle Farm

Thanksgiving Gathering

for all Canticle Farm Shareholders,
Board Members and Volunteers.

Friday, November 7th, 2008 - 7 to 9 pm
St. Elizabeth Motherhouse Dining Room
115 East Main Street, Allegany, NY

*Entertainment for the whole family.

*Bring your favorite hors d'oeuvre or dessert.

*Beverages will be provided.

*Please come and bring a friend!

CSA MEETING

We are having a gathering of people from six CSA's which are sponsored by religious congregations. You are invited to join us on **Friday evening, November 14th, from 6 to 8:30 p.m. at St. Elizabeth Motherhouse.** Participating farms will give an overview of their organization, mission and vision and then we will share a meal. We are asking everyone to bring a dish to pass. Please call the office at 373-0200, ext.3358 to register no later than Friday, Nov. 7th.

Participating registered for this event are:

Seton Harvest (Daughters of Charity), Evansville, IN; Michaela Farm (Sisters of St. Francis), Oldenburg, IN; Villa Maria Farm (Sisters of Humility of Mary), Villa Maria, PA; CSG at St. Joseph's Center (Holy Cross Brothers), Valatie, NY; St. Mary Organic Farm (Servants of the Immaculate Heart of Mary), Monroe, MI; Canticle Farm (Franciscan Sisters of Allegany), Allegany, NY.

There may be more farms joining us as registration is still open. Hope to see you there!

contact information: e-mail: canticleoffice@yahoo.com
Sr. Joyce Ramage: 373-0200 ext. 3358

Mark Printz: 378-9714 (cell) - learn more about the farm at
www.canticlefarm.org