

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 6, 2008

week # 17 of 18

How's it GROWin'?

by Mark Printz

The farm received its first frost. Interestingly, it was only a partial frost, showing the prevalence of micro-climates. The lower dip in the farm where many of the beans and summer squash were planted, as well as the winter squash on the back hill, got frosted. However, other areas, such as the pick-your-own area near the road, remained frost-free.

The frost ended our spectacular bean season. We enjoyed nine weeks of fresh string beans, more than anticipated! Thanks to all those who helped with the many hours of picking this required.

As the frost took down our winter squash plants, this will affect the maturity of some of the fruits, since a number are still green. The woodchucks also fattened themselves up for the winter on some of the winter squash. We will soon be pulling in all of the winter squash, which will allow us to take an inventory of how much winter squash we have to distribute.

The frost doesn't bring all things down; in fact, it enhances some crops. The kale, collards, carrots, and Brussel sprouts all become sweeter after the frost. So, enjoy these autumn gems!

We will start offering our potatoes both washed and unwashed. Potatoes store longer when they are dry, so if you are planning on storing them, you will want to choose the unwashed variety. To store, it is recommended that potatoes be placed in a brown paper bag, burlap or a plastic bag with holes in it and then placed in a cool, dry place (such as a cellar) with the temperature around 45 - 50 degrees Fahrenheit. Do not store potatoes near onions as they produce gases that cause each other to spoil.

* IMPORTANT INFORMATION *

We are in the final two weeks 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 e-mail a 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

All Creation, Our Sister and Brother

by Sister Eleanor Berret

Our Canticle Farm Mission Statement invites us "to protect and honor the sacredness of God's Creation ... and to come to a realization of a Creation centered spirituality;" that is, to enter into a relationship with all creation.

The Native American Sioux have a saying "with all things and in all things we are relatives." This resonates with the spirituality of St. Francis of Assisi. He called the Sun our brother, the Moon our sister, the Wind and Water our brother and sister, the Earth our Mother.

How do we go about entering into relationship with Creation? One way might be to open ourselves to listen to the voice of creation, expecting that she has something to share with us, for therein lie treasures of wisdom. Creation speaks to us through our senses, united with our heart and spirit. We might hear within us her voice ... "be still ... gaze in wonder... reverence me and teach your children to respect all creation ... be patient ... behold the beauty that surrounds you ... let silence nurture your being ... trust the healing powers that I hold out to you ... be grateful, be ever so grateful ... let gratitude be the gift you extend to all."

Life is both giving and receiving. Most of us were taught this early in life through the shared experience and wisdom of parents or grandparents.

Come to Canticle Farm a few minutes early or stay a bit after pick-up to check out the rows of vegetables. Be attentive to what they have to share as gifts to you. The flowers have their gift too. What gift might you offer in exchange for their color and beauty? You may want to walk over to the reflection area and allow the peace and silence to commune with your inner spirit. In the spirit of giving and receiving, bring the "fruits" you've received back home to enrich the lives of your loved ones and to encourage new relationships with all creation.

HARVEST RECIPES

Baked Squash with Kale and Apple

from *Farmer John's Cookbook*

butter or oil for greasing the pan
3 acorn squash
½ cup grated Parmesan cheese, divided
½ tsp salt, divided
½ tsp freshly ground black pepper
1 ½ TBL olive oil
1 large leek, chopped (about 2 cups)
4 cups coarsely chopped kale
1 cup vegetable or chicken stock
½ red bell pepper, cored, seeded, diced
2 cloves garlic, minced
1 TBL butter
1 apple (or pear) peeled, halved, cored, cut in
½ inch pieces

Preheat oven to 375 F. Lightly grease a 13"x9" pan with butter or oil. Cut squash in half, scoop out seeds and put the squash halves cut-side down on a baking sheet. Bake until tender (30-45 minutes). Turn the squash halves over and sprinkle with ¼ cup Parmesan, ¼ tsp salt and ¼ tsp pepper. Bake for 5 more minutes.

Heat oil in a large skillet over medium high heat. Add the leeks, sauté until soft, about 5 minutes. Add the kale, stock, bell pepper, garlic and remaining ¼ tsp salt and ¼ tsp pepper. Bring to boil, cover and cook for 5 minutes. Remove cover and increase heat to medium-high. Cook, stirring frequently, until kale is tender and the liquid evaporates (8-10 minutes). Transfer mixture to a bowl and set aside.

Melt butter in a large skillet over medium-high heat. Add the apple, sauté until lightly browned and tender but not mushy, 2 to 3 minutes. Add the apple to kale mixture and stir well. Spoon the kale and apple mixture into the squash halves. Top with the remaining ½ cup Parmesan. Bake for 10 minutes.

SAVE THE DATE:

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!

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!

CERTIFIED NATURALLY GROWN

Canticle Farm is part of a growing number of farms participating in the national Certified Naturally Grown program, an alternative to the USDA's Organic program. When the USDA's Organic program was implemented in 2002, it made organic certification a costly and bureaucratic process, one which was very difficult for small, organic farms to afford. Certified Naturally Grown was created as an alternative, so that these small farms could assure their customers that they follow strict growing practices.

At Canticle Farm we believe that the Naturally Grown certification fits us better. Though there is grant money available to complete the USDA Organic certification, we are a small, community-based and trust-based farm. Our door is so open that it really doesn't exist. Anyone is welcome to come take a look at our farm and growing practices and we encourage questions and involvement, such as through our participating shareholder program.

Certified Naturally Grown is a farmer based certification program, meaning that the farmers involved inspect each other's farms to ensure compliance with Certified Naturally Grown standards. Our annual Certified Naturally Grown inspection is scheduled for Thursday, October 9th at 5:30 pm. We strongly ENCOURAGE anyone who is interested in attending to come down to the farm and join us in this fellow-farmer-led inspection. This is an amazing (and increasingly rare) opportunity to learn about how your vegetables are grown and be involved in your farm. This is also an opportunity to see and understand how Canticle Farm produces its beautiful vegetables naturally, in harmony with Mother Nature and without the use of synthetic chemicals. If you are curious or skeptical about how this happens, please join us at the farm **Thursday, October 9th at 5:30 pm.**