

HARVEST TIMES



the official
Canticle Farm
newsletter

Summer
Weekly
e-dition

Canticle Farm is a Certified Naturally Grown farm and is a ministry sponsored by the Franciscan Sisters of Allegany (FSA). Its mission is to reverence, protect, and honor the sacredness of God's Creation. Canticle Farm, a Community Supported Agriculture (CSA) farm, is committed to connect all peoples, to practice Earth-friendly habits, and to come to a realization of a Creation-centered spirituality.



week of **August 1, 2011**

week #8 of 18 (Summer)

How's it GROWIN'?

with Mark Printz

by David Schummer

The first of the 2011 carrot crop will be available at distribution, farm stand, and farmers' markets this week. We were also expecting the first round of potatoes this week, but found that they are still a bit too small for harvest. A selective harvest test of half a dozen red potato plants uncovered sizes yet too small, and we are likely one to two weeks away from the first harvest of the season.

Limited quantities of high tunnel and field tomatoes, including Sun Gold cherry tomatoes will be available at the farm stand in the coming weeks. A few pints of Sun Golds were ready on Friday and available at the farm stand. More are on the way this week. We are still a few weeks away from quantities necessary for full shareholder distribution of tomatoes.

The winter squash is looking very healthy at this point. Several acorn squash plants have already put on large, dark green fruit. They are far from ready for

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Pick-Your-Own Explained

Pick-Your-Own is a value added program that allows shareholders to supplement their weekly shares with additional quantities of select crops. PYO crops

include: peas, bush beans, sun gold cherry tomatoes, basil, soy beans (edamame), sunflowers, and zinnias. Most of the PYO beds are located next to the Farm Stand between the high tunnels and the road. Several PYO sunflower beds have been planted in the Reflection Area. Information about PYO item availability can be found in the Barn next to the Choice Table.

Supplies (pint baskets, bags, knives & scissors, etc.) can be found in a wooden box labeled PYO attached to the back, outside wall of the Farm Stand. PYO items/

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Volunteer Opportunities

Weekly volunteer hours are:

Mondays & Thursdays (4-7 pm),
Saturdays (9 am-noon), and
Tuesdays & Fridays (2-6 pm)

We currently need volunteers for bean harvesting & cultivation. Harvesters & cultivators can simply stop in during normal volunteer hours. We are also seeking a number of volunteers for the Heavenly Harvest (food preparation & serving, setup, and cleanup). Heavenly Harvest volunteers should contact the office. Please do not wait until the end of the season when very few opportunities exist.

Week #8 Distribution

Lettuce Heads
Summer Squash/Zucchini
Cucumbers
Sweet Onions
Carrots
Beans
Garlic

Choice Table
Lettuce,
Basil & Parsley,
Summer Squash,
Cucumbers,
Cauliflower,
Beet Greens, &
Napa Cabbage.

Pick-Your-Own
Beans & Zinnias

Meet Your Veggies

Carrots:

Daucus carota, subspecies *sativus* ... In early use, carrots were grown for their aromatic leaves and seeds, not their roots. Some relatives of the carrot are still grown for these, such as parsley, fennel, dill and cumin. The first mention of the root in classical sources is in the 1st century CE.

The modern carrot appears to have been introduced to Europe in the 8-10th centuries from the modern-day Iran region. The Western orange-colored carrot first appeared in the Netherlands in the 17th century. European varieties prior to the 17th century were purple. Eastern carrots were domesticated in Central Asia, probably in modern-day Iran and Afghanistan in the 10th century, or possibly earlier. Specimens of the eastern carrot that survive to the present day are commonly purple or yellow, and often have branched roots.

The carrot gets its characteristic and bright orange color from Beta carotene, which is metabolized into vitamin A in humans. Lack of vitamin A can cause poor vision, including night vision, and vision can be restored by adding it back into the diet. An urban legend says eating large amounts of carrots will allow one to see in the dark. The legend developed from stories of British gunners in World War II, who were able to shoot down German planes in the darkness of night. The legend arose during the Battle of Britain when the RAF circulated a story about their pilots' carrot consumption as an attempt to cover up the discovery and effective use of radar technologies in engaging enemy planes. This reinforced existing German folklore and helped to encourage Britons—looking to improve their night vision during the blackouts—to grow and eat the vegetable.

Canticle Farm grows several varieties of carrots including: early varieties like *Mokum* & *Nelson*, and the storage variety named *Bolero*. Several later plantings of *Bolero* will be harvested in the late fall and kept in the cooler so that carrots will be available throughout the winter/early spring barn sales. The latest 2011 carrot plantings will be covered with mulch and stored in the ground for spring 2012 harvests. The Farm also grows yellow, white, & purple varieties.



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Meet Your Farm Staff

Sr. Anne Rothmeier, OSF

It has been my pleasure and delight to volunteer my services at our Farm Stand for the past 4 of the 5 years since its opening. The Stand has proven to be a valuable asset to Canticle Farm, offering fresh, naturally grown veggies for sale to the public twice weekly from May to mid-November.

The realization that this is the 11th year of operation for our Community Supported Agricultural endeavor is especially exciting to me. This is because I've had the opportunity to be a part of it since its beginning. From the dreams and hopes of five Allegany Sisters to the full-fledged support of both the Franciscan Sisters of Allegany Congregation and the committed members of the Allegany-Olean community-at-large, Canticle Farm came to fruition in June 2001.

For me, a seed was planted early on when my father left a legacy of farming from his forebears in Austria.

After becoming a nurse, then a sister, 18 of my 52 years of active nursing was spent serving migrant farm workers in clinics up and down the East Coast. During this time, I developed strong convictions against the use of pesticides and became an avid advocate of natural, chemical-free farming!



It seemed by Divine Design that the late '90s found me a member of our Congregation's Peace, Justice and Integrity of Creation Commission. It was then that efforts and energies of the group began focusing on the need to grow fresh, healthy, chemical-free food, available on a local level. A committee was formed and a local farm in the Allegany area was realized. The other four sister members of our "core" committee would agree, I'm certain, with my belief that, were it not for Mark Printz, our farmer from "day one", we might not have "come to be".

Over this time, I've amassed wonderful recollections of ever so many friends, families, sisters, friars and others who have journeyed with us. They gave (and are still giving) of their time, talents, and expertise; and their belief in and support of our quest was incredible. Many became "wisdom-guides" in the "birthing" of our CSA.

I feel blessed to have shared this journey. It is my joy at present to watch the cars and people pulling in the drive to pick up their shares and stop at the stand on Tuesdays and Fridays.

Keep coming! With your support, we'll be here!!!

Sr. Anne



www.facebook.com/CanticleFarm

Cucumber Blueberry Salad



Salad:

- 1 slicing cucumber or 2 pickling cucumbers
- 1/2 C blueberries
- 3 Tbs feta cheese

Wash cucumbers and slice in half lengthwise. Slice each half to make semi-circle slices. Add blueberries and feta cheese and toss with balsamic dressing.

Dressing:

- 2 Tbs balsamic vinegar
- 1/2 C vegetable oil
- 1/4 tsp Dijon mustard
- Salt and pepper to taste

Combine all ingredients in a small bowl and whisk to combine.

Pan-Fried Yellow Squash



- 2 Large Yellow Squash
- 2 C Italian-style breadcrumbs
- 2 C All purpose flour
- 4 Large eggs, whisked
- 1/4 C Parmesan cheese
- 1 C Olive oil (regular)*
- 2 C marinara sauce (optional)
- Salt & Pepper to taste

Slice yellow squash into 1/2 inch rounds. Salt & pepper each side of rounds and set aside. In three, separate bowls, add flour, eggs, and breadcrumbs/Parmesan cheese (mixed). Bring olive oil to med-high heat (but not smoking) in a large diameter fry pan. Pat both sides of yellow squash with a paper towel to remove excess moisture drawn out by the salt.

Piece by piece, coat squash with flour, dunk into egg, and repeat. After second egg dunk, coat with breadcrumbs (use a fork to press breadcrumbs into the flour-egg coating), and carefully place into pan. Repeat for additional squash rounds. Cook until browned on both sides.

Set aside on a paper towel covered plate to cool and drain. Serve with marinara sauce or eat as is.

* The continued, high heat of this recipe will exceed the smoking point of Extra Virgin Olive Oil

(PYO Explained ... Continued from page 1)

quantities are also listed under the lid of the PYO box.

PYO is not only available during distribution hours. Some shareholders prefer to visit the Farm on another day and/or time. Take care to note which bed(s) are marked for PYO. Only beds that are marked are ready for harvesting.

One additional tip on PYOing – don't always start picking a bed from the end closest to the parking lot. Many people do this and find very quickly that there isn't much available. That's because that area has

already been picked. Walk the row a bit until you spot some plants with lots more and begin there.

We only ask three things of you. Please only pick the designated amount (e.g., a small or individual shareholder can pick 1/2 sandwich bag of beans, a large can pick up to 1 full bag). Please return baskets, knives, etc. when done, and please do not pick on Mondays.

**PYO Supply Station:
(Inside & Out) & PYO Zinnias**



3rd Annual Heavenly Harvest Sunday, September 4th, 12-4 pm

Price of admission includes lunch prepared with Canticle Farm produce and much more:

Adults \$10 in advance, \$12 at the gate.

Children \$5 in advance, \$6 at the gate.

There will be raffles, a balloon man, scheduled farm tours & labyrinth walk, free chair massages, and more.

Canticle Farm Wish List

Large Coffee Percolators & Carafes

Picnic Tables & Umbrellas

Folding Chairs & Tables

Clipboards

Reams of Colored, Letter-Size Paper

Dolly with Pneumatic Tires

Cookware— skillets, pots, etc.

(for the very popular distribution
day cooking demonstrations)

New or Used Tennis Balls

(for placement atop iron posts used for
field irrigation— these will allow us to easily
locate posts in the beds & at the same
time enhance staff safety)

Accept that some days you are the pigeon, and
some days you are the statue.

~ David Brent

Use the talents you possess - for the woods would be
a very silent place if no birds sang except for the best.

~ Henry Van Dyke

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harvest though. The plants are still vigorous and the squash stems are still green. Winter squash is not harvested until the plants begin to die back and the squash stems turn woody and harden off.

Shareholders will have the choice of white or yellow sweet onions this week. While the white onions are washed and stripped of the outermost layer, yellow sweet onions will appear a bit dirtier this year. Soil on white onions does not look so good, but a bit of soil on the yellow, sweet onions is not such a bad thing. Washing and removal of the outer layer increases moisture loss and decreases storage time. Yellow sweet onions should be soaked very briefly in your kitchen sink in cold water, allowed to dry on a paper towel, and kept in the refrigerator crisper drawer (just as you would store a sweet, white onion).

This is probably a good time to discuss refrigerator storage of fruits & vegetables. Local peaches, pears, etc. are beginning to appear at farmers' markets and many of us now have both fruits and vegetables stored in the refrigerator. Never keep fruits and vegetables in the same crisper drawer unless they are separately sealed in plastic bags or containers. Fruits emit very high levels of ethylene gas and will significantly decrease storability of vegetables.

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learn more about the Farm at:
www.canticlefarm.org or facebook.com/CanticleFarm