

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 29, 2011**

week #12 of 18 (Summer)

How's it GROWIN'?

with Mark Printz

by David Schummer

Farm staff spent much of Monday morning harvesting tomatoes this week. Mark & David were busy harvesting both sweet and hot peppers. Now might be a good time to discuss the risk/reward aspect of being a CSA Shareholder. Times have been very tough this year for local farms, but Canticle Farm has done well and we will share with our shareholders (as promised). Canticle Farm, and many other farms in the WNY area suffered in the early part of the growing season. The cold wet spring delayed plantings for everyone. The large scale pea and onion farm operations in Western & Central NY were all but wiped out by the wet, cold weather conditions this year. Our snap peas were not as good as in past years but we did have them, and our onion crop is wonderful (and will be available well into the Winter Barn Sales). The tomato distribution



(Continued on page 2)

Monsanto Sued!

Nearly 300,000 organic farmers are filing suit against corporate agriculture giant Monsanto, who has in recent years squashed independent organic farms from coast to coast.

Over 270,000 organic farmers filed a lawsuit on March 30 in an attempt to keep a portion of the world's food supply organic. The plaintiffs in the case are members of around 60 family farms, seed businesses, and organic agricultural organizations.

Led by the Organic Seed Growers and Trade Association, the suit lashes out at Monsanto to keep their engineered Genuity® Roundup Ready® canola seed out of their farms. Organic agriculturalists say that corn, cotton, sugar beets, and other crops of theirs have been contaminated by Monsanto's seed, and even though the contamination has been largely natural and unintended, Monsanto has been suing hundreds of farmers for infringing on their patent for incidentally using their product.

Not only are organic farmers trying to keep things organic, many of them are being forced to throw in the towel as Monsanto unfortunately continues a successful war on the competition by suing independent growers that run organic farms. In recent years, Monsanto has acquired more than 20 of the biggest seed producers and sellers in the country, and they have instituted a policy requiring their customers to use their bioengineered seeds – and purchase them each and every year.

The Securities and Exchange Commission (SEC) launched an investigation into Monsanto's "customer incentive programs" last year, and the Department of Justice has been probing into possible antitrust violations related to the blacklisting of customers since 2009.

(Continued on page 3)

Week #12 Distribution

Lettuce Heads	Choice Table
Summer Squash/Zucchini	Lettuce,
Cucumbers	Basil & Parsley,
Tomatoes & Peppers	Summer Squash,
Onions	Cucumbers, &
Beans	Swiss chard
Potatoes	Pick-Your-Own
Shallots & Garlic	Sunflowers, Basil,
	& SunGolds.



www.facebook.com/CanticleFarm

Meet Your Veggies

Eggplant:

Solanum melongena... Eggplant is closely related to the tomato, pepper, and potato species. The fruit is botanically classified as a berry, and contains numerous small, soft seeds, which are edible, but are bitter because they contain nicotinoid alkaloids, not unsurprising as it is a close relative of tobacco.

The plant is native to India. It has been cultivated in southern and eastern Asia since prehistory, but appears to have become known to the Western world no earlier than 1500. The first known written record of the plant is found in an ancient Chinese agricultural treatise completed in 544 BCE.

Colors vary from white to yellow or green as well as reddish-purple and dark purple. Some cultivars have a color gradient, from white at the stem to bright pink to deep purple or even black. Green or purple cultivars in white striping also exist. Chinese varieties are commonly shaped like a narrower, slightly pendulous cucumber, and were sometimes called Japanese eggplants in North America.

The plant is used in cuisines from Japan to Spain. It is often stewed, as in the French ratatouille, the Italian parmigiana di melanzane, the Turkish musakka, and Middle-Eastern and South Asian dishes. Eggplants can also be battered before deep-frying and served with a sauce made of tahini and tamarind. In Iranian cuisine, it can be blended with whey as kashk e-bademjan, tomatoes as mirza ghasemi or made into stew as khoresh-e-bademjan. It can be sliced and deep-fried, then served with plain yogurt, (optionally) topped with a tomato and garlic sauce, such as in the Turkish dish patlican kizartmasi or without yogurt as in patlican saksuka. However, arguably the most famous Turkish eggplant dish is Imam bayildi.

Eggplant is richer in nicotine than any other edible plant, with a concentration of 100 ng/g (or 0.01 mg/100g). However, the amount of nicotine from eggplant is negligible compared to passive smoking. On average, 20 lbs (9 kg) of eggplant contains about the same amount of nicotine as a smoked cigarette.

Canticle Farm specializes in an Asian variety of Eggplant named *Orient Express* (shown here). We also grow a few classic "Italian" varieties.



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(How's It Growin'? from page 1)

quantity will increase this week— staff can barely manage to harvest them all. Sweet pepper production is the best that we've seen in a couple years and the pepper distribution quantities have also increased. Our summer squash & cucumbers are winding down as we would expect as the evening temperatures decline, but it looks like summer shareholders might get a bit of winter squash this year. It's not something that summer shareholders are used to, but the winter squash plants are dying off (as they should) ... and that means it's time to harvest!

The cherished Sun Gold cherry tomatoes will be available at distribution this week. The Sun Gold PYO beds will also be open so that shareholders can get a few more on their own. The PYO basil bed is open for those who'd like to make a bit of pesto, and the many sunflowers in the Reflection Area need a new home (a vase in your living room maybe). Stay tuned!



Canticle Farm's

3rd Annual Heavenly Harvest

Canticle Farm will hold its third annual Heavenly Harvest on Sunday, September 4th from noon– 4 pm at the farm. The proceeds of this event benefit Canticle Farm's sustainability campaign— specifically, year round storage to provide an uninterrupted supply of locally grown healthy produce to the community.

Chef Steve Dodge will tantalize your taste buds with an entrée of Ratatouille, a popular Mediterranean dish. Salad, dessert, bread, & beverages will round out the meal made from freshly harvested Canticle Farm produce. Steve will also show you how he made the entrée in a cooking demonstration so that you may replicate it at home.

There is plenty of entertainment to satisfy adults and children alike. Balloon Man, Dave McHenry, will entertain the kiddos with balloon animals and hats, and Mark Printz & David Schummer, Canticle Farmers, will show you the beauty of the farm. You can get those knots worked out with a free chair massage by Jennifer Kronert or Dana Boser, and if you're feeling quiet and meditative, a labyrinth walk with Colleen Kent will be the thing for you. Add to that ... Live entertainment & music!

(Monsanto ... from page 1)

As Monsanto buys out competitors and sues others, last year's profits went up by 77 percent to \$680 million.

U.S. Federal Judge Naomi Buchwald will be overseeing the case of Organic Seed Growers & Trade Association, *et al.* v. Monsanto in a Manhattan court room.

Dan Ravicher, executive director of the Public Patent Foundation (PUBPAT), said in a statement that the case comes down to "whether Monsanto has the right to sue organic farmers for patent infringement if Monsanto's transgenic seed or pollen should land on their property."

"It seems quite perverse that an organic farmer contaminated by transgenic seed could be accused of patent infringement, but Monsanto has made such accusations before and is notorious for having sued hundreds of farmers for patent infringement, so we had to act to protect the interests of our clients."

One of Monsanto's Many Official Statements Regarding the Current Lawsuit (WV).

As a result of the confidential nature of the information, the West Virginia Attorney General's office has requested that we ask the office to agree to a standard protective order before we share it, which the Attorney General has declined.

Such a protective order is a customary practice when confidential business information is involved. We also believe a protective order is appropriate in this instance as many of the Attorney General's questions parallel allegations made by DuPont-Pioneer Hi Bred in the St. Louis Federal Court litigation. In that case, the Federal Court has entered a protective order.

Agriculture is our only business at Monsanto, and we are committed to the success of farmers. That's why we introduce new products only after we have thoroughly tested them and have the full confidence – backed by data – that they will deliver on farm.

More info. at: <http://www.monsanto.com>

A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise.

~Aldo Leopold
(circa 1949)

Volunteer Opportunities

As the season begins winding down, and some of our staff/interns are returning to school, we have fewer available staff to give out jobs to volunteers. If you phone one of the farmers they will make arrangements with you to be available when you come to the farm.

Please call:

**Mark (716-378-9714), or
David (716-307-9766)**

to make arrangements for volunteering during non-distribution hours. Farm staff will always be available during distribution hours.

Cornell University Cooperative Extension
Allegheny/Cattaraugus County

VISIT THE FARM DAY

September 10, 2011

For more details, including a list of participating farms
go to: ccealleganycattaraugus.org

716-699-2377 ext. 124
585-268-7644 ext. 18

Maybe you will be unable to share time with us at our annual Heavenly Harvest fundraiser. Here's a second chance. Cornell Cooperative Extension has organized a "Visit the Farm Day" on 10 September. Canticle Farm is one of many local farms in the Cattaraugus-Allegheny County Area that have opened their doors to farm tours, education, and local produce sales.

If you could not come to the annual fundraiser, please do consider making an appearance at this Cornell sponsored Field Day.

More info. At:

www.ccealleganycattaraugus.org

Spaghetti con Sugo di Peperoni



- 6 Tbs extra-virgin olive oil
- 1 Med. onion, thinly sliced
- 5 Bell peppers, seeded, cored and cut into 1/2-inch strips
- 1/2 Tbs red chili flakes
- 2 Tbs dried oregano
- 1 can tomato paste
- 1 C dry red wine
- 1 lb spaghetti

In a 12 to 14-inch frying pan, heat the oil over medium heat until just smoking. Add the onions, peppers, chili flakes and oregano and cook 8 to 10 minutes, until softened. Add the tomato paste and cook 15 to 18 minutes, until paste turns a darker color. Add the red wine, bring to a boil, then reduce the heat and simmer for 25 to 30 minutes, augmenting the pan with water, 1/4 cup at a time to keep the liquidity near that of a ragu.

Bring 6 quarts of water to a boil and add 2 tablespoons salt. Drop the spaghetti into the water and cook according to package instructions until 1 minute short of *al dente*. Drain the spaghetti and toss into the pepper mixture and place pan over high heat. Cook the spaghetti in the peppers until dressed like a good pasta dish, about 45 seconds. Pour into a warmed bowl and serve immediately.

Grilled Eggplant

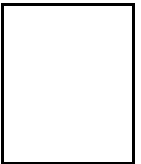
- Long, Asian Eggplant, cut lengthwise
- Regular Olive Oil (not extra virgin)
- Salt & Pepper to Taste

Set grill at about 300 degrees. Slice eggplant in half along the length. Drizzle inside flesh with olive oil, and Salt & Pepper to taste. Place on grill, skin side down. Wait until the eggplant begins to crisp on the skin side. Turn off heat, flip the eggplant onto the flesh side. Carefully remove eggplant when grill marks are present.



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Mark Printz: 378-9714 (for farm-related inquiries)
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learn more about the Farm at:
www.canticlefarm.org or facebook.com/CanticleFarm