HARVEST TIMES

the Canticle Farm newsletter

Fall 2011 Weekly Shareholder 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.

December 2011

How's it GROWIN' ?

with Mark Printz

by David Schummer

The high tunnel crops are looking very good and there is sure to be an ample supply of lettuce, spinach, and other leafy greens for the upcoming winter sales. Items like potatoes and onions, on the other hand, are likely to run out by the end of the year. 2011 was a very challenging year for these crops and many others. As the calendar year comes to an end it is time to begin planning for the upcoming season. Before we know it, the new seeds will arrive and the beginnings of another season will be upon us. Thank you to all who shared in the benefits and challenges this year.

WINTER SALE HOURS CHANGE

It's been decided that the winter sales for the 2011-2012 season will be held from 3:30 pm to 6:00 pm. It appears that this time frame will accommodate more customers' schedules.

From the President

First, allow me to thank all of you for your continuing support of Canticle Farm during the 2011 season. Your participation as CSA shareholders, shoppers at the Farmers' Market and Farm Stand, plus your donations that allowed us to provide fresh produce to the needy of the area has all helped to further Canticle Farm's mission of caring for all of creation.

On another note, I wish to thank David Schummer for all of the good work that he has done as Canticle Farm Education Coordinator. We wish him well in his future endeavors.

We look forward to seeing you at the winter barn sales and in the 2012 season. May you all be blessed during the upcoming holiday season and in the New Year.

Sr. Joyce Ramage, OSF

Gift Ideas

I recently attended a baby shower. Along with the usual, practical gift that new parents can use, I gave them a gift basket filled with Canticle Farm produce. I chose items that are a bit hardier and travel easy as my cousin and his wife live in South Carolina. The items that I chose were a green cabbage and a red cabbage, carrots, beets and winter squash; I contained the items in a quarter bushel basket. As I was not sure what their skill level in the kitchen is I also added a few note cards with recipes for the items that I gave them.

In the past, I have also given "Local" Christmas baskets as gifts to my family and friends. These included items like honey, maple syrup, soap, grains and candles that were purchased from local vendors/ farmers that attend the Olean Farmers' Market. Many of these items can be purchased at our winter sales.

And when I've been strapped for time, unsure what the gift receiver really likes, or just downright lazy, I've chosen to purchase a Canticle Farm gift certificate which may be used to purchase shares, or to buy produce at the Olean Farmers' Market, the Farm stand or the Winter Sales.

Gifts like this are really appreciated because they are thoughtful and unique. I find that the receiver of the gifts really appreciate the items because they are useful, they support the local economy and many times are good for your health. I am passionate about the local food movement, being "green" and healthy, good quality food. Giving gifts like this provides me with a forum for educating others about the importance of "Buying Local" and the benefits of food grown using organic methods.

Gift certificates are available at the winter sales or by calling me or Sr. Joyce at the office (716-373-0200 ext. 3358). A sample gift basket will be available at the next few winter sales. If you need help choosing items, just grab a staff member.

Happy Holidays!
Lori Peterson

David Schummer– editor

Braised Turnips w/ Mustard-Cream Sauce

- 1 Tbs unsalted butter
- 2 Tbs heavy cream
- 1 Tbs Dijon mustard
- 2/3 C chicken or vegetable stock
- 1 1/2 lbs. Turnips, peeled & cut into 3/4-inch cubes
- 2 Tbs minced fresh chives
- Salt & freshly ground pepper

Melt the butter in a large sauté pan. Add the turnips and cook, turning occasionally, over medium heat until lightly browned, about 8 minutes.

Add the stock and cream. Cover the pan, reduce the heat, and simmer until the turnips are tender, 15 to 20 minutes.

Remove the cover, raise the heat to high, and cook until the liquid in the pan reduces to a glaze, about 2 minutes. Stir in the mustard and chives and season with salt and pepper to taste. Serve immediately.

Spinach Supreme

- 20 oz chopped spinach
- 2 C (16 oz) shredded Monterey Jack cheese
- 1, 10.75 oz, can condensed cream of potato soup (undiluted)
- 1 C sour cream
- 1/2 C grated Parmesan cheese

In a large bowl, combine all ingredients. Transfer to a greased 11 x 7 baking dish. Bake, uncovered at 325 degrees for 25-30 minutes or until edges are lightly browned and bubbly.

Canticle Farm
Nourishing Mind, Body, Spirit & Earth

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