

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 July 25, 2011

week #7 of 18 (Summer)

How's it GROWIN'?

with Mark Printz

by David Schummer

Historically, we get just over 4 inches of rain in the month of July. Our month-to-date total is 1.25 inches. Plants prefer an average of one inch per week. The historical average high temperature for the month of July is 78 degrees, yet it seems that there have been very few days this month with highs below the 80 degree mark.

Many undesirable things happen when it is very hot and dry. Aside from the obvious slower growth, some plants will exhibit moisture and heat stress through color or dimensional abnormalities. The recently harvested radishes are a very good example.



Carrots are only a week or two away!

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Distribution Reminders

Please call Farm Manager Mark Printz (378-9714) at least 48 hours in advance if you need to change your distribution day on a given week. Farm staff harvest crop quantities based on the number of expected Tuesday and Friday shareholders. For example, we harvest lettuce on Mondays for Tuesday shareholders, and then again on Thursdays for the Friday shareholders. Calls to the office or emails rarely reach farm staff in time to make the necessary adjustments. Shareholders can also leave us a note on the comments line of the sign-in book at their distribution day one week prior.

We will also bag and hold your share in the cooler if you call Mark before 6 pm on your designated day. You can then pick-up your share at your convenience. Please note that bagged shares that are not picked up by the end of the next distribution day will be donated to one of the many charitable organizations that receive produce from Canticle Farm.

Two separate appeals went out in the 2010 *Harvest Times*, asking shareholders to please avoid using plastic bags, or at least to try to avoid relying on Canticle Farm to provide them at distribution. Many responded and we have seen a significant decrease in plastic bag use, and an increase in the use of cloth bags and other containers. Some continue to use plastic bags, but are bringing their own each week. All of this is a wonderful transformation, and is both good for the farm and the environment. Yet we still do use and need some. Some shareholders still rely on the availability of plastic bags at distribution, and farm staff use them to bag up shares that are held in the cooler for pick-up on another day. So please feel free to bring us some of your clean, used plastic bags.

Please note: While the farm uses new, plastic bags at the farm stand and farmers' markets, this is not our choice but a matter of retail sale law. We are well aware that every plastic bag used results in another that must be manufactured, and that every time we purchase new bags we contribute to the demand for plastic, grocery bags. Many of our retail customers are bringing their own cloth bags, and we say Thank You!

Week #7 Distribution

Lettuce Heads
Summer Squash/Zucchini
Cucumbers
Napa & Head Cabbage,
Swiss Chard, Kale, &
Broccoli Leaves
Beans
Sweet, White Onions

Choice Table
Basil,
Parsley,
Radishes,
Scallions,
Summer Squash
& Zucchini,
Cucumbers,
and more.

Meet Your Veggies

Bulb Onions:

Allium cepa... The cultivated onion was introduced to North America by Christopher Columbus on his 1492 expedition to Hispaniola; however, they found that strains of wild onions already grew throughout North America. Native American Indians used wild onions in a variety of ways, eating them raw or cooked, as a seasoning or as a vegetable.

Bulbs from the onion family are thought to have been used as a food source for millennia. In Bronze



Age settlements, traces of onion remains were found alongside fig and date pits dating back to 5000 BCE. However, it is not clear if these were cultivated onions. Archaeological and literary evidence such

as the Book of Numbers 11:5 suggests cultivation probably took place around two thousand years later in ancient Egypt, at the same time that leeks and garlic were cultivated. Workers who built the Egyptian pyramids may have been fed radishes and onions.

Common onions are normally available in three colors: yellow, red, and white. Yellow onions are full-flavored and are a reliable standby for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French onion soup its tangy sweet flavor. The red onion is a good choice for fresh uses or in grilling and char-broiling. White onions are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.

Canticle Farm grows several varieties of bulb onions: white and yellow sweet onions, and yellow and red storage onions. Storage onions, as the name suggests, are suitable for long-term storage. Storage onions are harvested, stems in tact, and cured in a manner similar to garlic. Storage onions can be kept in a cool, dark cupboard or pantry just as you would store potatoes. Sweet onions, on the other hand, have their tops removed immediately after harvest and cannot be cured for storage. They should be kept in the vegetable crisper drawer of the refrigerator until used.

The farm is currently distributing sweet onions and they will continue to be available for the next few weeks. Storage onions will then become available, and will remain available well into the winter/early spring bi-weekly sales.

Important: Dogs, cats, & other animals should never be given raw onions due to toxicity during digestion.

Meet Your Farm Staff

Peter Braden, Summer Intern

Pete joined the farm on June 25th and will continue working with us through mid-August. Pete is one of four interns working at Canticle Farm this summer; and one of over 40 internship and apprenticeship inquiries received for the 2011 season. He stays with the Schummer family in the house immediately adjacent to the farm. In addition to daily field work, Pete has been helping out at the Bradford Farmers' Market and assisting in some of the farm's educational programs.

He has been kind enough to write his own piece for "Meet Your Farm Staff."

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Canticle Farm has been my introduction to rural living and farming. I really enjoy it here. After college, I lived in Shanghai, China for about five years. During that time I was a translator and interpreter, and hosted a weekly podcast about Chinese poetry. I read and saw many things that made me uneasy about the devastation that industrial agriculture inflicts on people, animals and the natural environment. We need a peaceful revolution of our food system, and I want to be a part of it.

I'm pursuing a Masters in Public Administration with coursework in horticulture at the University of Wisconsin-Madison. My goal is to run an urban farm that works with troubled kids and recent immigrants. Last summer I had a great time working at Grow Pittsburgh, a small urban farm. After I leave Canticle Farm in mid-August I'm going to visit my family and then check out some urban farms in New York City.

I've had a great time working here. As an intern, I am trying to learn as much as I can about each phase of the growing and distribution processes. Everyone has been patient and supportive. In addition, all the workers here are thoughtful and passionate about something. We have great discussions about topics including philosophy, nonviolence, and science. As for vegetables, I enjoy the sweet crunch of sugar snap peas, the contemplative washing of scallions, and the hearty trustworthiness of beets. Farmers Mark and Dave have shared a lot of produce with me, which is very generous of them as I am a vegan.

After work, I enjoy playing the harmonica and reading history, novels and the news. I want to thank my mother Elaine and my brother Sam for their love and support through the years.



Sautéed Summer Squash



- 2 Med. Summer Squash (1 green, 1 yellow)
- Parmesan cheese to taste
- 1 clove garlic (diced)
- Olive oil
- Salt and pepper to taste

Slice summer squash on an angle into 1/2-3/4 inch slices. Cut each slice into bit-sized pieces. Heat olive oil in a sauté pan to medium heat. Add diced garlic and sauté for about 1 minute (do not allow garlic to brown). Add summer squash, salt and pepper to taste, and cook about two minutes (until just slightly softened). Toss in parmesan cheese and toss to melt and incorporate.

If you prefer things a bit spicier, add 1/4-1/2 tsp red pepper flakes when the garlic goes into the olive oil. Also, mix with cooked penne pasta and a bit more olive oil and parmesan cheese for a complete meal. Top with fresh basil chiffonade.

Sweet & Spicy Onion Relish

- 2 med sweet onions
- 1/4 c vegetable oil
- 1 tsp freshly ground black pepper
- 1 Tbs crushed red pepper flakes
- 3 cloves fresh garlic, crushed
- 1 c brown sugar
- 48 oz birch beer (or root beer)

Peel the onions, cut in half and slice into 1 inch pieces. Add the onions and the vegetable oil to a large saucepan, over medium-low heat, and sauté until soft. Stir in the black pepper, crushed red pepper flakes, garlic and brown sugar until incorporated. Add half of the birch beer and let reduce until starting to get thick. Stir in the remaining birch beer and continue to reduce until the liquid is almost completely evaporated.

Serve over hotdogs, burgers, etc.



Observe always that everything is the result of change, and get used to thinking that there is nothing Nature loves so well as to change existing forms and make new ones like them.

~ Marcus Aurelius

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)

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.

A Note from the Editor ...

Assistant Farm Manager & Education Coordinator David Schummer would like to apologize for the recent delays in delivery of the *Harvest Times*. David writes and edits the *Harvest Times*. Computer problems have resulted in delays of the newsletter these past few weeks. Our normally scheduled Tuesday morning email delivery had to be temporarily moved to Friday morning. We are now all fixed and back on schedule.

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

Rather than large, uniform radishes we are finding that most of the larger ones are bumpy, and non-uniform. They taste the same, just look a bit odd. The Zephyr variety of summer squash (light green ends) are tending to smaller sizes so far this summer as the plants have fewer nutrients available for fruit production. Less water means less available nutrient transportation from roots to fruits. We also have to remember that the plant's goal is not to feed us, but to reproduce by seed. So we are seeing summer squash that are a bit shorter, and sometimes fatter (recent harvests of zucchini are a good example). Some varieties will shift away from their normal size and length to shorter, plumper fruit. These more plump squash allow for adequate seed production by the individual plant while at the same time minimizing the skin surface area (which decreases energy use and moisture loss, thereby protecting the seeds).

Very hot and dry temperatures also inhibit seed germination for those crops that are directly seeded into the beds. And while weeds might not thrive in adverse conditions, they do a fine job of surviving, often out competing our crops. Please consider helping out on some cool morning or evening.

Coming Events

The list of Canticle Farm events is growing. While we cannot always find the space to list all of them in the *Harvest Times*, most are available online at: canticlefarm.org.

- 31 July **Organic Gardening Workshop Session II– Novice Level** (1-4 pm): This workshop will cover trellising, weed & insect identification/control, plant & soil maintenance, and harvesting. More details, including registration information, is available online. Seats remain.
- 10 Aug. **NOFA-NY Field Day at Canticle Farm: Implementation of a Food Safety Plan on a Diverse Vegetable Farm** (10 am– 12:30 pm): Details available at NOFANY.org
- 14 Aug. **Special Topics Gardening Workshop– Edible Landscaping** (1-4 pm): Come and learn how to transform your yard and flower beds into beautiful & edible landscaping areas. More details, including registration information, is available online. Seats remain.

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