

HARVEST TIMES



the Canticle Farm
newsletter

Summer 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.



week of June 27, 2011

week #3 of 18 (Summer)

How's it GROWIN' ?

with Mark Printz

by David Schummer

Please enjoy the very large and handsome lettuce heads this week! As the summer heat encroaches, some leafy greens tend to grow more compact in an attempt to conserve moisture and nutrients. The lettuce beds are, for now, very lush and full of beautiful heads. We carefully select varieties that are heat tolerant for these warmer months (we also select cold tolerant varieties for the winter high tunnel crops so that we can offer lettuce and other leafy greens well into the frigid months of January and February). Discussion of leafy green growth offers an opportunity to address a favorite crop of many shareholders—spinach. Spinach seeds germinate very poorly in ground temperatures that exceed 70 degrees, and those that do germinate almost immediately “bolt”. Bolting occurs when a plant is stressed—the plant immediately “shifts” into reproductive mode and moves into the seed-producing stage. Seed producing vegetables are rarely harvestable because they forgo growth in favor of seed production. Only a few spring beds of spinach



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Food Extinction?

An estimated 90% of the fruits and vegetable varieties historically grown in the United States have vanished. Some 7,000 varieties of apples were once grown in the 1800s; the number is now fewer than 100. Thousands of rice varieties once thrived in the Philippines, but less than 100 exist today. Ninety percent of China's wheat varieties have disappeared in the past century, and 1,600 of the 8,000 known livestock breeds are either endangered or extinct today.

Why has this happened? The answers are complex. A global market for agricultural products is one culprit. Food is grown for its ability to ship well and spoil slowly, rather than for diversity, quality, and delivery to local communities. World population growth is another factor. As the demand for food grows, so grows the demand for varieties that provide high yields in the shortest amount of time. Consumer preference offers another explanation. Most of us shop with our eyes first, stomachs second. What looks like a perfectly round, red, unblemished tomato might be appealing on the produce shelf, but pales in comparison to an oddly shaped heirloom variety. Supermarkets and marketing efforts condition consumers into believing that the appearance of food is more important than the nutritional value and taste of food. As we become more accustomed to supermarket varieties our taste expectations change. All of this has led to a drastic decrease in food variety.

Why is food diversity an important issue and is there an upside to all of this? Yes, a recent National Geographic article paints a troubling picture of our “food situation”, followed by a hopeful discussion about those who are trying to change the way we grow food. The entire article is available at:

ngm.nationalgeographic.com/2011/07/food-ark/siebert-text/1

Week #3 Distribution Items ...

Lettuce Heads
Swiss chard or Kale
Scallion bunches
Garlic scapes
Peas

Choice table items:
Radishes
Pac choi
Basil plants
Parsley

David Schummer— editor

Meet Your Veggies

Swiss Chard:

While most members of the *Chenopodiaceae* family of plants are considered weeds, several are cultivated vegetables. These include spinach, beets, and Swiss chard. Chard received its Swiss label in the 19th century from European seed catalog publishers in an attempt to clearly distinguish this cultivar from French varieties of spinach. There is little evidence to support an actual link between Swiss chard and Switzerland. In fact, the earliest record of chard origins come from Sicily.

Small leaves of Swiss chard can be used raw in lettuce salads or steamed; the larger, more mature leaves are often sautéed or cooked more thoroughly.



While many people discard the stem prior to cooking, it is actually quite nutritious and tasty—the stems just require a bit more cooking to become tender.

Swiss chard contains high levels of vitamins A, K, and C. It is also a rich source of dietary fiber.

Historically, varieties of Swiss chard were limited to those with green leaves and white stems. Recent cultivation has led to red, orange, pink, purple, and striped varieties. Canticle Farm plants both an older Fordhook variety and the Bright Lights variety (shown above). Flavor does not vary by color.

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

remain for harvest, and there's not nearly enough for shareholder distribution. That is why you'll see spinach available at the farm stand and our two farmers' markets, but not on the shareholder distribution tables. Spinach will again make an appearance during the fall months and availability will continue throughout the winter and early spring.

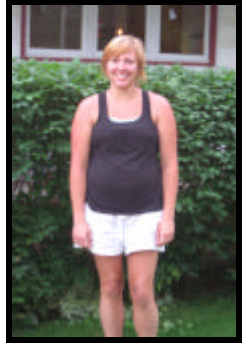
The eggplant crop has been transplanted into the beds adjacent to the far high tunnel. Eggplant was transplanted into beds covered with biodegradable plastic this year in hopes of a more weed free, productive yield. The standard Classic and very tasty Orient Express (a long, slender Asian variety with very little skin bitterness) have been the varieties of choice for the past few years. Both customers and shareholders have expressed a growing desire for the Asian variety and we have responded by planting more of them each year.



Meet Your Farm Staff

Carrie Lamontagne, Summer Intern

Carrie joined us three weeks ago to begin a 6-week summer internship at Canticle Farm. She is receiving college credit from the University of Pittsburgh Bradford for her time with us and will complete a paper and presentation on sustainable, local agriculture later this fall.



Ms. Lamontagne is a joint Environmental Studies and Anthropology major, and will begin her junior year at UPB when classes resume in August. She approached us last fall to discuss the possibility of doing an internship this summer and we are very happy and fortunate that she did.

Carrie works side-by-side with field hands; planting, harvesting, washing, and packing vegetables for shareholder distribution and retail sales. She works Mondays, Tuesdays, and Wednesdays, so take a moment to say hello if you are a Tuesday shareholder. Because Carrie lives in Kane, PA she stays with the Schummer family three nights a week rather than commuting each morning to Allegany for a 7AM start to the workday.

Her favorite farm activity is harvesting, and she is a big fan of garlic scapes, beets, and the red butterhead variety of lettuce (Bibb or Boston lettuce). Carrie enjoys kayaking, hiking, cooking, and visiting the Allegheny Reservoir.

A Small Number of 2011 Fall Shares are Still Available!

Applications are available at Shareholder Distribution, the Farm Stand, Olean & Bradford Farmers' Markets, as well as online at: canticlefarm.org

Did You Know? ...

Plants require approximately 1 inch of rain per week. This can vary as wind, humidity, and temperature conditions often significantly alter how much water actually reaches the plant's roots for absorption. Allegany, NY has received a reported 4.19 inches of rain thus far this month. The historical average for the month of June is 4.52 inches.

* * *

The Summer Solstice occurred on June 21st at exactly 1:16 pm. The Summer Solstice marks the beginning of summer—the longest day of the year. As daylight hours decrease plants begin to shift into a reproductive mode. For most plants this means putting on more "fruit" in an attempt to maximize seed production.

Tomato Kale Soup



- 2 Tbs olive oil
- 1 Tbs minced garlic *or* 4 garlic scapes
- 1 small onion, chopped
- 4 C water
- 1 bay leaf
- 4 C chopped tomatoes
- 8 oz kale leaves, chopped

Mince garlic scapes if using in place of garlic. Sauté onion and garlic with the olive oil in the bottom of a large pot. Add remaining ingredients and simmer for 1 hour, or until kale is soft. Remove bay leaf and salt and pepper to taste. For a heartier soup, add 4 oz. cooked whole-wheat pasta at the end of cooking.

Fruit and Nut Choi Salad



- 1 regular sized *or* 2 small sized Pac choi
- 1 drained 11 oz. can of mandarin oranges
- 1/4 C coarsely chopped almonds
- 1 big *or* 2 small scallions, chopped

Dressing:

- 1/4 C rice vinegar
- 2 Tbs soy sauce
- 3 Tbs extra virgin olive oil
- 1 Tbs grated, fresh ginger

Break head of Pac choi into individual stalks. Wash in kitchen sink full of water. Chop into long thin pieces similar to shredded cabbage.

Lightly toss salad ingredients together in bowl. In a separate bowl, combine dressing ingredients. Pour dressing over salad. Lightly toss until combined.

Recipe courtesy of Rhonda Berman

Farmers' Market Info.

The Olean R.E.A.P. Farmers' Market is open from 8 am– 2 pm every Saturday through the end of October.

The Bradford Farmers' Market is open from 8 am– noon every Saturday through October 15th.

Be sure to stop by and visit your local farmers.



Canticle Farm at the Bradford Farmers' Market (06/25/11)

Coming Events ...

- **Camp Creation** (M-Th, July 11-14, 9:30-noon) ... Registration is limited to 30 participants, and few openings remain. If interested, do not delay.
- **Organic Gardening Workshop**– Intermediate Level, Session II (Sun, July 17th, 1-4 pm) ... A field based learning experience that will include plant disease identification/control. Many more topics (including garlic harvesting, curing, and storage) will be covered.
- **Organic Gardening Workshop**– Novice Level, Session II (Sun, July 31st, 1-4 pm) ... A field based learning experience that will include common insect and weed identification/control. Many more topics will be covered.
- **NOFA-NY Field Day**– *Putting a Food Safety Plan into Action on a Diverse Vegetable Farm.* (Wed., August 10th, 10-2 pm.) More information available at: www.nofany.org/events
- **Edible Landscaping Workshop** (Sun, August 14th, 1-4 pm) ... Come learn what plants to select for our climate, how to aesthetically arrange them based on color and size, and begin eating your landscaping while at the same time beautifying your property.

Volunteer Opportunities

Standing volunteering days and times are:

Monday & Thursdays from 4-7 pm,
Tuesdays & Fridays from 2-6 pm, &
Saturdays from 9 am-noon.

Please keep in mind that the annual garlic harvest will be taking place in mid-July. This is a wonderful opportunity to learn the "ins and outs" of garlic harvesting and curing, while at the same time spending a weekend afternoon at the farm with your farm staff, and fulfilling volunteering hours. More details, including day and times, will be forthcoming.

Farm Stand Offers More than Vegetables

The roadside Farm Stand, in addition to farm vegetables, offers fresh brown eggs from Sojourner Farm, grains (wheat, rye, & corn flours) from Faulkner Farm, and honey from two local apiaries.

Shareholders receive a 10% discount on all Canticle Farm vegetables (excludes eggs, grains, & honey).

Lettuce Bed Gleaning Project Continues

We reported about a new community service project at Canticle Farm in the last edition of *Harvest Times*. Several of individuals who are served by the Rehabilitation Center visited the farm to harvest lettuce from beds that the farm can no longer use. They harvested on Monday and Tuesday last week, and returned this Monday to harvest, wash, bag and deliver nearly 100 heads to the Olean Food Pantry.

Canticle Farm Wish List

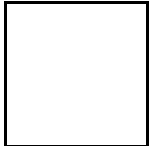
- Small paint brushes & tempera/craft paint for Camp Creation
- Large coffee percolators and pouring carafes
- Hand dolly with pneumatic tires
- Stovetop cookware (fry pans, skillets, etc.)
- Picnic tables and lawn chairs
- Clipboards (letter-sized ... 8.5"x 11")
- Perennial herb plants for Barbara's herb beds
- Pool skimmers for wash station

Canticle Farm

Nourishing Mind, Body, Spirit & Earth



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Mark Printz: 378-9714 (farm-related inquiries)
David Schummer: 307-9766 (education-related inquiries)
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