

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.



week of November 7, 2011

week #4 of 5 (Fall)

How's it GROWIN' ?

with Mark Printz

by David Schummer

What to do with all of that **cabbage** from distribution? First, readers might want to check out the Farm website for recipes. We've also included a recipe in this issue that calls for a head of Napa cabbage. Are you a fan of sauerkraut? The process of making homemade sauerkraut is surprisingly easy and requires nothing more than cabbage, canning salt, and a bit of time. And the taste far surpasses that of store bought varieties.

Evening frosts and freezes always result in sweeter, more flavorful **kale** and **collard** greens. While many are intimidated by such vegetables they are extremely versatile and are also some of the most nutrient-rich crops grown at Canticle Farm.

The Farm is always looking for unwanted or unneeded items that you may have available for donation. A newly updated **Wish List** is posted inside the barn, next to the Choice Table. Please have a look.

Canticle Farm is currently seeking individuals interested in contributing to our **education programming**. Various volunteer opportunities exist. Education experience would be desirable, but is not required. For more information contact:

Sr. Joyce Ramage
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Health is a large word. It embraces not the body only, but the mind and spirit as well; ... and not today's pain or pleasure alone, but the whole being and outlook of a man.

~James H. West

Meet Your Veggies

Turnips:

Brassica rapa ... A root vegetable commonly grown in temperate climates worldwide for its white, bulbous taproot. The turnip was a well-established crop in Hellenistic and Roman times, which leads to the assumption that it was brought into cultivation earlier. Wild forms of the hot turnip and its relatives— the mustards and radishes— are found throughout west Asia and Europe. In Nordic countries, the turnip was the staple crop before its replacement with the potato in the 18th century. The cross between turnip and cabbage, rutabaga, was possibly first produced in Scandinavia.

Turnip lanterns are an old tradition. Since inaugural Halloween festivals in Ireland and Scotland, large turnips have been carved out and used as candle lanterns.

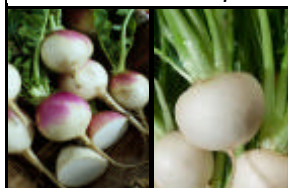


Carved Turnip

Turnip leaves are sometimes eaten as "turnip greens" and they resemble mustard greens in flavor. Turnip greens are a common side dish in southeastern US cooking, primarily during late fall and winter. Smaller, more tender leaves are preferred. Turnip greens (left) can be eaten raw in a salad, steamed, boiled, or sautéed.



Sautéed Turnips



Turnips are commonly prepared in the same manner as potatoes and can often be used as a substitute. They can be boiled, sautéed, roasted, stewed, or mashed.

The most common variety of turnip is the purple-topped variety, but deep red, orange, and white varieties also exist. Smaller, and sweeter, salad turnips can be eaten raw, similar to radishes.



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Butternut Squash Soup



- 8 C Butternut Squash (peeled, seeded, and cut into 1 in. chunks)
- 4 C Chicken Broth
- 1 C Dry White Wine
- 1 Tangy Apple (peeled & cut up)
- 1 C Onion (diced)
- 1 Tbs Garlic (minced)
- 2 tsp Fresh Sage (minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Ground Cinnamon
- 1/4 C Brandy
- 2 Tbs each Olive Oil & unsalted Butter

In 2 Tbs olive oil & unsalted butter, sauté onion, garlic, sage, pepper flakes, & ground cinnamon (about 10 min.). Stir in brandy, deglaze, & sauté (about 1 min.). Add butternut squash, chicken broth, dry white wine, & apple. Bring to boil; reduce heat, partially cover and simmer until squash is tender (about 15 min.). Working in batches, carefully puree soup in blender. Return to pot, salt & pepper to taste. Serve hot.

Colcannon (Irish Potato Salad)



- 5 Med Potatoes
- 1/2 C Unsalted Butter
- 1/4 C Whole Milk
- 3/4 tsp Kosher Salt
- 1/2 tsp Black Pepper
- 1 Head Napa Cabbage (cored & coarsely chop)
- 4 Large Shallots (thinly sliced)
- 1 Large Leek (halved and thinly sliced)
- 1 Bunch Kale (stemmed and coarsely chopped)
- 1/4 tsp freshly grated Nutmeg
- 1/4 tsp Salt
- 2/3 C chopped Green Onion tops

Cut and steam the potatoes until tender. Return to the still hot pot and add 1/4 cup butter, milk, kosher salt, and 1/4 teaspoons pepper. Mash together.

Melt the remaining butter in a large pot over medium heat. Add shallots & leeks. Sauté until they begin to soften. Add the kale & toss until soft & wilted but still bright green, about 3 min. Add the cabbage and toss until tender-crisp, about 8 minutes. Sprinkle with nutmeg, salt & the remaining pepper.

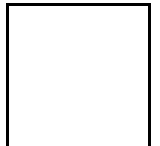
Mix the cabbage and mashed potatoes together well. Sprinkle with the green onion slices before serving

Canticle Farm

Nourishing Mind, Body, Spirit & Earth



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