

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 **October 31, 2011**

week #3 of 5 (Fall)

How's it GROWIN' ?

with Mark Printz

by David Schummer

Happy Halloween everyone! Hope all had a safe, enjoyable evening with lots of treats. Farm staff have been hard at work transplanting seedlings into the high tunnels for the winter sales. It won't be long before the cold Tuesday afternoon Barn Sales begin (but isn't the fresh produce worth it?). You can expect fresh spinach, lettuce, kale, Swiss chard, and Asian greens this year, as well as many of the storage crops like potatoes, carrots, beets, turnips, Brussels sprouts, and garlic.

The new wash station and packing shed has served as a welcome retreat for farm staff as the morning temperatures continue to plummet. Staff had to brave and bear the winds and driving rains at times last year in a partially enclosed, makeshift washing area. The new facility offers cover, protection from winds, and ample space to clean and pack late season crops. We will soon be adding additional cooler space to the wash station. Funding for the cooler comes from the proceeds of the 2011 Heavenly Harvest event. Additional cooler space means more available vegetables for the winter sales and more convenient storage for shareholder and farmers' market produce.

Thank You to all of our dedicated farmers' market customers. See you at the REAP Market next spring.



The Roadside Farm Stand is open every Tuesday & Friday from 2-6 pm. Get your fall vegetables for roasting, stock up for the winter, or start planning your Thanksgiving dinner.



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Meet Your Veggies

Celery and Celeriac (Celery Root):

Apium graveolens ... Both are plant species in the family *Apiaceae* commonly known as celery (variety *dulce*) or celeriac (variety *rapaceum*), depending on whether the stalks or roots are eaten. The word "celery" derives from the French *céleri*, in turn from Italian *seleri*, the plural of *seleri*, which comes from Late Latin *selinon*, the latinisation of the Greek word for parsley.

In North America, commercial production of celery is dominated by the varieties called Pascal celery. Gardeners can grow a range of cultivars, many of which differ little from the wild species, mainly in having stouter leaf stems. They are ranged under two classes, white and red; the white cultivars being generally the best flavored, and the most crisp and tender. The stalks grow in tight, straight, parallel bunches, and are typically marketed fresh that way, without roots and just a little green leaf remaining.

The wild form of celery has a furrowed stalk with wedge-shaped leaves, the whole plant having a coarse, earthy taste, and a distinctive smell. The stalks are not usually eaten, but the leaves may be used in salads, and its seeds are those sold as a spice.

Celery, onions, and bell peppers are the holy trinity of Louisiana Creole and Cajun cuisine. Celery, onions, and carrots make up the French mirepoix, often used as a base for sauces and soups. Celery is a staple in many soups, such as chicken noodle soup.

Celeriac is not as widely used as some other root vegetables. Celeriac may be used raw or cooked. It has a tough, furrowed, outer surface which is usually sliced off before use because it is too rough to peel. Celeriac has a celery flavor, and is often used as a flavoring in soups and stews; it can also be used on its own, usually mashed, or used in casseroles, gratins and baked dishes.



Celery Root



David Schummer— editor

Celery Root Mashed Potatoes



- 6 (~3 lbs) medium potatoes, peeled & diced
- 1 (~1+ lbs) large celery root, peeled & diced
- 4 Tbs unsalted butter, softened, divided
- 1 C heavy cream
- Salt & freshly ground black pepper

In a large, heavy-bottomed pot add enough water to completely cover the potatoes and celeriac. Bring the water to a boil over medium-high heat. Add the potatoes and celeriac and a large pinch of salt. When the water returns to a boil, reduce heat to a simmer, and cook until tender, about 30 minutes.

Drain the potatoes and celeriac. Put them through a ricer or hand mash. Add butter and cream and combine.

Spaghetti Squash with Parmesan & Sage



- 1 medium spaghetti squash
- 3 Tbs unsalted butter
- 1 Tbs minced fresh sage leaves
- 1/3 C grated Parmesan cheese
- Salt and freshly ground pepper

Preheat the oven to 400 degrees. Use a paring knife to make several slits in the squash so steam can escape as the squash cooks. Place the squash on a baking sheet and bake until a skewer glides easily through the flesh, about 1 & 1/4 hours. Remove the squash from the oven and set aside briefly.

Melt the butter in a small, light-colored or shiny skillet over medium heat. When the butter stops foaming, add the sage leaves and cook until they release their flavor into the butter and the butter has turned golden brown, about 1 minute. Remove the skillet from the heat.

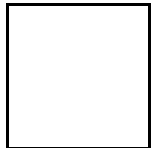
Slice the squash in half lengthwise. Scrape out and discard the seeds with a spoon. Drag a fork through the flesh to pull the strands of squash away from the skin. Place the squash strands in a large bowl. Toss with the sage butter and cheese. Add salt and pepper to taste and serve immediately.

Canticle Farm

Nourishing Mind, Body, Spirit & Earth



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