

# 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 **September 26, 2011**

week #16 of 18 (Summer)

## How's it GROWIN'?

with Mark Printz

by David Schummer

Only three weeks of Summer Distribution remain. Fall has arrived, the evenings are rapidly getting cooler, and we are already seeing patches of autumn colors amidst the surrounding hills. With autumn now upon us it is time to start thinking about the "classic" fall crops: cabbage, broccoli, kale, and the winter squashes. Week #16 distribution will include all of the above so we've featured head cabbage in the *Meet Your Veggies* section, and included appropriate recipes in this week's issue of *Harvest Times*. Brussels sprouts, another fall crop, require a bit more time and a good freeze or two before they sweeten up.

Root and other storage crops such as potatoes, onions (including garlic and shallots), beets, and carrots will continue to appear at distribution throughout the Summer and Fall seasons. Bean distribution will end after the first freeze. The bean rows are covered when there is a threat of frost, but the fabric only provides a few degrees of protection and helps to keep frost from forming on the plants. A long, cold night of temperatures in the high 20s will bring an end to the bean plants.

The last of the *Alliums* are now being harvested from the fields. Leeks were available at distribution last week and will continue to be a choice for weeks to come. Included in shareholder distribution this week ... a winter squash choice that includes pumpkins.

The high tunnels are now being prepared for the fall plantings and winter crops. This will include: spinach, lettuce, kale, Swiss chard, and various other greens.



## Pitt-Bradford Professor Presents Paper on Hobby Farming

**Bradford, PA** – Dr. Helene Lawson, professor of sociology at the University of Pittsburgh at Bradford, presented a paper on "The Hobby Farm" at the annual meeting of the American Sociological Association.

Having grown up in an apartment in Chicago, Lawson said that when she came to Pitt-Bradford, she was intrigued by rural life, including farming.

A few years ago, she met a student, Jennifer Sanders, who came from and was marrying into a farm family. The young couple decided to continue farming near their home in Edinboro, Pa., but could not afford to do so full time.

Sanders served as Lawson's guide as she visited farms and former farms in Erie, McKean and Cattaraugus

(Continued on page 2)

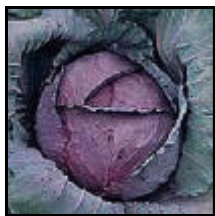
## Week #16 Distribution

Lettuce Heads	<b>Choice Table</b>
Winter Squash	Swiss chard,
Kale	Peppers,
Potatoes	Tomatoes,
Cabbage, Broccoli, Napa Cabbage	Greens Mix,
Carrots, Beets	Parsley
Onions, Leeks, Garlic, Shallots	<b>Pick-Your-Own</b>
Beans	Sunflowers or
	Zinnias,
	Parsley,
	Beans,
	SunGolds,
	Sauce Tomatoes

# Meet Your Veggies

## Head Cabbage:

*Brassica oleracea* ... The Brassicaceae Family of cultivars is quite extensive. Head cabbage, one of many Brassicaceae, is closely related to broccoli, cauliflower, kale, kohlrabi, collard greens, turnips, and Brussels sprouts. The cultivated cabbage is derived from a leafy plant known as wild mustard and native to the Mediterranean region, where it is common along the seacoast. It was known to the ancient Greeks and Romans, and praised for its medicinal properties.



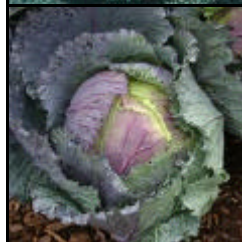
Cabbage is an excellent source of vitamin C. It also contains significant amounts of glutamine, an amino acid that has anti-inflammatory properties. Cabbage can also be included in dieting programs because it is a low calorie food.

Cabbage, along with other *Brassica* vegetables, is a source of a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells. Also, fresh cabbage juice has been shown to promote rapid healing of peptic ulcers.

Many types of head cabbage exist including: red cabbage; both red and green Savoy types (*right*); round, smooth, green heads; and a relatively new, cone-shaped variety known as Caraflex (*below*).



Generally, red varieties are slightly smaller than green varieties. Some cabbages are better suited for storage than others. Developed in Cortland, NY, the variety known as Storage No. 4 can be used fresh, but is also well adapted for storage (under proper conditions, of course).



Tendersweet (*below*) is a "fresh eating" variety and should not be stored. Tendersweet heads are not really round, and appear a bit like a partially deflated, squished basketball. Kaitlin (*not shown*) is a great choice for those who wish to make sauerkraut. The extremely white, relatively dry interior is ideal for fermenting. The result is a sturdy and crunchy kraut with very little liquid. The variety can also be successfully stored until late December.



Caraflex



Tendersweet

(Pitt-Bradford Professor ...Continued from page 1)

counties, interviewing farmers and former farmers.

Lawson said that she found family farms still operated at some level often because of the romance of the farm and how it fulfilled owners' desires to live a simpler life closer to land and animals.

Lawson found that hobby farmers, or those who have their primary jobs off the farm, have found success providing products to niche markets that satisfy consumers' desire for healthier food.

The reasons that people leave farming, she found, include economic hardship and exhaustion.

The paper will be archived with the conference proceedings at [www.allacademic.com](http://www.allacademic.com) and will be available for public access.

Lawson is the director of the sociology program at Pitt-Bradford and earned her doctorate in sociology from Loyola University in Chicago. She holds Master of Arts degrees in gerontology and early childhood education from Roosevelt University, where she also earned a Bachelor of Arts in education.



She teaches Introduction to Sociology; Gender, Race and Ethnicity; Images of Men and Women in the Media; Sociology of Work and Society; Global Society; and Inequality.

She lives in Bradford with her husband, Dr. Larry Lawson.

~ 16 October 2011

## Interested in Education?

Canticle Farm is currently seeking individuals interested in contributing to our ongoing and growing education programming. This could include volunteering for a position on the Farm's Board of Directors, serving on the Education Committee, or donating time in support of one of our many education-related events.

Some experience in education would be desirable, but is not required. More important is the willingness to support and contribute to the Farm's mission of **Nourishing Mind, Body, Spirit, and Earth**.

**contact: Sr. Joyce Ramage  
for more information ...  
[canticleoffice@yahoo.com](mailto:canticleoffice@yahoo.com)**



[www.facebook.com/CanticleFarm](http://www.facebook.com/CanticleFarm)

## Pitt-Bradford Fall Retreat

**Allegheny State Park** – Pitt-Bradford held an overnight retreat this past week for all interested faculty and students at Camp Allegheny. The retreat was sponsored by the University and the Environmental Studies Department. Nearly 100 students and several faculty and staff members attended the event which included several presentations by local organizations and a dinner made with local vegetable/fruit produce and meats.

Representatives from the USDA National Forest Service, Allegheny State Park, Tuna Valley Trail Association, McKean County Conservation Corps, Friends of Allegheny, and Canticle Farm were invited to speak about their organizations and discuss how UPB students could become involved.

Canticle Farm was represented by David Schummer who delivered a presentation that covered sustainable farming, benefits of supporting local agriculture, the Farm's internship program, and the Farm's ongoing dedication to providing fresh produce through the donated share program. Recent, and ongoing work between Canticle Farm and UPB has resulted in a strong relationship that has proved equally beneficial for both the students and faculty of UPB and Canticle Farm.

## Braised Cabbage & Carrots



- 1 Large head (about 3 lbs) green cabbage
- 4 Slices extra-thick bacon, cut into 1-inch squares
- 1 C water
- 2 Tbs *Seasoning* (recipe follows)
- 10 oz Baby carrots
- Salt and freshly ground black pepper

Core cabbage and chop into 2-inch pieces. Clean thoroughly and let drain.

In a large pot over medium heat, cook bacon halfway through. Half-cooked bacon will have released its fat and be lightly browned, but still moist.

Add the cabbage, water and *Seasoning*. Cover and reduce to a simmer and steam 2 hours, stirring every 15 minutes. Drain water from pot and add carrots. Cover and simmer another 15 minutes, until carrots are tender. Add salt and pepper, to taste.

### *Seasoning:*

- 1 tsp cayenne pepper
- 1 tsp celery seed
- 1/2 Tbs lemon pepper
- 1 Tbs garlic powder

Mix ingredients thoroughly. Seasoning mix can be kept in a tightly sealed container for up to 6 months.

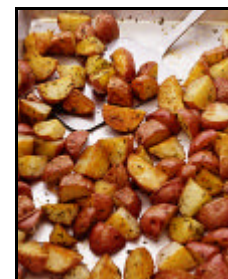
## Sweet & Sour Cabbage



- 2 Tbs olive oil
- 2 lbs Red cabbage (about 1 small head)
- 1 can (8 oz) crushed pineapple in juice
- 3 Tbs light-brown sugar
- 1/4 c red-wine vinegar
- Coarse salt and ground pepper
- 1/3 c snipped fresh dill

Halve, core, and cut red cabbage into 1/2-inch chunks (about 10 cups). In a Dutch oven (or other 5 quart pot), heat oil over medium-low heat. Add cabbage, pineapple, sugar, and vinegar; stir to combine. Season with salt and pepper. Cover; cook, stirring occasionally, until cabbage has wilted (but is not mushy), about 35 minutes. Remove from heat; stir in dill. Serve hot or at room temperature.

## Roasted Potatoes with Rosemary & Garlic



- 1, 1/2 lbs red potatoes
- 3 Tbs extra-virgin olive oil
- 4 med garlic cloves, minced
- 1 Tbs minced fresh rosemary leaves
- 1 tsp salt

Preheat oven to 425 degrees. Cut potatoes into 1 inch chunks. Place the potatoes on a large rimmed baking sheet. Drizzle 1, 1/2 Tbs. of oil over the potatoes and toss with your hands to coat them evenly. Place the baking sheet in the oven. Roast the potatoes, turning once, until golden brown, about 45 minutes.

Meanwhile, combine the remaining 1, 1/2 Tbs. of oil in a small bowl with the garlic, rosemary, and salt. Remove the potatoes from the oven. Drizzle the mixture over the potatoes, turn the potatoes to coat them with the seasoned oil, and return the baking sheet to the oven. Bake until the potatoes have absorbed the seasoned oil and become crisp, about 5 minutes longer.

Transfer the potatoes to a serving bowl and serve immediately.

# 2011 Fall Shares are SOLD OUT

\* \* \*

Distribution Begins Oct. 18th

## 4th Student Intern of 2011 Season to Begin this Week

University of Pittsburgh Bradford student, Miranda Miraglia, will begin a 90-hour, fall internship at Canticle Farm this week. Miranda is a Senior Environmental Studies major at UPB and was a student in Education Coordinator David Schummer's Environmental Ethics class in 2008.

Miranda is especially passionate and excited about putting some of her university training and theoretical knowledge to the test by working side-by-side farm staff this fall. Miranda's internship will offer her the opportunity to partake in many of the day-to-day farm activities: harvesting, washing, packing, cultivating, seeding, transplanting, etc. She is a native of Ridgeway, PA.

# HARVEST TIMES

Canticle Farm, Inc.  
115 E. Main St.  
Allegany, NY 14706

## Coming Events ...

- 28 Sept. **Annual Certified Naturally Grown Recertification** (10 am): Join Farm Manager Mark Printz and Deb Richie from Native Offerings Farm in Otto, NY for an opportunity to observe the process of CNG Certification. Event is open to all.
- 02 Oct. **Organic Gardening Workshop Session III–Novice Level** (1-4 pm): This workshop will cover: Season end tasks, Composting organic matter, Cover cropping, Late/overwinter crops such as garlic, parsnips, etc., and Vegetable storage. More details, including registration information, is available online.

visit: [www.canticlefarm.org](http://www.canticlefarm.org)

## Volunteer Opportunities

Still have volunteer hours to fulfill? *Please call:*  
**Mark (716-378-9714)**  
to make arrangements for volunteering  
during non-distribution hours.

**contact information:** email: [canticleoffice@yahoo.com](mailto:canticleoffice@yahoo.com)  
**Lori Peterson & Sr. Joyce Ramage:** 716-373-0200 ext. 3358  
**Mark Printz:** 378-9714 (for farm-related inquiries)  
**David Schummer:** 307-9766 (for education-related inquiries)

learn more about the Farm at:  
[www.canticlefarm.org](http://www.canticlefarm.org) or [facebook.com/CanticleFarm](https://www.facebook.com/CanticleFarm)