

HARVEST TIMES

the Canticle Farm
newsletter

Winter &
Spring
Monthly
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.



December 2010

Welcome to Canticle Farm's 3rd, and final version of the **Harvest Times**. For years the Farm has communicated information, recipes, events, etc. to our summer shareholders with the 18-week edition. Earlier this year we added the abbreviated, half page fall edition to the mix in an attempt to enhance communication with our fall shareholders. A similar format will be made available to the 2011 spring shareholders. We are now introducing the monthly Winter & Spring e-dition, conveniently delivered to your email inbox from December-May.

The monthly e-dition will feature a printer friendly, letter-sized format, color photos, recipe "cards", winter/early spring sale information, and much more. We hope you enjoy this new format and thank you for continuing to support locally grown, ecologically sustainable agriculture.

10 Reasons to Support Organic in the 21st Century

1. Reduce The Toxic Load: Keep Chemicals Out of the Air, Water, Soil, and our Bodies.

Buying organic food promotes a less toxic environment for all living things. According to USDA, only 0.5 percent of crop and pasture land is organic, leaving 99.5 percent of farm acres in the U.S. at risk of exposure to noxious agricultural chemicals.

2. Reduce if Not Eliminate Off Farm Pollution.

Industrial agriculture doesn't singularly pollute farmland and farm workers; it also wreaks havoc on the environment downstream. Pesticide drift affects non-farm communities with odorless and invisible poisons. Synthetic fertilizer drifting downstream is the main culprit for dead zones in delicate ocean environments, such as the Gulf of Mexico, where its dead zone is now larger than 22,000 sq. km, an area larger than New Jersey, according to Science magazine, August, 2002.

3. Protect Future Generations

Before a mother first nurses her newborn, the toxic risk from pesticides has already begun. Studies show that infants are exposed to hundreds of harmful chemicals *in utero*. In fact, our nation is now reaping the results of

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First Winter Barn Sale a Huge Success!

Everyone at Canticle Farm would like to thank those who attended the first 2010-2011 barn sale. Sister Anne tallied sales and customers throughout and she counted over 80 customers in the short 4-hour sale. Big sellers during our first sale included: spinach, carrots, potatoes, turnips, and garlic. Canticle Farm sold so many carrots that Mark and David braved a very wet and muddy snow storm the following day (Dec. 1st) in



New displays at Winter Sale #1 ... Tues, Nov. 30th

an attempt to replenish the carrot supply and ensure availability for future sales. Despite the heavy snow they managed to harvest and wash an additional 250 lbs. of carrots before noon.

The first winter sale included over 20 items: winter squash, turnips, potatoes, stew mix, carrots, beets, radishes (salad Daikon, & Beauty-Heart), Brussels sprouts, cabbage, Pac choi, Napa cabbage, spinach, kale, Swiss chard, Asian greens mix, mizuna, lettuce, garlic, shallots, and cooking onions. Also available at the sale: cage-free, frozen, whole chickens from Sojourner Farms LLC, Certified Naturally Grown grains from Faulkner Farm (wheat & rye flour/berries, cracked wheat, and popcorn on-the-cob). Lynn Bliven was present with her pastured meats (beef & lamb).

So mark your calendars. Eleven sales remain. Future sale dates (subject to product availability) are as follows:

December 14th
January 11th
February 8th
March 8th
April 5th
May 3rd

December 28th
January 25th
February 22nd
March 22nd
April 19th

All days/times are Tue., 2-6 pm.
See you there!

David Schummer—editor

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four generations of exposure to agricultural and industrial chemicals, whose safety was based on adult tolerance levels, not children's. According to the National Academy of Science, "neurologic and behavioral effects may result from low-level exposure to pesticides." Numerous studies show that pesticides can adversely affect the nervous system, increase the risk of cancer, and decrease fertility.

4. Build Healthy Soil

Mono-cropping and chemical fertilizer dependency has taken a toll with a loss of top soil estimated at a cost of \$40 billion/yr in the U.S., according to David Pimental of Cornell University. Add to this an equally disturbing loss of micro nutrients and minerals in fruits and vegetables. Feeding the soil with organic matter instead of ammonia and other synthetic fertilizers has proven to increase nutrients in produce, with higher levels of vitamins and minerals found in organic food, according to the 2005 study, "Elevating Antioxidant levels in food through organic farming and food processing," Organic Center State of Science Review (1.05).

5. Taste Better and Truer Flavor

Scientists now know what we eaters have known all along: organic food often tastes better. It makes sense that strawberries taste yummiier when raised in harmony with nature, but researchers at Washington State University just proved this as fact in lab taste trials where the organic berries were consistently judged as sweeter. Plus, new research verifies that some organic produce is often lower in nitrates and higher in antioxidants than conventional food. Let the organic feasting begin!

6. Assist Family Farmers of all Sizes

According to Organic Farming Research Foundation, as of 2006 there are approximately 10,000 certified organic producers in the U.S. compared to 2500 to 3,000 tracked in 1994. Measured against the two million farms estimated in the U.S. today, organic is still tiny. Family farms that are certified organic farms have a

double economic benefit: they are profitable and they farm in harmony with their surrounding environment. Whether the farm is a 4-acre orchard or a 4,000-acre wheat farm, organic is a beneficial practice that is genuinely family-friendly.

7. Avoid Hasty and Poor Science in Your Food

Cloned food. GMOs and rBGH. Oh my! Interesting how swiftly these food technologies were rushed to market, when organic fought for 13 years to become federal law. Eleven years ago, genetically modified food was not part of our food supply; today an astounding 30 percent of our cropland is planted in GMOs. Organic is the only *de facto* seal of reassurance against these and other modern, lab-produced additions to our food supply, and the only food term with built in inspections and federal regulatory teeth.

8. Eating with a Sense of Place

Whether it is local fruit, imported coffee or artisan cheese, organic expresses a reverence for the land and its people. No matter the zip code, organic has proven to use less energy (on average, about 30 percent less), is beneficial to soil, water and local habitat, and is safer for the people who harvest our food. Eat more seasonably by supporting your local farmers market while also supporting a global organic economy year round. It will make your taste buds happy.

9. Promote Biodiversity

Visit an organic farm and you'll notice something: a buzz of animal, bird and insect activity. These organic oases are thriving, diverse habitats. Native plants, birds and hawks return usually after the first season of organic practices; beneficial insects allow for a greater balance, and indigenous animals find these farms a safe haven. As best said by Aldo Leopold, "A good farm must be one where the native flora and fauna have lost acreage without losing their existence." An organic farm is the equivalent of reforestation. Industrial farms are the equivalent of clear cutting of native habitat with a focus on high farm yields.

10. Celebrate the Culture of Agriculture

Food is a 'language' spoken in every culture. Making this language organic allows for an important cultural revolution whereby diversity and biodiversity are embraced and chemical toxins and environmental harm are radically reduced, if not eliminated. The simple act of saving one heirloom seed from extinction, for example, is an act of biological and cultural conservation. Organic is not necessarily the most efficient farming system in the short run. It is slower, harder, more complex and more labor-intensive. But for the sake of culture everywhere, from permaculture to human culture, organic should be celebrated at every table.

Adapted from: *Organic.org*, by Alan Greene, MD (Organic Trade Association), Bob Scowcroft (Organic Farming Research Foundation), Sylvia Tawse (Fresh Ideas Group)

Arial photo of Canticle Farm ... 2008





Sr. Joyce & David Attend CSA Conference

Canticle Farm President Sr. Joyce, and Assistant Farm Manager/Education Coordinator David Schummer attended a three day CSA conference in Evansville, IN on Nov. 18-20th. The conference was hosted by the Seton Harvest CSA of Evansville, Indiana—a CSA sponsored by the Daughters of Charity of St. Vincent de Paul. Several religious sponsored CSA and non-CSA farm representatives were in attendance.

The attendees shared ideas, strategies, and ideas about farming practices. Several attendees delivered presentations to the group about their respective farms. David gave a presentation on the 10-year history and growth of Canticle Farm.

Sr. Joyce and David returned from the conference with a number of new ideas for Canticle Farm including: the possibility of a Thanksgiving share, helpful information about the employment of farm interns & apprentices, vegetable wash station apparatuses, and shareholder relations/community building (just to name a few). We also greatly appreciated the hospitality of Seton Harvest & the Daughters of Charity.

Seton Harvest Conference Attendees ... Nov. 18-20th



Spaghetti with Garlic and Oil

- 1/3 c. extra-virgin olive oil
- 4 to 8 medium garlic cloves, minced very fine
- Salt and freshly ground pepper
- 1 lb. spaghetti or linguine

Prepare pasta *al dente*. Meanwhile, place oil & garlic in a small skillet. Turn heat to medium-low & cook, stirring occasionally, until garlic turns golden, about 5 min. Lower heat or remove skillet from burner if garlic starts to burn. Stir in 1 tsp. salt and set the sauce aside. Drain pasta, allowing some cooking water to cling to noodles. Return dripping noodles to pot & toss with oil mixture. Season with salt & pepper to taste. Serve immediately.

This famous Italian pasta sauce, called aglio olio, is one of the best ways to enjoy garlic. The key is to cook garlic over moderate heat so that it softens and loses its sharp edge without burning.

Fact Sheet: Kale

Kale has a pleasant, earthy & rich, cabbage flavor. While it has a little bite, most kale is not bitter or peppery. In fact, when cooked it can even taste a bit sweet.

Storage: Kale will keep in a loosely sealed plastic bag in the refrigerator for several days. If kale is very damp, blot up excess moisture w/ paper towel & place in a dry plastic bag.

Basic Preparation: Kale has a tough stalk & central vein that runs through the middle of the leaf. The stalk & thick portion of the central vein can be removed & discarded. Start by washing kale in several changes of cold water & stripping off leafy green portion from either side of central vein. Once stalk & vein have been discarded kale can be chopped or torn by hand as directed in recipe.

Turnip Mashed Potatoes

- 6 lg. red potatoes, skin on
- 4 med. turnips, peeled
- 1/2 c. cream, heated
- 8 Tbs. (1 stick) butter, melted
- 1/2 c. sour cream
- Salt & pepper

Slice potatoes and turnips 1/4-in thick. Cook in boiling water for 15 min or until fork-tender. Drain. Whip unpeeled cooked potatoes & turnips with electric mixer, mixing until moderately smooth (do not overbeat). Add hot cream, butter, and sour cream. Salt & pepper to taste. Whip again until blended. Adjust thickness by adding more cream, if desired.

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