

HARVEST TIMES

the Canticle Farm newsletter
ABBREVIATED FALL EDITION

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 8, 2010

Week #4 of 5

What is "Certified Naturally Grown"?

Canticle Farm is a registered and active participant in the Certified Naturally Grown program. But what does that actually mean? Certified Naturally Grown farms/farmers are committed to the following standards and practices:

- Absolutely no use of synthetic chemical insecticides, herbicides, fungicides, or fertilizers on our crops or fields,
- Minimal and careful use of even organically approved soil amendments and sprays,
- Care for our soil, water, and air quality with crop rotations, cover crops, protective buffer strips, and ecologically sustainable farming practices,
- No use of chemically treated or Genetically Modified seeds,
- Humane treatment of livestock including no use of hormones or antibiotic feed and consistent access to pasture,
- Sanitary post-harvest practices including proper transport, storage, and the use of only potable water for the washing of produce,
- A commitment to strive in every way to pass on the land and surrounding environment in an even better condition than it was passed on to us.

For a complete list of standards and practices please go to:

www.naturallygrown.org

David Schummer—editor

Sautéed Cabbage:

- 1 small head cabbage (~2 ½ lbs.)
- 2 Tbs unsalted butter
- 1 ½ tsp kosher salt
- ½ tsp freshly ground black pepper

Cut the cabbage in half along core. With the cut-side down, slice as thinly as possible around the core. Discard the core. Melt butter in a large sauté pan or heavy-bottomed pot over medium-high heat. Add cabbage, salt, & pepper and sauté for 10 to 15 min, stirring occasionally, until the cabbage is tender and begins to brown. Season to taste, and serve warm. For a spicier version add crushed red pepper flakes to taste.

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Glazed Baby Beets:

- 20 baby beets, scrubbed
- 2 cups apricot juice
- 3 Tbs balsamic vinegar
- 2 Tbs honey

Cut off beet tops & bottoms and slice into halves. In a large sauté pan, add the beets and the apricot juice. Cover and cook on medium-high for 10 minutes. Add vinegar and honey and cook for another 10 minutes. Pull off of the heat and keep covered for an additional 5 minutes.

Did You Know?...

- ~ 2.3% of American farms grow 50% of all U.S. crops annually
- ~ The average American farmer is over 55 years old
- ~ Agriculture employs more than 24 million U.S. workers (17% of U.S.)
- ~ The average American farmer feeds 155 people annually

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learn more about the Farm at: canticlefarm.org or facebook.com/CanticleFarm