

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 15, 2010

Week #5 of 5

The final week of the fall distribution season allows farm staff to reflect upon the entire 2010 season. All things considered, the harvests were much better this year than last. We began with a very warm spring, followed by a moderate summer and warm fall temperatures. Weather played a significant role in the successes this year, just as it contributed to the challenges of last. If you've been with us through all three distribution seasons then you know that items like lettuce, Swiss chard, beans, carrots, beets, and many more were very plentiful this year. It won't be long before we begin the planning necessary to do it all over once again as we enter our 11th year.

New for 2011

Watch for a number of new things to come in 2011. The new wash station will be completed soon and if all goes well, fully operational by spring. The new Individual Boxed Share option will be available next year for those who have found that the Small Share contains too much produce. The Individual Share can also serve as an intermediate addition to a Small Share (a mid-level between Small and Large). Our education program is expanding from 3 Workshops to 9 next year, including one day Workshops on perennial plants, flower gardening, and edible landscaping. We are also going to continue the Harvest Times newsletter throughout the off-season this year. While it will only be available in an electronic, monthly format we hope that it will keep all abreast of farm news, sales, and other events. It will also be chuck full of recipes.

Fresh, Locally Grown Produce Available Year-Round

The Farm Stand will remain open on Tue. & Fri. (2-6 pm), through Nov. 23rd. Our Bi-weekly Winter Sales begin Tue., Nov. 30th, 2-6 pm.

David Schummer—editor

Garlicky Kale with White Beans:

- 1 ½ lbs. Kale
 - salt and freshly ground pepper
 - 2 Tbs. extra-virgin olive oil
 - 4 medium garlic cloves, minced
 - two 15-ounce cans white beans, drained and rinsed
 - 2/3 c. chicken or vegetable stock
1. Bring 4 quarts water to a boil in large pot. Wash kale water, stripping off the leafy green portion. Discard stems and tear the leafy portions into small pieces. Add kale and 1 tsp. salt to the boiling water. Cover and cook, stirring occasionally, until kale is tender, about 8 min. Drain well.
 2. Heat oil and garlic in large skillet set to med heat. When garlic is golden (about 2 min.), add kale and cook, tossing well, until heated through and evenly flavored with the garlic, 1 to 2 min.
 3. Add beans and stock and simmer just until the beans are heated through, about 5 min. Add pepper to taste. Adjust the seasonings and serve immediately.

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Roasted Shallots with Vinegar:

- 1 ½ lbs. Shallots, peeled
 - 1 Tbs. extra-virgin olive oil
 - 1 to 2 tsp. sherry vinegar or red wine vinegar, or to taste
 - Salt
1. Preheat the oven to 400 degrees.
 2. Toss the shallots and oil in a baking dish just large enough to hold the shallots in a single layer.
 3. Roast the shallots in a preheated oven, turning once or twice, until richly browned, about 50 minutes. Season with salt and vinegar to taste. Serve immediately.

Thank You Fall Shareholders

We'd like to thank the fall shareholders for supporting Canticle Farm. We hope you enjoyed the fall 2010 harvest and look forward to serving you again next year. Please stay in touch for exciting farm news and updates throughout the off-season.

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