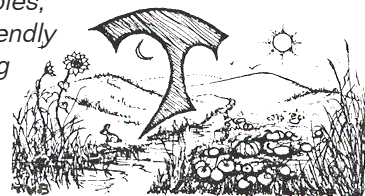


the
Canticle Farm
newsletter

HARVEST TIMES



The Canticle Farm is a Certified Naturally Grown farm and Community Supported Agriculture project sponsored by the Franciscan Sisters of Allegany. The farm is committed to connecting all peoples, practicing Earth-friendly habits, and realizing a Creation-centered spirituality.



week of June 15, 2009

week # 1 of 18

Dear Shareholders,

Welcome to the 9th season for Canticle Farm!

It will be so good to see returning faces and welcome those of you who are with us for the first time.

The first thing that I want to share is that we have a new editor for the *Harvest Times*. Her name is Ronni Gronemeier. She and her family have been with the farm for several years. Ronni works in the marketing department at Vector Marketing, a subsidiary of CUTCO Corporation.

At the same time we want to thank Elizabeth Thompson for her many years as *Harvest Times* editor. Her commitment and many hours are most appreciated.

One of my favorite things to do in my role as president of Canticle Farm is meeting shareholders, getting to know you and listening to whatever you would like to share about your experience at the farm. I try to be present during distribution and invite you to make yourself known to me.

Enjoy Canticle Farm!

— Sr. Joyce Ramage

“Just what is creation-centered spirituality?”

an invitation from the Canticle Farm Spiritual Committee

“Creation-centered spirituality” is an important part of Canticle Farm’s mission. To help everybody come to an understanding of exactly what that means, you are invited to join the Spiritual Committee as they study the book “Radical Amazement” by Judy Cannato.

The book reveals the harmony of science and spirituality, inviting us to explore the connectedness of all creation through a study of cosmology.

Their first meeting will be on Monday, June 22 from 7-8 p.m. at the farm. If you are interested please call Sr. Joyce at 373-0200, ext. 3358 or email her at canticleoffice@yahoo.com.

“Radical Amazement” is available at Amazon.com and other online retailers.

How’s it GROWIN’?

by Mark Printz

Get ready for greens!

Salad-making stuff will be what you’ll see in the first couple of weeks. Lettuce, radishes and spinach will fill the bins on distribution day. Rounded out with some Swiss chard and garlic scapes coming along soon. Give it two or three weeks, and beets and peas will start to work their way into the line-up.

The season is off to a good start.

So far the planting plan and the weather have dovetailed nicely. The loss was minimal when that hard freeze hit a couple weeks back, because the more tender vegetables weren’t in the fields yet. And the rain has been just right.

It’s early. In fact, it’s still spring and for our part of the country our season has really just begun. When you work with Mother Nature you do your best to keep pace with her way of doing things. So, it makes sense that later in the season, when plants have matured, you’ll see a greater variety of vegetables and a larger quantity of produce overall. But it all averages out.

Meanwhile, take a walk around the fields. This is a fun time of the season when you see the first sprouts of so many favorites that will fill your bags in later weeks.

Recipe ROUNDUP

by Rhonda Berman

Howdy Partner! Welcome to the first Recipe Roundup column. Please join me this year as I collect recipes, make them and then share them with you.

One of my favorite lettuce salads is made as follows. Tear up the lettuce leaves and put on a plate. Sprinkle with dried cranberries, blue cheese crumbles and sunflower seeds. Add a raspberry vinaigrette dressing.

Here are some suggestions for items to add to your tossed lettuce salad: granola clusters, cheese crackers, chunks of fruit such as apples, peaches or pineapple, or leftover cooked vegetables such as corn, carrots and beets. For variety, I add all sorts of leftovers to my lettuce salads.

But lettuce isn’t the only leafy green you’ll see in these first few weeks. So, I thought I’d include how to clean and store leafy greens.

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How to Clean Leafy Greens:

If the leafy green is attached, break apart. For example, break the head of lettuce into individual lettuce leaves. Fill your kitchen sink half way with cold water. Put leafy greens into the water. Gently swish the leaves in the water. Let sit for a couple of minutes. The grit and sand should sink to the bottom of the sink. Swish the leaves a little more.

Take leafy greens out of the sink. Gently shake dry. If desired, spin in a salad spinner.

How to Store Leafy Greens:

I just put my slightly damp leafy greens into an ENCLOSED plastic bag or container. Some customers wrap the leaves in a damp paper towel before putting them into the plastic bag or container. The goal is to leave some water on the leaves so they stay hydrated. You do not want a puddle of water in the bottom because that is where it will start to get soft. Store in refrigerator.

* * *

Remember to look for recipes in this column every week, as well as on our website, www.canticlefarm.org. Below is one suggestion for using some of your fresh, farm Swiss chard.

Until next week, eat well, live well!

Pineapple Chicken with Greens

3 tbsp. oil

1 lb. of chicken pieces

1 medium chopped onion

1 20 oz. can of crushed pineapple in juice

½ cup apricot preserves or jam

½ cup Catalina dressing

1 bunch of washed, chopped Swiss chard (separate stems and leaves)

Put oil in bottom of pan over medium-high heat. Add chicken pieces and cook until juices no longer run pink out of chicken. Add chopped onion and cook until onion is soft.

In a separate bowl, mix the pineapple, apricot jam and Catalina dressing. Add this mixture to the pot with the chicken. Bring to a boil.

Add Swiss chard stems. Cook about 5 minutes.

Add Swiss chard leaves. Cook about 5 to 10 minutes more.

Serve this over rice.

Variation: Use a bunch of beet greens instead of Swiss chard. If there are little beets on the bottom of the beet greens, thinly slice those up and add to pot also.

Wish List

If you have any of the following items, in good working condition and would like to see them put to use at the farm please feel free to bring them along on distribution day. We'll put them to work!

- Coolers
- Towels (anything from kitchen towels to bath towels)
- Dry erase board and markers

Volunteer Opportunities This Week

Mark has an ongoing need for *Harvest Helpers* on Monday and Thursday mornings. That's prime time for bringing in the crops for distribution days.

Check boards at the barn on distribution day for volunteer opportunities for the week.

This week you could try your hand at:

- Planting
- Cultivating
- Harvesting

To set up a time, catch up with Mark during your weekly stop or contact him by his cell phone.

Shareholders should make it a point to mark the hours worked and job done in the volunteer book kept in the barn.

The volunteer book plays a special part. It tracks hours worked by participating shareholders and helps the farm run smoothly. With a log of the hours put into each task the workload can be managed to insure that for subsequent seasons enough time is planned for each job.

Also, if you have a specific talent or trade that you think might benefit the farm talk to Mark or Sister Joyce.

Please note: If you call Mark's cell please let him know what you'd like to do and when you'd like to do it, stating your intention in a way that he only need return a call if he can't accommodate your request. Otherwise, plan on it, but if your plans change please give a call to cancel.

THANK YOU!

- Thank you, shareholders for spreading the word about Canticle Farms. This still remains our best form of advertising.
- Thank you, volunteers who pitched in at the potato and onion planting parties. Many hands made quick work.

Have you checked out our website recently?

www.canticlefarm.org

We have been busy updating the website with lots of new content. The complete Canticle Farm Cookbook is on the website. Go check out all the new photos. Learn about Canticle Farm.

Coming Events

- Sunday, July 26: Canticle Farm at the Taste of Olean – JCC Campus