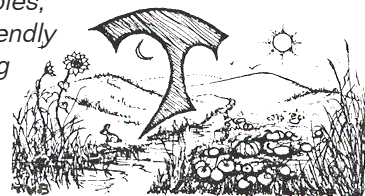


the
Canticle Farm
newsletter

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 22, 2009**

week # **2 of 18**

How's it **GROWIN'?**

by **Mark Printz**

Weather plays a big part here at the farm.

We're coming off a spring with below average rainfall. And with summer here we're starting to see hotter weather.

Summer heat affects plants differently.

Heat makes the spinach bolt. So, this may be the last of the spinach for a while. But it'll be back in the fall when it cools down again. The lettuce should hang in there just fine. And our goal is to have lettuce most weeks. The Swiss chard is thriving under the conditions so this is the time to get creative with Swiss chard.

But what about the short supply of rain? Well, we could use some rain.

We do irrigate, but that basically keeps the plants alive. When it comes to making things grow, well water doesn't compare to rainwater. It doesn't promote growth. Watering isn't ideal for two reasons.

First, it cools the soil. Water coming out of the

ground is usually 50 – 55 degrees. However, for good growing the soil temperature should be 60 – 70 degrees.

Second, it's the stuff that starts in the clouds that is really Mother Nature's secret ingredient. It's the trip through the atmosphere that a raindrop takes that makes all the difference.

You might not know it, but when you look up at the sky what you don't see is all the biological life that exists between the clouds and the ground. The raindrop is kind of like a car picking up hitchhikers on its way to the soil. Once it hits the dirt it not only adds moisture, but it drops off these essential organisms that plants need to grow.

Ever wonder why the yard takes off after a good rain? See, it's more than just the moisture. Rain brings with it a key link in the life process that plants need to grow.

So, take 15 minutes on distribution day to walk the fields and watch the gardens grow. And know that when it comes to water there's a difference between stepping over a rain puddle or two and dodging the spray from the watering wands.

Recipe **ROUNDUP**

by **Rhonda Berman**

Howdy Partner!

Before I was involved with Canticle Farm, I had never heard of, or tasted, garlic scapes, mizuna, kohlrabi or delicata winter squash. I learned about these items as a CSA Shareholder.

I encourage you to look at your experience with Canticle Farm as an opportunity to try new items. CSA Shareholders pay one price for the season, so you have already paid for the items.

New in the vegetable line up, garlic scapes or scapes. And what is that?

Garlic scapes or scapes are the flower stems that hard-neck garlic will put out. The scapes are harvested so that the plant puts its energy into the garlic bulb (to be harvested later) and not into the flower.

I usually describe a scape as a cross between a scallion and garlic. Their flavor is milder than regular garlic so they are easier to eat raw in a salad or salad dressing. They also can be cooked.

Just chop the scapes and use them wherever you would regularly use garlic. Store in an enclosed plastic bag or container in your refrigerator.

Are you looking for something to do with your Swiss chard?

(continued on next page)

Have you met our furry friends?

What's a barn without a barn cat or two? Add a dog and you've got a farm full of furry friends.

The farm's four-legged greeters range in age and personality.

Jasmine is Mark's 12 year-old black Border Collie mix with white markings. Part of the farm from the beginning, she moves slower than she used to, but she's a grand old lady with a wise way about her. And she loves Mark's carrots!

Jasmine isn't the only one who likes her vegetables. Just last week it was discovered that the newest addition likes Mark's lettuce.

She'll nibble on lettuce and she might nibble on you. She's the ever-entertaining Miss Patty the kitten. Named for the day she was born, this last St. Patrick's Day. She's cream with black and tan highlights and seems to have some Siamese in her.

(continued on next page)

(Furry Friends, continued from page 1)

Sometimes it's nice to do something different with Swiss chard. Used as a substitute for spinach, here are a couple of recipes that are a nice change.

Cheese & Greens Muffins

- 1½ cups flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- 6 tbsp. oil
- 1 egg
- 1 cup milk
- 1 cup shredded cheddar cheese

½ cup steamed Swiss chard (leafy part only) or spinach that has been finely chopped, cooled and squeezed dry. *Note: For me, four Swiss chard leaves was about 2 packed cups chopped. After steaming, this was ½ cup.*

Preheat oven to 350 degrees. Put paper liners into 12 muffin cups.

Mix the flour, baking powder and baking soda together.

Stir the oil, egg, milk, Swiss chard and cheddar cheese together in a large bowl.

Slowly stir the dry mixture into the wet mixture until incorporated. Do not over mix.

Divide the batter among the 12 muffin cups.

Bake about 30–35 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Let cool completely before serving.

Magic Quiche

2 cups of washed beet greens or Swiss chard (leafy part only) or tatsoi or spinach (packed in a measuring cup, torn or chopped in large pieces)

- ½ cup finely chopped scallions or onions
- 1 cup shredded cheddar cheese
- 1 cup pancake and baking mix
- 1¼ cup milk
- 3 eggs
- pepper to taste

Preheat oven to 400 degrees. Lightly grease a 10-inch quiche pan or a 9½-inch glass pie pan.

Lightly steam the greens until they are wilted. Layer choice of greens in bottom of pan. Sprinkle scallions or onions over greens. Sprinkle shredded cheese over onions.

In a separate bowl, slightly beat the eggs together with a fork. Mix in milk. Last add baking mix and pepper. Mixture will be lumpy. Do not over mix.

Pour this mixture over the layers in the pan. Press down if the vegetables are above the liquid.

Bake about 25 to 30 minutes or until lightly brown.

Variations:

Use any kind of cheese that you have. I have also used Swiss, feta and Monterey jack. I have also added some chopped ham over the vegetables.

I have eaten this hot as a meal, cold as leftovers and reheated out of the freezer.

Other recipes are available at www.canticlefarm.org under Cookbook. Look for Swiss chard and Potatoes, Leeks and Garbanzo Extravaganza and Pasta with Spinach and Feta

Until next week, eat well, live well!

(Furry Friends, continued from page 1)

Yin, a black shorthaired Tomcat, was part of a two-some that came from Mike Williams three years ago. His white longhaired sister, Yang, was lost last summer when she ran across the road without looking. She is missed and was the sophisticated at the farm. Yin carries on the family line with pride as he keeps the mice population in check. He is currently coaching his adopted sister Miss Patty in the art and science of the great hunt.

But what happens to the cats in the off-season?

Don't worry. When the winter winds begin to blow the cats head south, to the Four Mile Road with Rhonda Berman.

In the meantime, watch for these three throughout the season. They are always ready to trade a pat from you for the smile they will put on your face.

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:

- Mulching
- Scuffle Hoeing
- Hand Weeding
- Trellising

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

THANK YOU!

• Thank you, to Mike Williams and the St. Bonaventure University Journey Project. Your dedication to community is inspiring.

• Thank you, to Chelsey, our Journey Project intern who was with us from March to May. The benefits of your greenhouse-work, planting and cultivating during the early spring will reap great rewards throughout the season.

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!

- A picnic table for the reflection area
- Green garden carts for harvesting
- Wicker baskets

Coming Events

• **3rd or 4th week in July** – Garlic Harvest at Canticle Farm

• **Sunday, July 26** – Canticle Farm at the Taste of Olean – JCC Campus