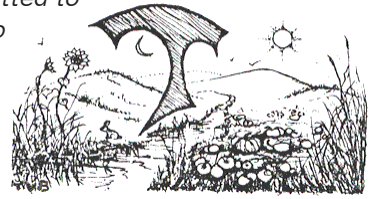


the
Canticle Farm
newsletter

HARVEST TIMES



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 July 13, 2009

week # 5 of 18

How's it **GROWIN'?**

with Mark Printz

by **Ronnie Gronemeier**

There's a pair of plants that go together like peas in a pod or should we say go together helping peas to pod.

Oats and peas make a great team. The oats grown up along side pea plants act as a trellis and hold the vegetable plant steady. With the oats' help a steadied pea plant is nurtured and can produce a larger yield.

But that's not all this duo does.

Oats play the part of a field hand in the early stage of plant growth. Many hours of labor are spared because there's no need to stake and string lines to trellis the peas. And there's another benefit. After the pea crop is completely harvested, the beds of peas and oats can be turned under where they'll get to work on their next project. They'll turn around and come up as a winter cover crop, which is a must-have to maintain healthy soil.

Year after year this has worked out well on Canticle Farm. But this year was different.

Usually, these friendly field companions can go on for many seasons getting along great. But whether it was the spring rain deficit or the oats-to-seed ratio not quite agreeing with the new seed plate used to sow the beds, the comrades turned to competitors. Conditions gave the oats the advantage so this season's pea harvest will be lighter. We are coming to the end of the peas.

But you have an opportunity for a few more peas. Keep an eye on the board in the barn to see when you can PYO (pick your own) peas. You'll see the specified amount to pick that will ensure that there is enough for all share holders. And you don't have to pick your peas during distribution. You can pick anytime between the Tuesday and Sunday of the week the PYO Peas bulletin appears on the board.

The pea hedges are out by the Farm Stand – just look for the PYO signs. As hands pull through the hedge after pea pods the oats loosen their hold. So take care not to trample pea plants that may start to topple.

Even if PYO isn't your thing, you may want to take a stroll out into the fields to check out the blue-green beds where peas and oats co-exist.

Recipe **ROUNDUP**

by **Rhonda Berman**

Howdy Partner!

I got behind on my lettuce the other week. I was busy and did not take the time to wash my heads of lettuce. Days went by without eating any lettuce.

I find it works better for me if after I pick up my weekly share, I immediately break apart the heads and wash them. Then I store it in the refrigerator. When I want some lettuce it is ready to go - my own homemade lettuce in a bag.

But that's not the only thing I store in a bag.

We have cabbage this week!

Store cabbage in an enclosed plastic bag in your refrigerator. Uncut cabbage can be stored for at least one month. Once you have cut the cabbage, use as quickly as possible.

Cabbage is high in vitamin C and fiber. And below is one of my favorite non-traditional cabbage recipes.

(continued on next page)

An evening of art and ice cream

An ice cream social starts the activities at Canticle Farm on Monday, July 27 at 6:30pm

Sundaes are \$3 and for children age 10 and under, \$2.

Then at 6:45 it's Nature Printing presented by local artist and educator Joan Pingitore. Spaces are limited so call the Canticle Farm Office (373-0200) today to register. Workshop fee is \$3 per person.

Nature Printing Workshop 90 minutes - Ages 3 to adult (children under 8 need adult assistance)

This workshop begins with a short talk about art and a demonstration of printing. Then we will go out and collect our own nature objects like leaves, seeds and twigs from the farm. Participants will create their own composition by printing with these objects and they will have a beautiful frameable print to take home.

(Recipes, continued from page 1)

Cabbage and Noodles with Orange Peanut Butter Sauce

8 oz. spaghetti or any shape of noodle
3 to 4 cups of chopped green cabbage, savoy cabbage, napa cabbage, bok choy or pac choi
3 tbsp. soy sauce
½ cup orange juice
¼ cup vinegar
¼ cup peanut butter (smooth works best but crunchy will work)
½ tsp ground ginger
crushed red pepper flakes to taste (optional)

Fill a 4 quart pot with water. Bring to a boil. Cook spaghetti according to package. Drain in colander. Set aside. Meanwhile, chop your choice of cabbage or choy. Set aside.

In the same pot, on medium high, combine all the other ingredients.

Stir until it is thoroughly mixed. Bring to a boil.

Reduce heat and add cabbage or choy. Cook and stir about 10 minutes, until the cabbage is soft.

Add spaghetti back to pot. Mix well. Heat through.

Eat and enjoy.

Note: If this gets a little dry, just add more orange juice. This also can be eaten cold.

Variations: When serving, sprinkle chopped scallions and/or chopped peanuts over the top.

For more recipes visit canticlearm.org

Until next week, eat well, live well!

What if I can't pick up my vegetables on distribution day!?

There are options if you can't pick up your share on distribution day!

Because vegetables are harvested to fill the expected shares on a distribution day, advance notice is helpful. Leaving a message on Mark's cell phone (716-378-9714) is the best way to communicate your needs.

With a 48-hour notice you can change your distribution day for that week. Or work a week ahead, leave a note by your name in the comment section of the sign-in sheet requesting a different pick up day for the following week.

When something comes up at the last minute, a call to Mark's cell before 6:30 on your pick up day can have your share set aside in the cooler for pick up on the following distribution day.

Treat someone else to your Canticle Share. It's easy, just have them come on your distribution day and sign their name next to your name on the sign-in sheet. Rhonda's always there to help first-timers find the sign-in table and get started.

Donating your share for the week to a Food Pantry is a way to give the gift of Canticle to someone. A note in the sign-in comment section the week before clarifying your wishes is helpful.

Coming Events

- **Saturday, July 18** – Garlic Harvest at Canticle Farm begins 10 am.
- **Monday, July 20** – "Radical Amazement" book-study, 7-8 pm – at Canticle Farm (during this time there will be sharing on the entire book).
- **Friday, July 24** – Last day to call

Farming Naturally – Better for the earth!

by Sheryl Anderson

This is the second installment in a series.

When did society get away from natural farming?

Pesticides were first developed in the late 1800s, but their manufacture dramatically increased after WWII. Domestic pesticide use has increased 3,300% since 1945—yet crop losses due to pests have increased by 20%, rather than decreased (USDA Agricultural Census, 1997).

Vast fields of conventionally farmed monocrops are extremely susceptible to pests. Annual worldwide pesticide use is estimated at 1 billion tons. Clearly, conventional farmers don't seem to be winning this ever-escalating arms race!

Farming naturally is sustainable, as it respects environmental quality by integrating natural biologic cycles and making the most efficient use of nonrenewable resources. Farms that raise assorted plants and animals, rotating them around fields to enrich the soil, go a long way to preventing disease and pest outbreaks.

Monocrop farm production lowers prices, but the cost is high. Find out why in the next installment.

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!

- Legal-size copy paper in golden rod yellow or green for the Harvest Times.
- Pint or quart fruit/vegetable containers for PYO and distribution.
- A coffee maker for the farm staff
- A radio boom box for the greenhouse

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:

- Washing and prepping vegetables that have been harvested.
- Mulching tomato and pepper plants with hay to help with weed suppression.
- Trellising
- Hand weeding and Scuffle Hoeing

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

the Canticle Office to register for the Nature Printing Workshop following the Ice Cream Social July 27.

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

• **Monday, July 27** – Ice Cream Social & Kid's Crafts, Nature Printing Workshop at 6:30 – Canticle Farm.