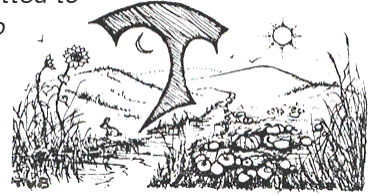


the  
Canticle Farm  
newsletter

# 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 27, 2009

week # 7 of 18

## How's it GROWIN'?

with Mark Printz

by Ronni Gronemeier

It just grew over night. A familiar phrase that has root in reality, especially when it comes to vine crops.

Crops like cucumbers, summer squash, zucchini and melons make good use of the nighttime. They do 90% of their growing under starshine. But that's not to say that sunshine doesn't play its part.

They may mature at night, but its heat that spurs growth. These hot-weather crops count on air and soil temperatures being 60 degrees or better.

Enter our summer so far in Western New York. Many nights in the 50s and sometimes 40s have stalled out the vine crops. Tomatoes, peppers and eggplants are idle too. In addition it's leveled the playing field or should we say planting field. Vegetables planted one to three weeks apart are all on hold at the same small size.

However, add some heat and the beds could be teeming with produce.

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## Recipe ROUNDUP

by Rhonda Berman

Howdy Partner!

Beans are ready to be harvested!

Beans are a favorite of many shareholders. Sometimes we will have yellow or purple beans available in addition to the standard green beans. The purple beans are a favorite with children but be warned – the purple color disappears when the beans are heated.

I like beans because they can be eaten raw or cooked in many different ways. Add them to a main entree or make a side dish. Add them to a salad or make dilly beans.

Beans are best when prepared as soon as possible after picking up at distribution.

Store unwashed beans in a sealed container in your refrigerator for up to five days.

We should have beans until the frost kills the plants later in the fall because Mark does succession planting. This is a fancy way of saying that we plant beans multiple times so that there are many weeks of harvesting them.

This week I am sharing a recipe with green beans.

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But back to what's happening now. This is the coldest July in 66 years. Cooler weather not only stunts growth, but there are fewer fruit on these crawling plants due to substandard pollination.

Why is that?

Well, the good news is there are plenty of bees at Canticle Farm. Bad news, cooler weather slows them down and they just aren't as industrious as usual. Their flower-to-flower hops haven't been as productive this season.

So warmer days get the bees buzzing and warmer nights coax the vine crops to grow. When it comes to these vegetables there's nothing like hot summer nights.

## Farming Naturally – Better for the Earth!

by Sheryl Anderson

*This is the final installment in a series.*

**What makes up about 70% of the Earth's surface? What makes up about 70% of the human body? In our country conventional agriculture is responsible for about 70% of the pollution associated with it. What is it? Water.**

Industrial agriculture and factory farm practices contaminate both ground and surface water not only with chemical fertilizer, but also with hormone & antibiotic residue, and excess manure runoff. By EPA's estimates, 72% of all pollution in our country's rivers and streams comes from conventional agriculture. Furthermore, EPA estimates groundwater contamination in 38 states pollutes drinking water for more than half our population.

To begin with factory farms use unsustainable amounts of water. Because they concentrate an unnatural number of animals together in one place an unmanageable amount of waste is created. Unlike human waste, that of livestock is not processed for sanitation. Rather, it's mixed with water and held in lagoons, then applied to cropland. The lagoons can leak, and the manure is often over-applied to fields.

A hog, for instance, excretes up to 17 pounds of manure & urine per day. Put a thousand hogs together, that's six million pounds of waste each year. On a factory farm with 35,000

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(Recipes, continued from page 1)

## Green Beans, Tomatoes & Feta Cheese with Pasta

8 ounces rotini pasta  
1 14.5 ounces can crushed tomatoes. You may substitute 1½ to 2 cups of fresh tomatoes, seeded and diced.  
2 to 4 garlic cloves, chopped  
1-2 tbsp olive oil  
1 tbsp balsamic vinegar  
8 ounces green beans, trimmed and cut into 1-inch pieces  
2 tbsp slivered or chopped fresh basil  
2 ounces feta cheese, crumbled (about ½ cup)

Fill a 4-quart pot with water. Bring to a boil. Add 8 ounces pasta. Cook according to the package instructions. When pasta is done, drain in colander and set aside.

Add tomatoes, garlic, olive oil, balsamic vinegar and green beans to a pot. Cover and simmer over low-medium heat until the beans are cooked.

When the beans are cooked, add pasta, basil and feta cheese to pot. Heat through and eat.

This is best when eaten immediately.

For other recipes like Chinese Style Green Beans, Creamed Beans & Onions and Grilled Vegetable Salad visit [www.canticlefarm.org](http://www.canticlefarm.org).

Until next week, eat well, live well!

## Have Extra Perennials?

Have you gotten a chance to view the beautiful flower gardens over in the reflection area? Well, take a few moments if you haven't gotten there yet.

And, if you notice that you may have an extra perennial or two at home to share with us that we don't already have, we'd enjoy your contribution.

All we ask is that plants have not been sprayed or fertilized with chemicals.

If you have any extra flowers, please e-mail JoJo Pingitore at [jrping@yahoo.com](mailto:jrping@yahoo.com), to make arrangements.

Thanks!

## THANK YOU!

- Thank you, to all the garlic harvesters who brought in five of the seven beds. Three hours work among many was equal to a full day's work for the regular crew.
- Thank you, to Sheryl Anderson and the Education Committee for the series on Farming Naturally.
- Thank you, to the group from Leadership Cattaraugus for touring the grounds and showing interest in the small local producer.

## Coming Events

- **Friday, August 7 – Sunday, August 9:** Green Fest at Alfred University

(Farming Naturally, continued from page 1)

hogs, that's 210 million pounds each year. Such enormous quantities have devastating effects on the surrounding water.

But the runoff from these farms contains more than animal waste. Heavy metals present in animal feed, such as zinc, copper, chromium, arsenic, cadmium, and lead make their way into the water system. Hormones and antibiotics end up in local waterways after passing through animals that have been given these chemicals on factory farms. And the fertilizer used in grain production for these animals pollutes the water too.

It's these humane and environmental concerns alone that have led some folks to choose to cut down or eliminate the amount of meat they eat.

Conversely, sustainable farms strive to conserve water resources, protecting local aquifers from contamination and depletion.

## Where Can You Learn More About Sustainable Communities?

Alfred University in Alfred, NY plays host to Green Fest. This three-day event, August 7–9, includes sustainability forums, workshops and a Green Fair with exhibits and entertainment. Register ahead for the best deal. For more information visit [www.nygreenfest.org](http://www.nygreenfest.org) or call 607-569-2114.

In addition, there is a possibility that Canticle Farm will have a booth at Green Fest. This depends on how many people are interested in attending all or part of the weekend. If you would like to commit some time to a booth please e-mail me at [canticleoffice@yahoo.com](mailto:canticleoffice@yahoo.com).

## 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!

- Garden scooters for bean picking
- Milk crates
- Heavy-duty scissors or shears for trimming vegetables in the wash station

## 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:

- Bean picking.
- Hand weeding root crops.

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