

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 August 24, 2010

Week #11 of 18

How's it **GROWIN'?**

with Mark Printz

by **David Schammer**

Tomatoes were plentiful at distribution last week and will be available again this week. Unfortunately, late blight has struck our field crop again this year. As of Friday last week there was no sign of this devastating fungus. By late morning Monday of this week most of the tomato crop was infected; the remainder was infected by end of day. Late blight spores are transported by wind, await wet and cooler conditions like this past weekend, and once established infect the entire vascular system of each plant. Crop decimation occurs within 48-72 hours.

Late blight arrived last year around mid-July and resulted in total crop failure for our field tomatoes. While disappointing, we are still fortunate to have been able to offer the tomatoes that Nature provided us this year. If you have tomato plants growing at home please take note. Look for black scarring on the plant stems or black spots on upper-level leaves. While late blight poses no threat to human health, the fruit will not keep. Immediately harvest fruit from infected plants, core, and freeze.

All of the sweet onions have been distributed, but we have a plentiful supply of storage or cooking onions this year. These do not require refrigeration and can be stored the same way one would store potatoes. Our several varieties of bell peppers all look wonderful and have benefited significantly from the warmth, moisture, and weed protection provided by the new biodegradable plastic bed cover. Hot peppers are on the way.

The fall crop of Napa cabbage and kale was transplanted last week. Both will be harvested in the fall, but the kale plants will eventually get covered and continue to produce for us throughout the winter months. Like most Brassicas, kale becomes much sweeter after a couple of freezes. Fall field spinach, too, was seeded last week. We will also be planting winter spinach in the high tunnels later this fall. If all goes well, this should provide a steady supply of spinach throughout the winter for our bi-weekly sales.

The PYO list is now rather long: zinnias, sunflowers (located in the Reflection Area), beans (once again), cilantro & dill, basil, and Sun Gold cherry tomatoes. Soybeans will be available soon.

2010 Heavenly Harvest to Support Education Programs

Last year, the success of the Farm's annual Heavenly Harvest fundraising event resulted in a significant increase in the number of donated shares available to local charitable organizations. This year the focus is on the financial support and growth of the Farm's education programs. The January 2010 Canticle Farm Board of Directors meeting resulted in the formulation of the following: Canticle Farm shall strive to become a model of local, sustainable, community agriculture relying on the recognition of God's gifts – to nourish mind, body, spirit and earth. A key ingredient to fulfilling these goals is education programs, available to shareholders and members of the local community alike.

Why education? While the Farm will certainly continue its current focus on the production of local, healthy, Certified Naturally Grown vegetables we also understand that the future success and continued growth of Canticle Farm and others like us very much depends on an educated public. We, as a Farm and as members of the local community, have an ethical responsibility to promote health – of our neighbors and the environment. Because ultimately, the two are inseparable. Thus, the Farm's education mission to offer programs promoting earth friendly agriculture, environmental sustainability, and healthy living.

The Farm's Education Committee, charged with the task of achieving these goals, has been hard at work all year, developing strategies to launch several new education programs in addition to those already in place. Thus far, members of the Education Committee, Farm staff, and volunteer support have made possible several health fairs and two Earth Day information tables, several cooking demonstrations and information tables during shareholder distribution hours, and a local university student Farm tour. Additionally, David Schummer (Assistant Farm Manager & Education Coordinator) has developed and is now teaching several education workshops. David also spoke at the 2010 Bradford Garden Symposium and now co-edits the Harvest Times. Farm Manager Mark Printz delivered a presentation on season extension to local startup farmers at the Field and Fork Conference this past winter.

The Farm's current, short-term education goals include internship/apprenticeship opportunities for inspiring farmers, school Farm tours, year-round education programs for both adults and children, and much more.

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Recipe ROUNDUP

Zucchini-Parmesan Loaf

- 1/3 c olive oil, plus more for pan
- 2 c all-purpose flour (spooned and leveled), plus more for pan
- 1/3 c milk
- 2 large eggs
- 1 c grated Parmesan cheese (about 4 oz)
- 2 tsp baking powder
- Coarse salt and ground pepper
- 1/2 lb zucchini (about 1 med), coarsely grated

Preheat oven to 375 degrees. Brush a 9-by-5-inch loaf pan (6-cup capacity) with oil; dust with flour, and tap out excess. In a small bowl, whisk oil, milk, and eggs. In a large bowl, whisk flour, Parmesan, baking powder, 1 1/2 tsp. salt, and 1/4 tsp. pepper; mix in zucchini, then egg mixture until just moistened (batter will be very thick, like biscuit dough). Transfer batter to prepared pan; press in gently. Bake until a toothpick inserted in center comes out clean, 60 to 70 minutes (tent with foil if loaf starts to brown too quickly). Cool 15 minutes in pan; turn out loaf onto a rack to cool completely).


Potato Salad with Sun-Dried Tomatoes

- 1/3 c sun-dried tomatoes (not in oil), softened and chopped
- 5 c cubed red potatoes
- 1 1/2 c chopped scallions
- 1/2 tsp cumin
- 1/4 c olive oil
- 2 Tbs fresh lemon juice
- Salt and pepper to taste

Clean and cube potatoes. Place in large saucepan; add enough water to cover by 1 inch. Bring to a boil; add coarse salt, and cook until potatoes are tender, 15 to 20 minutes. Drain when done. Meanwhile prepare sun-dried tomatoes: place tomatoes in a bowl, and cover with boiling water. Let stand until tomatoes are softened. Drain, then squeeze out excess water. Finely chop. In large bowl, combine scallions, tomatoes, cumin, olive oil, and lemon juice. Stir to combine. Add potatoes. Toss to coat. Season with salt and pepper to taste.

Visit www.canticlefarm.org for more recipes.

David Schammer's Education Blog

 Parsnips were direct seeded Saturday into the E/R beds. Numerous Winter Sale customers asked for them last year and we're trying two different varieties this year. These plants will sprout and reach the adult stage by late fall. The tops will eventually freeze off; we'll then cover them with a liberal layer of straw mulch and wait for the sugar levels to rise. Mild thaws in February and March should yield a limited number of parsnips available at our bi-weekly sales.

Volunteer Information

- **Mon & Wed** 4 to 7pm (great times for bean picking)
 - **Sat** 9 am to noon (call David @ 904-1832)
- Call Mark for other times.

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Long-term goals include the construction of an environmentally friendly education/multipurpose building to accommodate both education and non-education events.

This year's Heavenly Harvest will include lunch (entrée, soup, salad, and desserts made with Canticle Farm produce), two chef cooking demonstrations, live music, magic, a labyrinth walk, and a raffle. Please plan to attend if at all possible and help by promoting the event and selling raffle tickets. Tickets can be purchased at Canticle Farm, 3835 South Nine Mile Road, Allegany, NY on Tuesdays and Fridays from 2 to 6 pm, the Olean Farmers' Market at JCC on Saturdays from 8 am to 2 pm, the Bradford Farmers' Market, or from the Canticle Farm office (716-373-0200, x 3358). All proceeds will go to Canticle Farm's Education budget.

Coming Events

- **Second Annual Heavenly Harvest at Canticle Farm:** Sunday, September 19th, 12:00-4:00 pm. More details in this issue.

- **"Fresh," the movie:** September 27th, 7:00 pm. Come enjoy a free viewing of the movie "Fresh: New Thinking About What We're Eating" at the Regina A. Quick Center for the Arts at St. Bonaventure University. Event is co-sponsored by Canticle Farm & St. Bonaventure University. Local farmers will be on hand to answer questions. Visit www.freshthemovie.com for more information about the movie.

- **Session III of the Organic Gardening Workshop Series (Novice):** Saturday, October 2nd from 12-4 pm. We will be covering season end tasks, composting organic matter, cover crops, late/overwinter crops such as garlic, parsnips, etc., harvest storage, and more. Registration deadline is Sept. 24th and space is very limited (more information is available online or at distribution).

"Be praised, my Lord, through our Sister Mother Earth who sustains us and produces diverse fruits with colored flowers and herbs...."

- St. Francis
Canticle of Creation

WISH LIST

- Scissors for the PYO Station.
- Serrated steak knives.
- Working box fans.
- Produce scales (5 lb.+ capacity)

"Each blade of grass has its spot on earth whence it draws its life, its strength; and so is man rooted to the land from which he draws his faith together with his life." – Joseph Conrad