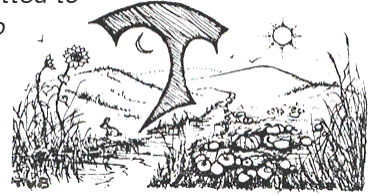


the
Canticle Farm
newsletter

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 3, 2009

week # 8 of 18

How's it **GROWIN'?**

with Mark Printz

by **Ronni Gronemeier**

What a difference a day or two makes. It was the best onion crop the farm had seen. But within 48 hours that all changed.

High hopes for onions that would last well into winter sales, that's what it looked like. The plants were not only robust, but there were many varieties of both sweet and cooking onions.

On target to be the premier crop of the season, these plants were quickly struck down in their prime by a nemesis, Downey Mildew.

A fungus that thrives best when it's wet and cool, Downey Mildew took advantage of the weather we've been having. Damage to the onions is severe. The only question now, what can be salvaged.

The vegetables are premature. Typically, they'd come to term from mid to late August. Careful daily monitoring will determine the action taken from this point forward.

Will the onions have to be harvested immediately? Or can an attempt to promote new growth buy them an extra couple of weeks in the ground? We'll have to wait to see.

The growth above ground is what's ravaged. A concoction of fish and seaweed may help if sprayed

on the leaves. This isn't a cure and won't help what's been killed off. But it may spur a bit of new growth that can carry the plant through on life support for a week or two.

Either way, the onions will come out before they are ready. With such a rough start they may also not have enough oomph to store well.

For a farmer it's a reminder that life can be fragile. For shareholders it's a chance to reflect on the fact, that in the real world of farming there are risks that come with every season. For the well-managed farm it's a chance to recommit to diversity, which is the key to weathering a season.

Canticle Farm offers a variety of produce. The lettuce, cabbage and cauliflower have taken advantage of the same cool wet weather. They are busy setting personal-best records for themselves in the fields this season.

To see how two different vegetables are affected by the same weather take a walk out in the fields. Rhonda or someone from the farm can point out the onions that go back from the broadside of the barn. And lettuce has its place of residence next to the greenhouse.

Recipe **ROUNDUP**

by **Rhonda Berman**

Howdy Partner!

After a slow start due to the cool night temperatures, we are finally harvesting summer squash.

Canticle Farm grows many different varieties of summer squash including green zucchini, yellow zucchini, cousa, yellow summer squash and patty pans. All of these varieties can be used interchangeably in recipes because they all have about the same texture and water content. So, in recipes you find here, the term summer squash covers any of the squash varieties that we distribute.

Summer squash are another versatile vegetable that can be eaten raw or cooked in many different ways. As shareholders, we should have many weeks of summer squash, so you will have many opportunities to try using them in different ways.

(continued on next page)

What's a Labyrinth and How Does it Work?

by **Brother Joe Kotala**

Following is an excerpt from a previous article that ran in the Harvest Times in 2008.

The labyrinth is an ancient circular diagram found in many cultures around the world. There are at least seven turns and some have eleven turns. There is only one way in and one way out, you cannot get lost.

Some people call the labyrinth a maze. However, a maze has many paths in and out and you can get lost. The labyrinth is a tool that can be used to help one on a spiritual journey.

Canticle Farm has a seven-circuit labyrinth in the reflection area. It is located on the right hand side of the farm, and can be accessed very easily.

If you chose to walk the labyrinth, it is a simple exercise with no right or wrong way to walk it. At whatever pace, one is always on the right path. All that is necessary to reach the center is faith in the path you're on, and a little

(continued on next page)

(Recipes, continued from page 1)

Summer squash is low in calories and provides only a moderate amount of nutrients. The skins should be eaten because the pulp has few nutrients by itself.

The skin of this vegetable is soft and gets scratched easily, so handle with care. Summer squash can be stored for up to one week. Store it unwashed in perforated plastic bags in the crisper drawer of the refrigerator.

When you want to prepare a quick, easy side dish try this. This recipe really lets the flavor of the summer squash shine.

Summer Squash with Cheese

- 1 tablespoon canola oil
- 2 six- to eight-inch summer squash, chopped
- 1 clove of garlic, chopped
- 1 tablespoon chopped fresh basil
- 2 ounces shredded mozzarella cheese. *Here's a hint: I used two 1-ounce cheese sticks for this small amount of mozzarella cheese.*
- 2 tablespoons shredded Parmesan cheese

Add oil to skillet over medium heat. When oil is hot, add chopped summer squash and garlic. Sauté until soft.

Sprinkle with basil and two kinds of cheese. Keep over low heat until cheese melts.

Eat and enjoy.

Variation: When fresh tomatoes are available, chop 1 medium sized tomato. Then add to the skillet with the summer squash and garlic.

Recipes like Chocolate Zucchini Cake, Barley-Stuffed Summer Squash and Vague But Delicious Zucchini Sandwich are available under Cookbook at www.canticlefarm.org.

Until next week, eat well, live well!

THANK YOU!

- Thank you, to Bill Kinley and Patty Thibodeau for their years of dedicated service and hard work on the Canticle Farm Board of Directors. Although their terms are ending, their contributions will continue to make a difference.
- Thank you, to the volunteers that helped with Canticle Farm's booth at the Taste of Olean.
- Thank you, to everyone who helped make the Ice Cream Social and Kid's Crafts evening a success.

Find Canticle Farm vegetables at these times and places

- The Farm Stand located at the farm is open during distribution on Tuesdays and Fridays from 2pm – 6:30pm.
- Canticle Farm is part of the Olean Farmers' Market located at the JCC downtown parking lot Saturdays 8am – 2pm.

(Labyrinth, continued from page 1)

patience.

The labyrinth teaches us that if we keep putting one foot in front of the other, we can quiet the mind and find our center. The lesson is to trust the path. The path is in full view, which allows one to be quiet and focus internally.

So the next time you are at the farm or when you need to reflect on your life stop by the reflection area. Discover how walking the labyrinth can help clear the mind and bring deep personal insights into your spiritual journey, as well as, give you new ways you can perceive the challenges of life.

Coming Events

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

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:

- Cultivating.
- Bean picking. This is a late-morning, early-afternoon activity because it needs to be dry.
- Spreading mulch on the perennial gardens Thursday, August 6th, at 7 pm. Please email JoJo at jrpjng@yahoo.com to let her know if you can make it.

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

Available Farm Shares: Fall Shares – Large and small

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 to make bean picking easier. Ask Mark to show you what he needs if you're not sure.
- Picnic table for the reflection area.

"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