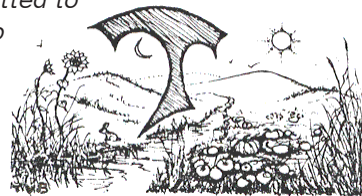


the  
Canticle Farm  
newsletter

# 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 10, 2009

week # 9 of 18

## How's it GROWIN'?

with Mark Printz

by Ronni Gronemeier

Canticle Farm is not only growing green, but it's going green. By fall the barn roof will sport solar panels.

What headlines tout as going green, Canticle Farm simply deems as going to more natural ways of doing things. The mission statement pronounces a commitment to connecting all people, to practice Earth-friendly habits. A good way to do that is to come up with practical ways to put that idea into action.

Always on the lookout for more environmentally sound ways of doing things, the farm has had its eye on the big jump in electrical usage that coincides with the maturing vegetables in the fields.

The same summer sun that's essential to a productive growing season is the same summer sun that

boosts electrical energy costs at the farm. Warm weather gives the electric meter a run for the money as the cold-storage and ventilation systems offset the heat.

Ironically, Canticle Farm will turn to the sun for help.

With the installation of solar panels the farm will generate much of its electrical energy. Solar energy is easy on the Earth and, in addition to refrigeration, will help run the well, and heat the greenhouse during colder months.

In the meantime, glance up when you come on distribution day. Soon the barn roof will show off its new style. So, for a chance to see where science and sun will come together to keep Canticle Farm humming along, look up on the roof.

## Recipe ROUNDUP

by Rhonda Berman

Howdy Partner!

We all have those weeks eventually. The weeks when life is busy and you are not home to cook.

Some Monday nights I have a moment of panic when I see lots of Canticle Farm vegetables in the refrigerator, and I know I am picking up another weekly share on Tuesday.

So I do my "clean out the fridge" pot of soup. This soup always tastes different because the vegetable mix always changes.

I am always experimenting and trying new things. I will give you a warning based on my experience. Once I added three small red beets to my soup pot. Once cooked, the contents of the pot all turned a light, blush pink. This was not what I expected. My advice is think twice if you want to add beets to your vegetable mix.

Other shareholders I compare notes with do a "clean out the fridge" stir-fry. This is the same idea. A representative from the Education Committee recently demonstrated this mixed-vegetable stir-fry one Friday during distribution. Samples and a recipe were provided. Ask for a handout in the barn or print one from [www.canticlefarm.org](http://www.canticlefarm.org)

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## Why is it called Canticle Farm?

Some will ask, "What's a canticle?" Answer. A song. That leads to the next question, "Well, what kind of song?" Ah, this particular song has a story. In fact, this particular song ends the story.

The song begins where St. Francis of Assisi ends. In his final days, St. Francis wrote his famous song "The Canticle of Creation" or the "Canticle of the Sun" as it is sometimes called. This is the song, or canticle, that is the farm's namesake.

Most High, All-Powerful, All-Good Lord!  
All praise is yours, all glory, all honor  
And all blessing.

To you alone, Most High, do they belong.  
No mortal lips are worthy  
To pronounce your name.

All praise be yours, my Lord, through all that  
you have made,  
And first my lord Brother Sun,  
Who brings the day; and light you give to us  
through him.

How beautiful is he, how radiant in all his splendor!  
Of you, Most High, he bears the likeness.

(continued on next page)

(Recipes, continued from page 1)

### Clean Out the Fridge Soup

Chop assorted leftover vegetables, such as onions, garlic, greens, carrots, broccoli, summer squash, string beans, tomatoes, sweet peppers, hot peppers, celeriac root, celery, leeks, cabbage, potatoes, lettuce, basil or parsley.

Put vegetables in pot. Add some seasoning such as salt, pepper, other seasonings, or seasoning mix (recipe below).

Cover with water. Bring to a boil. Reduce heat and simmer until all vegetables are cooked.

If desired, once the vegetables are cooked add some of the following: cooked rice, cooked noodles, cooked meat, or cooked beans. This is a good way to use up leftovers. This soup is also good sprinkled with shredded cheese when serving.

If you have extra soup, put it in your freezer for an easy meal at a later date. This freezes well.

This general purpose seasoning mix can be added anytime you want to add flavor. I use it frequently instead of salt.

### General Seasoning Mix

- 2 tablespoons paprika
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 1 tablespoon black or white pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 tablespoon crushed red pepper flakes (optional)

Mix ingredients together. Store in an airtight container.

For more recipes visit [www.canticlefarm.org](http://www.canticlefarm.org).  
Until next week, eat well, live well!

### 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:

- Harvesting on Monday and Thursday. Now with the Warming House interns leaving there is a greater need for help with harvesting for distribution.
- Hand weeding.

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

### 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!

- Plastic deck chairs.
- Wheelbarrow.
- Harvest wagons. Ask Mark to show you a harvest wagon if you are not sure.

(Canticle, continued from page 1)

All praise be yours, my Lord, through Sister Moon and Stars:

In the heavens you have made them, bright  
And precious and fair.

All praise be yours, my Lord, through Brothers Wind and Air,

And fair and stormy, all the weather's moods,  
By which you cherish all that you have made.

All praise be yours, my Lord, through Sister Water,  
So useful, lowly, precious, and pure.

All praise be yours, my Lord, through Brother Fire,  
Through whom you brighten up the night.  
How beautiful he is, how gay! Full of power and strength.

All praise be yours, my Lord, through Sister Earth,  
our mother,  
Who feeds us in her sovereignty and produces  
Various fruits and colored flowers and herbs.

All praise be yours, my Lord, through those who grant  
pardon  
For love of you; through those who endure  
Sickness and trial.

Happy those who endure in peace,  
By you, Most High, they will be crowned.

All praise be yours, my Lord, through Sister Death,  
From whose embrace no mortal can escape.

Woe to those who die in mortal sin!  
Happy those She finds doing your will!  
The second death can do no harm to them.

Praise and bless my Lord, and give him thanks,  
And serve him with great humility.

*One source for the story of St. Francis and his friend St. Clare, complete with a timeline from Francis' birth to his canonization as a saint, is a beautifully illustrated book that all ages will enjoy reading. The book is called "Saint Francis of Assisi – A Life of Joy" by Robert F. Kennedy, Jr. Yes, that Robert F. (Francis) Kennedy, Jr., whose middle namesake is St. Francis. This book also notes the Feast Day of St. Francis, October 4 and the Feast Day of his friend St. Clare, August 11.*

## THANK YOU!

- Thank you, to the Warming House interns who have been such a big help two mornings a week. For weeks they have planted, cultivated and harvested crops.

### Coming Events

- **September 19 & 20** – Canticle Farm at the Cuba Garlic Festival – Block Barn, Cuba, NY.

Available  
Farm Shares:

Fall Shares –  
Large and small