

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 31, 2009

week # 12 of 18

How's it **GROWIN'?**

with Mark Printz

by **Ronni Gronemeier**

Canticle Farm is famous for its carrots. And this year they are abundant.

Credit the Canticle soil with turning out these sweet, tastes-like-when-you-were-a-kid carrots.

But the dirt on dirt is that all soil is not the same. Nutritionally depleted dirt doesn't do more than prop up plants. But nutrient-rich soil provides the building blocks for healthy plant growth. Reading like a multi-vitamin label: boron, zinc, manganese; these micro-nutrients are must-haves for a healthy soil.

Generally speaking, it's the combination of plant- and animal-base nutrients that create a nutritious mix.

Specifically, the farm uses seaweed and fish hydrate to build a soil mix that can seem to have magical results. But really it's just good old-fashioned nature at its best.

It's not surprising a plant that grows up on nutritious soil is a plant that is healthier, tastes better and stores best. Canticle Farm is looking at a bumper crop of carrots. Translated, that means plenty of carrots for the remaining summer shares, the fall shares, winter sales and for the first few spring shares in 2010.

Carrots aren't the only roots promising a heavy harvest.

Beets are coming on strong too. Contrary to the carrots, Canticle beets might be better than your memory of tastes-like-when-you-were-a-kid beets. These beets have great flavor.

Like the carrots, the healthy soil produces beet roots with a high brix level. Brix is the sucrose/sugar content of the vegetable. A lot of brix puts out produce that's pleasing and practical because it's sweet to the taste and helps the vegetable hold up for the long haul when it comes to storage.

To see one way the carrots are stored head for the field. Mark would be happy to point out the beds where mature carrots will ride out the winter awaiting harvest during warm-weather breaks during winter or in early spring.

Recipe **ROUNDUP**

by **Rhonda Berman**

Howdy Partner!

Here is one way to describe the seasons. Fall Madness becomes Winter Sleep, which turns into Spring Fever and finally it is time for Summer Squash.

It's that time of year again. We have lots of summer squash/zucchini. And I am trying to be creative in my use of the yellow and green vegetables.

Summer squash are versatile because on their own they have little flavor.

There are many versions of recipes for baked summer squash/zucchini squares.

I share with you today my personal favorite.

Summer Squash/Zucchini Squares

4 tablespoons butter

3 eggs

1 cup flour

1 heaping teaspoon baking powder

1 cup milk

Salt, pepper to taste

1 cup grated cheese

1 teaspoon seasoning. I have a couple of cheese and seasoning combinations you might like. Cheddar cheese and dill weed work well together and mozzarella and crushed oregano are a good choice.

1 small onion, finely chopped

3 cups thinly sliced summer squash/zucchini. The mix of yellow and green is pretty.

Looking for Something to Read?

The popular movie Julie & Julia has people reaching for books like Mastering The Art of French Cooking by Julia Child. Whether it's to pass time before an appointment or as an alternative to an unappealing TV show schedule, a book about food may be just the thing.

With internet-access reviews it's easy to find a fiction or non-fiction book you'll probably like. Some Web sites even take the book you're researching and suggest additional books for consideration. On the other hand, there's the charm of picking out a book as you browse through the local bookstore or library.

However you choose to stumble across a book, if you're looking for a food-topic-read at the ready, go to page two for a variety of titles that base discussion on food.

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(Recipes, continued from page 1)

Preheat oven to 350 degrees. Using the oven, melt butter in a 9 x 13 inch baking dish.

In a bowl, beat eggs. Add flour, baking powder, milk and salt/pepper. Stir to combine. Do not over mix. This may have lumps. Mix in cheese, seasoning and onion. Then stir in summer squash/zucchini.

Pour this mixture into pan with melted butter. Spread in pan in an even layer. Bake in oven until cooked in middle and browned on top, about 35 to 45 minutes.

Are you still looking for more summer squash/zucchini recipes?

Look for Lemon-Basil Zucchini and Zucchini & Potato Chowder under Cookbook at www.canticlefarm.org.

Until next week, eat well, live well!

We're two-thirds through the summer share, a good time to think about:

- Purchasing a fall share. There are still some fall shares available. If you haven't already signed up for a fall share and want to continue to get locally grown, farm-fresh vegetables sign up soon before they are sold out.

- Getting in your volunteer hours if you have a participating share. There are still a variety of ways to put in these hours. The later the season gets the fewer options you have when it comes to choosing a job you'd like to do.

"Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas."

- Elizabeth Murray

Coming Events

- **September 19 & 20:** Canticle Farm at the Cuba Garlic Festival – Block Barn, Cuba, NY.
- **September 27:** Heavenly Harvest Celebration Day – Canticle Farm.

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!

- Pint or quart containers.
- Legal-size copy paper in goldenrod yellow or green for the Harvest Times.

THANK YOU!

- Thank you, to Pierre Dionne for providing fresh eggs for purchase during distribution.
- Thank you, to the volunteers who help in the fields, especially when the fields are hot, wet or full of mosquitoes.

(Something to Read, continued from page 1)

Julie & Julia: My Year of Cooking Dangerously by Julie Powell

My Life In France by Julia Child with Alex Prud'homme

Julia's Kitchen Wisdom by Julia Child

The Backyard Homestead by Carleen Madigan

Farms & Foods of Ohio: From Garden Gate to Dinner Plate by Marilou K. Suszko

Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver, Steven L. Hopp, Camille Kingsolver

Food Not Lawns: How to Turn Your Yard into a Garden and Your Neighborhood into a Community by Heather Coburn Flores

FOOD, INC.: A participant Guide: How Industrial Food Is Making Us Sicker, Fatter And Poorer And What You Can Do About It by Karl Weber (companion to the newly released documentary, Food, Inc.)

Plenty: Eating Locally on the 100-Mile Diet by Alison Smith, J. B. MacKinnon

The Food Revolution: How Your Diet Can Help Save Your Life and Our World by John Robbins, Dean Ornish

Deep Economy: The Wealth of Communities and the Durable Future by Bill McKibben

The Omnivore's Dilemma: A Natural History of Four Meals and **In Defense of Food: An Eater's Manifesto** by Michael Pollan

Slow Food Nation: Why our Food should be Good, Clean, and Fair by Carlo Petrini, Alice Waters

The Unhealthy Truth: How Our Food Is Making Us Sick – And What We Can Do About It by Robyn O'Brien, Rachel Kranz

The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution by Alice Waters

The Revolution Will Not Be Microwaved: Inside America's

Underground Food Movements by Sandor Ellix Katz

World Made by Hand (a novel): A Novel by John Howard Kunstler

The Art of the Commonplace: The Agrarian Essays of Wendell Berry by Wendell Berry and Norma Wirzba (editor)

Hannah Coulter (a novel) by Wendell Berry

It's Heavenly Harvest Celebration Day

Sunday, September 27, 2009

from 1 to 4 p.m.

Join us at Canticle Farm for our major fundraiser for the year. This event is open to the public. Pre-sale tickets will be available at the farm in coming weeks.

Activities will include: luncheon, raffle, auction, entertainment for all ages, labyrinth walk, and a zucchini/summer squash casserole contest. More details to come.