

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 September 14, 2009

week # 14 of 18

## How's it **GROWIN'?**

with Mark Printz

by **Ronni Gronemeier**

What is Canticle Farm's most important piece of equipment, can be moved, alters the climate and saved enough tomato plants for shareholders to pick up a couple of tomatoes this summer? Give up? It's the high tunnel.

Some may mistake a high tunnel for a greenhouse, but there are distinct differences.

Unlike a greenhouse, you can move a high tunnel to a different location. It's not a permanent structure. Technically, it covers a swath of soil.

That covered soil is used to grow plants in a field-like fashion. Vegetables raised in greenhouses typically live in trays, a spread of special fabric or hydroponic systems.

A greenhouse is a place where mechanized systems control the temperature to the degree and moisture is made ideal. But a high tunnel creates a climate by leveraging natural occurrences.

A sunny, winter day is warmer in a high tunnel because the clear plastic lets the sun heat the air. That warmed air is then penned in by that same clear cover. Within the tunnel, on a smaller scale, that same idea of corralling heat can be used again. Crops tented with a couple of layers of row cover, a light fabric, can end up surrounded by an air-temperature increase of another five to six degrees.

On one hand, warmth can be enhanced. But on the other hand, cooling factors can be curbed.

A frosty night skips over crops in the plastic en-

closure. And a ground freeze may be avoided when the plastic breaks the wind that would otherwise produce a ground-freezing wind chill.

So whipping wind from outside is controlled pretty well. But inside, the air circulation is not meticulously maintained like that of the mechanically ventilated greenhouse. When it comes to air circulation, the best you can do with a high tunnel is to turn up the plastic off the ground a bit. But that's enough to take the edge off a hot summer day that would otherwise wilt a crop.

Still, with its less-than-perfect climate control, a high tunnel offers enough advantage to increase a growing season by three to four weeks on either side of winter. So even without the perfection of greenhouse apparatus, the high tunnel is a major player when it comes to the farm's winter sales.

Except for the short-day, sun-starved, dormant stage from late December through mid-February, this plastic dome puts available sunlight to work. It creates conditions to grow lettuce, radishes and kale through about half of the calendar's list of winter weeks. It even positions spinach to survive the winter.

Because of the high tunnel's simulated spring conditions, beets go in ground mid-March. That way they're ready for harvest in mid-May during the spring share.

But if your idea of a climate-control structure is one that allows off-season to become in-season, you haven't given the high tunnel enough credit. It's a seasonal helper too.

This year, the tomatoes at distribution were all thanks to the high tunnels. They kept the Late-Blight-carrying wind and rain at bay. This saved the high tunnel, tomatoes from disease devastation.

If you want a change of pace, walk a high tunnel instead of a field. It's an opportunity to experience another climate.

## Recipe **ROUNDUP**

by **Rhonda Berman**

Howdy Partner!

It may be a poor tomato year but at least we have the basil. That's what I keep telling myself.

I never made basil pesto until about two years ago. I dreaded cleaning the food processor. Well, once I made it – wow! What flavor. I realized what I had been missing. I encourage you to make it once. I bet you will be hooked as I was.

So what can you do with basil pesto?

I love the flavor on anything. Put it on homemade white pizza, pasta, potatoes, rice, chicken, crackers or toast. I discovered a new treat this year. Steam

*(continued on next page)*

## Message from the President

Dear Shareholders,

Hope that all of you have had a good summer. Fall will soon be here and we want to remind you to get your application in for fall shares soon. There are only a limited number available.

Also, we have been asking you to save Sunday, September 27 from 1 to 4 p.m. for our major fund raising event – "Heavenly Harvest."

*(continued on next page)*

(Recipes, continued from page 1)

sliced zucchini/summer squash. Then stir in enough pesto to coat.

Below is my Basil Pesto Recipe. Traditionally it is made with pine nuts. But I like mine with walnuts. They are easier to find in the grocery store and less expensive.

### Basil Pesto

- 1 cup basil leaves (washed and dried off)
- 3-6 cloves of garlic (peeled)
- ½ cup chopped walnuts
- ½ cup regular olive oil or extra virgin olive oil
- 1 cup grated Parmesan cheese

Put the basil leaves, garlic cloves and walnuts into your food processor.

Give it a whirl until it is finely chopped, then scrape down from the sides.

Add the olive oil, give it a whirl, then scrape down from the sides. Add the Parmesan cheese and give it one last whirl.

To store in the refrigerator, put pesto in a container and add a thin layer of oil over it to prevent it from turning a darker color. Also, I have successfully frozen this with the cheese. Or I have left out the cheese adding it later when it has been defrosted.

I've learned that if you use a food processor, it comes out a coarser grind. Last time I tried it in my blender. The result was a much finer paste. The trick with the blender is you have to add more oil so it will blend.

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

### Coming Events

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

**“Weather means more when you have a garden. There’s nothing like listening to a shower and thinking how it is soaking in around your green beans.”**

- Marcelene Cox

### Wish List

#### Reduce, Reuse & Recycle

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!

- Mosquito hats.
- Dry-erase boards
- Standard white 8 ½ X 11 inch paper
- Kitchen scrubbing pads. Not S.O.S pads or pads with detergent.

(Heavenly Harvest, continued from page 1)

This event is open to the public and replaces the November gathering of past years.

The event's fundraising focuses on raising money to purchase 2010 summer shares to be donated to local agencies who serve the poor in our area. As a non-profit organization, sales of our regular shares just cover our costs. Thus, we are dependent upon donations to be able to provide the donated-share produce to the poor. This summer we received enough donations to provide for the poor through 10 local agencies.

This event is also a time for community. We will have live music, magic, raffles and a bucket auction. Highlighting the event will be lunch including a salad bar consisting of Canticle Farm produce, desserts containing farm vegetables, breads and beverage.

Tickets are available at the farm during distribution hours and cost \$8. Cost at the door is \$10. Tickets for children ages 4-10 are \$5. Kids three and under are free.

For information about entering a zucchini/summer squash casserole contest, call the office at 716-373-0200, x3358 or visit [www.canticlefarm.org](http://www.canticlefarm.org). You can also be a judge!

We are in need of items for the auction. You are invited to bring new or gently used items of any value. Crafts and certificates for goods or services like bicycle repair, massage, etc. work well. Theme baskets are particularly encouraged. Drop off items at St. Elizabeth Motherhouse between 1 and 6 p.m. from Monday, September 21 through Friday, September 25.

## THANK YOU!

- Thank you, to shareholders for spreading the word about Canticle Farm. This still remains our best form of advertising.

### Volunteer Opportunities This Week

Mark has an ongoing need for *Harvest Helpers* weekdays.

Check boards at the barn on distribution day for volunteer opportunities for the week.

**This week you could try your hand at:**

- Harvest helping.

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

### 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.

**Available Farm Shares:**

Fall Shares –  
Large and small