

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 21, 2009

week # 15 of 18

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

with Mark Printz

by **Ronni Gronemeier**

It's been a lot of years since weather, disease and pests combined to make such a challenging farming season. Canticle Farm couldn't escape crop-loss.

Even earth-friendly farming practices couldn't compensate for the extraordinary growing conditions the farm faced. Sure, plants grown in healthy soil using natural techniques typically produce stronger vegetables that resist pests, disease and tolerate less than ideal weather conditions. But this year was anything but typical. So, it stands to reason that the crop yields have been anything but typical.

Currently here's a status update on a few of the crops.

Recall that cool, wet weather earlier in the season. It took a toll on the vine crops and stalled growth. To a vegetable, time is a commodity. Each vegetable requires a certain amount of days to mature and there is an endpoint on the calendar for its growing period. If that time is cut short for some reason the plant may simply run out of time.

Fast-forward to today and the winter squash is not as plentiful. The smaller vine-crop fruit, like the Acorn, Delicata and Sweet Dumpling, did the best. Producing three-to-five per plant, this squash should store well into December. But the larger Spaghetti, Butternut and Buttercup just needed more time. The larger variety that is available will be smaller. Winter squash will start appearing in distribution around early October.

Remember the onion crop was cut short by Downey Mildew. Because the disease prompted pre-

mature harvesting the onions aren't storing well. One of the last things a maturing onion works on is preparing itself to last – storage-ability. The onions aren't curing well. Be prepared to use your onions soon. If you are interested in having onions for the winter you may want to consider chopping and freezing onions as an alternative.

Although the melons love heat and haven't had enough of that, their biggest menace is critters. 50 to 60 percent of the yield has been lost this way.

Long-time shareholders will tell you they've never seen a year like this at Canticle Farm.

And at times it may have seemed like the farm was catapulted back into a chapter of "Little House on the Prairie." In the book it would have likely been hail and locust causing hardship, but at the farm it was high-winds, torrential rain, Late Blight, Downey Mildew and critters. But as in the book, the page on this season's story will be turned and a new chapter will follow.

Next year's spring-share carrots are growing. The garlic came to term in size and quantity and should store well.

Don't miss the chance to take one of those "thinking walks" through the fields. This is an interesting time. Standing out in the farm's fields this time of year is like standing at a crossroads between the past and the future. The story of the summer season is finishing, but the beginning of the story about next summer's season is starting to take form.

## Recipe **ROUNDUP**

by **Rhonda Berman**

Howdy Partner!

It is getting late in the season and it seems like I have eaten a lot of zucchini/summer squash. You may be feeling the same way.

I was looking for some new ideas about how to use squash. When I saw the cookbook, "The Classic Zucchini Cookbook: 225 Recipes for All Kinds of Squash" by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman, I thought that's my kind of cookbook. I knew I had to buy it.

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### Heavenly Harvest Sunday, September 27 1 to 4 pm at Canticle Farm

*Just another reminder about this important fundraiser. The need for fresh produce at the local food pantries and other organizations is growing and we need to raise funds to purchase the shares to give them.*

Please plan to support this event by attending if possible and bring families and friends. Event tickets include lunch, musical entertainment and magic. Other activities include bucket auction and a raffle. Raffle tickets are \$5 and the three prizes are a lottery tree, gift certificate tree and a Canticle Farm spring share.

You can purchase raffle tickets at distribu-

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(Recipes, continued from page 1)

I tried their Apple-Carrot-Zucchini Muffin recipe. They could be called "Kitchen Sink" muffins because they have everything in them except the kitchen sink. The muffins are delicious! So, I share with you this new recipe.

#### Apple-Carrot-Zucchini Muffins

- 2 cups unbleached all-purpose flour
- 1¼ cups sugar
- 1½ cups coarsely chopped pecans
- 1 cup grated carrots
- 1 cup grated zucchini
- 1 apple, cored and chopped
- ¾ cup shredded unsweetened coconut
- ¾ cup golden raisins
- 1 tablespoon ground cinnamon
- 2 teaspoons baking soda
- ½ teaspoon salt
- 3 large eggs
- 1 cup vegetable or canola oil
- 1 teaspoon vanilla extract

Preheat the oven to 375 degrees and grease two 12-cup muffin pans.

In a large mixing bowl, combine the flour, sugar, pecans, carrots, zucchini, apple, coconut, raisins, cinnamon, baking soda, and salt. Mix well. Then make a well in the center.

In a second bowl, beat together the eggs, oil and vanilla. Pour into the well in the dry ingredients. Mix just enough to combine. The batter will be lumpy. Spoon the batter into the prepared muffin pans.

Bake the muffins for about 25 minutes, until a tester inserted in the center of one of the muffins comes out clean.

On wire racks, cool the muffins in the pans for 10 minutes. Then turn the muffins out of the pans. Serve the muffins warm or cooled. Makes 24 muffins.

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

## 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!

- Wicker baskets for display at the farmers' market and the farm stand.
- Standard 8 ½ X 11 inch white paper.

**"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."**

- Abraham Lincoln

(Heavenly Harvest, continued from page 1)

tion and at the Olean Farmers' Market. \$8-event pre-sale tickets are available then too. Tickets are \$10 at the door. Children's tickets are \$5 for ages 4-10. Kids 3 and under are free.

Needs for the auction:

- Please see detailed handout at distribution.
- 32 ounce yogurt containers with lids. You may drop them off at distribution or at the Motherhouse Monday, Sept. 21 – Friday, Sept. 25, from 1 to 6 pm.

Needs for lunch:

- If you have coffee mugs that you could bring, either for use that day or for donation, please bring them to the farm during distribution or to the Motherhouse Monday, Sept. 21 – Friday, Sept. 25, from 1 to 6 pm.

Other needs:

- Pop-up tents to provide cover. If you can lend one please call the office at 716-373-0200, ext. 3358 or e-mail [canticleoffice@yahoo.com](mailto:canticleoffice@yahoo.com).

## THANK YOU!

- Thank you, to everyone who helped with the Cuba Garlic Festival.

### 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.

### Don't miss out . . . sign up for a fall share before they sell out

With only three weeks left of the summer share, it's time to think about a fall share. There are still a limited number of fall shares available, so order soon.

The fall-share program runs for five weeks beginning October 20<sup>th</sup> and ending just before Thanksgiving. Large shares are \$175 and small shares are \$90. Tuesday is pick-up day from 2 to 6 pm.

The fall share typically includes several items that you receive in the summer share, such as carrots, potatoes, onions, cabbage, beets, Swiss chard, garlic, and lettuce. So there's no need to worry about going without your favorites.

In addition, seasonal favorites may include Brussels sprouts, celery, celeriac, collards, gourds, Asian greens, kale, kohlrabi, pumpkins, rutabagas, winter squash, shallots and turnips.

During fall you may also see a return of vegetables that prefer the cooler weather, for example, broccoli, cauliflower, leeks, radishes and spinach.

Be sure to get your share of the fall bounty by ordering soon while shares last. Applications are available at [www.canticlefarm.org](http://www.canticlefarm.org), the farm stand and the Olean Farmers' Market. To receive an application in the mail, phone the farm office at 716-373-0200 ext. 3358.