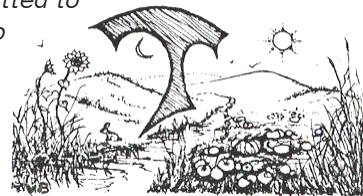


the
Canticle Farm
newsletter

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 October 5, 2009

week # 17 of 18

How's it **GROWIN'?**

with Mark Printz

by Ronni Gronemeier

We're coming up on some of the heaviest harvest days of a season. Fall.

In the mind of many, there's the idea that vegetables only grow from Memorial Day to Labor Day. Enter fall, chock-full of flavor, beauty, variety and plenty.

Beyond bounty, fall sweetens the deal. Jack Frost gets the credit for sweetening favorites like carrots, Brussels sprouts, spinach and kale.

Radishes seem to relish cooler temperatures. Autumn produces radishes that don't get woody or taste as hot. You'll see mild-tasting Beauty Heart radishes the size of baseballs. But if you like a little kick to a radish, then look for the Daikon. It's a white radish the size of a large carrot.

There will be plenty of garlic this fall, but a limited amount of winter squash. And cabbage will be available – all kinds from regular green and purple cabbage to Chinese cabbage. Potatoes, beets and turnips are all part of the fall harvest too.

The high tunnels help out in the fall. They have a hand in the cultivation of the lettuce and Asian greens that show up at distribution.

Even with the late-November, harvest-sharing celebration that we call Thanksgiving, we can still forget that a field of vegetables in the fall has so much to offer. In fact, Labor Day is just the beginning of the farm's biggest bounty.

So, when you get a whiff of that great fall smell and the leaves turn color, remember that the farm is still teeming with vegetables.

Autumn is a great time to walk the fields that Jack Frost frequents. You'll see Canticle Farm's big finale.

Recipe **ROUNDUP**

by Rhonda Berman

Howdy Partner!

Canticle Farm has a reputation for growing sweet, delicious carrots. In my household we eat them often in tossed salads and just raw.

We've had a lot of carrots lately and last week a shareholder asked me what to do with the carrots.

Here is a suggestion for those people who are

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Can You Really Eat Locally, Year-round, In This Part Of The Country?

Food challenges to take you to the next frontier

by Stephanie English

How can you keep eating local this winter?

So now the Community Supported Agriculture (CSA) season is rapidly coming to an end. You've enjoyed delicious local vegetables and the convenience of CSA pickup. How can you continue remaking your diet into one that is healthier, requires less fossil fuel, and relies upon fair-wage labor?

Changing the way we eat is a slow evolutionary process. I find I am constantly on this journey, evolving my food life to be gentler on the Earth and all who share it.

If you're on this journey, too, you might enjoy attempting one of these "food challenges." Select one or two that make sense for your life right now. Don't overwhelm yourself. But a little frustration is okay, that's how we grow.

Create a customer relationship with three new farms within the next year. From meat to wheat, there are myriad local products within even 10 miles of where we live. Most of these farms get new customers by word of mouth, so ask in the distribution barn and someone will be happy to tell you where to get eggs or maple syrup. Or pay a visit to the local farmers' market. Farmers always know other farmers, so ask around if there is something you're looking for.

In particular, eat local meat and dairy more; in general, eat less meat and dairy. Ever wonder why local grass-fed meats and cheeses are so expensive? It's because they require a lot of land, water, and human labor to produce, far more resources than that handful of zucchini. We can adjust to these true-costs by not consuming so much of these products. My husband works for a pastured meats and eggs farm, and we milk our own goats and make cheese. But even with these healthy foods readily available to us, in an average week we

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(Recipes, continued from page 1)

looking for more ideas. This recipe is one of my husband's favorites because the roasted carrots are sweet and yummy.

Oven Roasted Potatoes and Carrots

A few:

- Potatoes
- Carrots
- Tablespoons Canola oil

Salt and pepper

Note: You'll use the following method to make oven-roasted carrots. They bake for about 45 minutes. And if you are planning to do a batch of both vegetables, put each vegetable on a separate baking sheet because they take a different amount of baking time.

Pre-heat oven to 450 degrees.

Wash and dry potatoes. Roughly chop into ¼- to ½-inch cubed pieces. Keep in mind that pieces the same size will take the same amount of cooking time.

Toss in a bowl with a few tablespoons of canola oil to lightly coat. Then place in a single layer on a heavy cookie sheet. Do not over crowd the pan. Each piece needs a little space around it. A heavier pan helps the potatoes to brown and I usually use multiple cookie sheets. You can line the pan with foil, but I find the potatoes sometimes stick to the foil.

Bake potatoes in the oven for 30 minutes. Open oven and stir the potatoes. Bake for another 10 to 15 minutes. Check. Stir. Keep repeating at 10 to 15 minute intervals until desired brownness is achieved. Mine took about one hour in total cooking time. Cooking time depends on your oven, your pan, the thickness of the vegetable and your preference of brownness.

Once the potatoes are browned and out of the oven, sprinkle with salt, pepper or other seasonings.

For other recipes like Carrot Vichyssoise visit canticlearm.org.

Until next week, eat well, live well!

Do You Know Someone Who's Wanted To Try Out Canticlearm Farm?

A variety of vegetables, coupled with only a five-week commitment makes the fall share a great time for someone to check out Canticlearm Farm.

There's still time and there are still shares. The fall share begins October 20th and ends just before Thanksgiving. Large shares are \$175 and small shares are \$90. Tuesday is pick-up day from 2 to 6 pm.

Fall share applications are available at www.canticlearm.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.

(Local, continued from page 1)

eat meat only once, and have at least two vegan meals.

Get into the wild-foods scene. There's a plethora of edibles outside each of our back doors and we rarely see them. Invest in a good book. I recommend *The Forager's Harvest* by Samuel Thayer and *Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places* by Wildman Steve Brill and Evelyn Dean. Then round up a group of friends to forage together. An added benefit of wild foods, besides costing nothing, is they often have more trace minerals in them because they grow in untilled soil and come from deeply rooted plants.

Coming up next week, food-challenges for holiday eating and New Year's resolution making.

THANK YOU!

For the Heavenly Harvest:

- Thank you, to all the shareholders, volunteers and employees who did such a great job cleaning up the farm and reflection area before Heavenly Harvest.
- Thank you, to the Development Committee for all of their hard work, which made the first Heavenly Harvest a success.
- Thank you, to our sponsors: Both Branch and Hendrix, CUTCO, Olean General Hospital and St. Bonaventure University.
- Thank you, to Rita, Rebecca and Ben Besok for bringing their large variety of animals for everyone to enjoy.
- Thank you, to Phil and Anne Houghton for the magic show.
- Thank you, to Dave McHenry, also known as the Balloon Man, for entertaining the children with balloon art.
- Thank you, to the Allegany River Band for entertaining the masses.
- Thank you, to St. John's Parish for lending chairs.
- Thank you, to the Motherhouse staff for helping with various tasks.

"The greatest gift of the garden is the restoration of the five senses."
- Hanna Rion

Coming Events

- **Tuesday, October 20** - fall share distribution begins at Canticlearm Farm.

Available Farm Shares: Fall Shares – Large and small