

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 11, 2010**

**Week #18 of 18**

## How's it **GROWIN'?** with Mark Printz

by **David Schammer**

With the conclusion of Canticle Farm's 10th summer growing season now upon us it's time to take stock and reflect upon our successes and failures. Weather and growing conditions were significantly better this year than last and it showed in both the quantity and quality of our crops.

The ever-reliable root crops of beets and carrots thrived. Late blight arrived later than in previous years, allowing for a short, but healthy tomato crop. The warmer summer months slowed lettuce and Swiss chard growth for a period of time, but that was to be expected, and many other crops benefited from those warm temperatures. The Alliums (onion family) and winter squash fared far better than last year. Field cucumbers remain a tricky crop for us. Potential solutions to low yields include trellising, planting into our biodegradable plastic, and irrigation – possible remedies that will be considered for next year.

Because we do not use pesticides, insect pressure poses a problem every year. But warmer temperatures and adequate rainfall this year translated into healthier plants that could defend themselves and remain productive. Plant diseases like Downy mildew and Powdery mildew thrive in cool, moist conditions. These ailments were far less problematic this season than last. Weed competition was minimized in some beds (most notably the summer squash) due to our use of biodegradable plastic this year.

Looking ahead, the late beds of carrots are sizing up nicely and should provide a steady supply well into the mid-spring months. The winter kale has done so well that we've been harvesting it for two weeks now. These beds will serve as a continual field supply, harvested during mild winter thaws to supplement our high tunnel kale plantings. The few remaining high tunnel tomato beds will be cleared soon in favor of winter hearty crops. Several beds of potatoes remain in the field and will be harvested in the coming weeks. Unlike most crops, we're never really certain about the potato yield until we actually get into the soil and harvest them. Yield often varies depending on variety, soil conditions, weed and insect pressure, etc.

## A note from our president

"A note of thanks to everyone for being part of Canticle Farm this year, helping us to live our mission of care for the environment and of providing local healthy food to our community.

"We look forward to seeing you back with us next year."

– Sr. Joyce Ramage

## Farm Stand Hours

The Farm Stand will remain open on Tuesdays and Fridays from 2 to 6 pm through Tuesday, November 23rd. Bi-weekly winter sales will begin on Tuesday, November 30th and will be held in the barn.

## THANK YOU!

**To:** Barbara Casey for tending to the herb beds. Her season-long dedication ensured a steady supply of parsley, basil, cilantro, dill, and more. More variety to come next season.

**To:** The Crino Family for their hours of work and dedication in the Reflection Area this year. The mowing, weeding, pruning, and planting efforts not only kept the Reflection Area beautiful this season but resulted in a number of new perennial plants for all to enjoy.

*"Be praised, my Lord, through our Sister Mother Earth who sustains us and produces diverse fruits with colored flowers and herbs...."*

– **St. Francis**  
Canticle of Creation

# Recipe

## ~ ROUNDUP ~

### Greens Pasta Sauce

- 3 bunches (kale, Swiss chard, or collards)
  - Water or plain yogurt
1. Strip the leaves from approximately 3 bunches of kale, chard, or collards. Discard stems.
  2. Process in blender with just enough water and/ or yogurt to blend.
  3. Simmer on stove until desired consistency. Thicken with cornstarch, if desired, and season well.
  4. To serve, mix with pasta that will hold the sauce well—spirals work great—and add olive oil, butter, or feta cheese and some freshly ground pepper.

### Oven-Roasted Butternut Squash with Maple Glaze

- 1 medium butternut squash
  - 1 Tbs unsalted butter
  - 2 Tbs maple syrup
  - Nonstick cooking spray
  - Salt and freshly ground pepper
1. Preheat the oven to 400 degrees. Lightly coat a baking sheet with cooking spray.
  2. Cut squash into lengthwise halves, strings and seeds scooped out with a spoon and discarded.
  3. Place the squash halves, cut side down, on the baking sheet. Bake until a skewer glides easily through the squash, 45 to 55 minutes.
  4. Meanwhile, melt the butter in a small skillet. Add the maple syrup and salt and pepper to taste and turn off the heat.
  5. When the squash is cooked through, remove it from the oven (don't turn the oven off). Carefully turn the halves cut side up and brush the maple syrup mixture over the orange flesh. Return the squash to the oven and bake until the glaze has set, about 5 minutes.
  6. Cut each squash half into two pieces and serve immediately.

### Creamy Choi Salad

- 1 regular sized or 2 small sized Pac choi
  - ½ c crushed pineapple with juice
  - ¼ c mayonnaise
1. Break head of Pac choi into stalks and wash in kitchen sink full of water.
  2. Chop into long thin pieces similar to shredded cabbage and place in large mixing bowl.
  3. In separate bowl, combine pineapple (w/ juice) and mayonnaise. Pour over salad.
  4. Lightly toss until combined.

### 2010 Shareholder Surveys

Don't forget to complete and return your 2010 shareholder surveys. We will continue to take them throughout fall distribution. The surveys are a tremendous help to us as we plan for next year.

### Canticle Farm ON THE WEB

The Canticle Farm Facebook page just reached 100 subscribers. Thank you to all who have made this project a success. Subscribers receive weekly distribution updates, farmers' market information, and Farm news. We will continue to post updates and notifications throughout the fall and winter months, keeping subscribers abreast of what's going on at the Farm and serving as a reminder about the upcoming winter sales. Not a fan of Facebook? Then visit our website. Rhonda continually updates the site with all of the latest information. The website also contains shareholder information, registration forms, and pictures that are not available on Facebook. Website and Facebook addresses are always listed at the bottom of the *Harvest Times*, page 2.

*"To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring."* ~ George Santayana

*"Many a man curses the rain that falls upon his head, and knows not that it brings abundance to drive away the hunger."* ~ Saint Basil

*"Weather forecast for tonight: dark."*  
~ George Carlin

### David Schummer's Education Blog

Several Pitt-Bradford students visited the Farm during the Tuesday distribution last week. David had previously given a class presentation at UPB about the current state of American agriculture, the plight of the small family farm, and the structure of CSAs. The Farm visit last week served as a first-hand experience and presentation follow-up. Students were given a distribution walk-through, and toured several field beds before retreating to the drier high tunnels. The hour-long visit concluded with a trip to the Farm Stand where the students enthusiastically purchased several items including: potatoes, carrots, leeks, and winter squash.

### WISH LIST

- Working box fans.
- Produce scales (5 lb. + capacity)
- Folding tables & chairs
- Coffee carafes & dispensers

### Volunteer Information

If you have not fulfilled your participating share hours please call Mark soon.

- Mon & Wed 4 – 7pm
- Call Mark for other times.