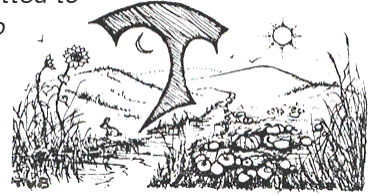


the  
Canticle Farm  
newsletter

# 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 12, 2009**

week # **18 of 18**

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

with Mark Printz

by **Ronni Gronemeier**

This season growing vegetables was a challenge, so there's a lot to learn from the experience. Set-backs seen during the ninth summer share may mean future growth for Canticle Farm.

Let's begin with the flip-flop of spring and summer.

Spring rains are important for a good start to the season, but this year was too dry. Hot days and average rainfall is the summer standard, but it was too wet and cold. With these backward conditions many crops suffered while weeds grew like crazy. What can a farm do? A ground cover can make a difference.

Next season some of the beds may sport a black, biodegradable ground cover. It's sustainable and cost-effective.

Unlike sheets of plastic that, at the end of the season, require labor to retrieve and landfill space for disposal, this cover made of plant-based material

will be tilled under in the fall where it will break down naturally.

A ground cover like this does two things that would have helped this season.

Because the soil is covered, it's the vegetables planted through the cover that grow. This means fewer weeds. The result is less weeding and thriving crops that don't have to compete.

This cover makes the most of the sun. Its black absorbs heat better, while the cover itself helps hold that heat in the soil. This is one way to combat cool summer nights and get those nighttime temperatures up to where vine crops can grow.

In addition to odd weather, there was no short supply of disease. Restructuring the planting plan in two ways may help decrease crop loss due to infected plants.

Since the only tomatoes to survive Late Blight were the ones in the high tunnels, next year more high tunnel space will be dedicated to growing and protecting tomatoes.

The other culprit, Downy Mildew, may be held off if there is better air circulation between plants. In addition to weed reduction because of the ground cover, some of the four-row beds may be converted to three-row beds, creating more space between rows.

Beyond that, there will be research. Mark will be studying and considering everything from hardier vegetable varieties to possible cost-effective, preventative organic fungicides.

So this might be a good time to take a walk in the fields and imagine the possibilities for growth. A year from now you may see a biodegradable ground cover being tilled under, completing its usefulness.

## From the President

Dear Shareholders,

Thank you for another year of joining us in living out the Canticle Farm Mission. It wasn't always easy this year with the growing challenges but that is part of the risk that we take especially when being faithful to methods that care for the Earth.

Thanks too, for your generosity through our first "Heavenly Harvest" event and other donations provided to provide food for the poor.

The Board of Directors will meet October 29 where planning will be done for the 2010 season. We will get information to you as soon as possible so that you can plan for another year at Canticle Farm.

- Sr. Joyce

## Recipe ROUNDUP

by **Rhonda Berman**

Howdy Partner!

We are at the end of our main summer community-supported-agriculture (CSA) program. I have enjoyed providing recipes to you each week. Here are a few extra recipes for you to try.

Continue to the Recipe Roundup supplement of the Harvest Times.

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

Food challenges to take you to the next frontier. (Part two of a two-part series.)

by **Stephanie English**

As we approach the holidays and the start of a new year, we often reflect on how we're doing and what we'd like to change. It's a great time to think about how you want your eating habits to evolve. It's a great time to consider taking a food challenge.

(continued on next page)

## What Now? Fall Shares and Winter Sales!

Are you set for fall vegetables?

There are still a variety of vegetables available through Canticle Farm. The five-week fall share begins October 20 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.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.

How are you planning to get locally grown produce during the winter? Consider Canticle Farm's bi-weekly winter sales.

Long ago everyone had a root cellar where the season's crops like carrots and potatoes were stored. Canticle Farm has adopted similar storing techniques making it possible for you to get some of these farm favorites during winter.

Garlic used to be dried and stored for winter use. In keeping with tradition, the farm has flats of garlic that have been drying. Winter sales at the farm can keep you in garlic while the snow blows.

And with help from the high tunnels, lettuce and spinach are apt to make periodic appearances during a winter sale.

If you are a shareholder and receive Canticle Farm e-mails you will be contacted soon about winter sales. If Canticle Farm doesn't have your e-mail address and you'd like to be notified about winter sales call or e-mail the Canticle Farm office and pro-

### Find Canticle Farm Vegetables At These Times And Places

- The Farm Stand located at the farm is open during fall-share distribution on Tuesdays from 2 pm – 6 pm.
- Canticle Farm is part of the Olean Farmers' Market located at the JCC downtown parking lot Saturdays 8 am – 2 pm, through October 31.
- Canticle Farm will have bi-weekly winter sales following the conclusion of the fall share.

**"We cannot direct the wind,  
but we can adjust the sails."**

- Dolly Parton

## THANK YOU!

- Thank you, to Stephanie English for a great series on how to eat locally.
- Thank you, to Paula Scraba for helping with labyrinth maintenance.
- Thank you, to this season's shareholders who put the community in community supported agriculture (CSA). Your understanding through this challenging season is appreciated.

(Local, continued from page 1)

Don't let taking on a food challenge or two scare you. As someone who didn't know how to cook much other than Lipton rice packets until I was 22, I can attest to the fact that while diet evolution is slow, it is possible!

So if you think you're like the apple that might not fall far from the tree, remember that apple can take a bobbing ride down the creek, or be carried by a squirrel, to new and fertile lands. Enjoy your journey toward a gentler diet!

**Try making a holiday meal entirely local.** Not only will this be fun, but accomplishing this for one full meal will open up a whole new world of local goodies. And you'll be educating and delighting your guests too.

**Create new seasonal celebrations and traditions.** Most earth-based cultures have a rhythm throughout the year of food celebrations and group harvest work. We can recreate this for ourselves. Host spring leek foraging expeditions, make apple cider together, have a corn-shucking bee. Combine fun and work into a great social and learning experience for everyone. This is the way to help our children eat more healthfully than we do.

**Chip away at old traditions and comfort foods.** I've found that this is one of the hardest things about changing our diets. Letting go of unhealthy things we once treasured as kids or making one of Mom's specialties in a way that tastes too different can be difficult. But if you're ready to say farewell, winter and holidays can be a great time to work on this.

**Forego the refined cane sugar entirely.** Let's face it: cane sugar's not good for our bodies. And it takes lots of fossil fuel energy to produce and the people who grow it rarely get a fair wage. Convert to maple syrup and honey. While they can make cakes, you'll find your desserts will give way from cakes and muffins to cobblers and parfaits. What's more, your ingredients support your farming neighbors. Or, if you absolutely desire to use cane sugar, order it from a fair-wage cooperative through a natural foods company such as Frontier.

**Don't eat anything that contains more than five ingredients.** This strategy has been widely spread by food writer Michael Pollan, author of the *Omnivore's Dilemma*. The idea is to check out the ingredients in something before you buy it. Forego the purchase if there are more than five ingredients listed. And remember that the first item on the list is the one that's used the most. The ingredients listed are in descending order according to the quantity.

**Find new sources of sought-after nutrients.** Did you know that a red bell pepper, or a cup of broccoli, or a large bunch of parsley contain more vitamin C than a medium orange? You can even get your winter vitamin C from a tea of cedar leaves and twigs. Yet we've been sold on oranges as the vitamin C superhero. Make it your mission to uncover more sources of these essential nutrients. You'll be surprised how much easier it can be to eat locally than you thought.

As you consider taking a food challenge, remember that an evolving diet may take time. But it can be a rewarding journey. Enjoy!