

HARVEST TIMES



the Canticle Farm
newsletter

Winter &
Spring
Monthly
e-dition

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.



❧ January 2011 ❧

Cold, cold, cold ... so it's been at the Farm the last couple weeks. Historically, the regional, average daily highs and lows for December are 34° and 18°. Some daily highs in the past few weeks have not even reached the average low, 18° mark. In addition to low temperatures the sun has been hiding as of late. All of this translates into slower growth in the high tunnels.

Normally, Mark and David would be uncovering the beds in the high tunnels each day, sometime in the late morning and covering them an hour or so before sunset. Uncovering the beds permits more sunlight to reach the plants and increases air circulation. Closing them up again before sundown traps warm air under the row cover. But recent temperatures and lack of sun have made this all but impossible. Plant respiration and condensation normally collect on the row covers, and when temperatures are very low the row cover actually freezes stiff.

So how do we harvest lettuce, spinach, greens, etc. for the Winter Barn Sales in these cold conditions? Very carefully. In the days prior to a Winter Barn Sale we carefully watch for breaks in temperature. By closely monitoring the temperatures inside the high tunnels we're able to find windows of opportunity when the internal temperatures reach at least 35-40°. It's often a quick, get in and get out process.

But it's all worth it. We were able to harvest enough high tunnel crops in each of the past three sales to provide fresh greens to nearly all that wanted them.



High Tunnel Beds—Covered



High Tunnel Beds—Uncovered

Recent Agriculture News

Bad News for Bees:

The first in-depth national study of wild bees in the U.S. has uncovered major losses in the relative abundance of several bumble bee species and declines in their geographic range since record-keeping began in the late 1800s. The new study appeared this past week in the *Proceedings of the National Academy of Sciences*.

"We have 50 species of bumble bees in North America. We've studied eight of them and four of these are significantly in trouble," said University of Illinois entomology professor Sydney Cameron, who led the study. The national analysis found that the relative abundances of four



of the eight species analyzed have declined by as much as 96 percent and that their surveyed geographic ranges have shrunk by 23 to 87 percent.

Dec 29, 2010—Salmonella Sprouts Outbreak:

The number of people now believed ill from an outbreak strain of Salmonella associated with alfalfa sprouts is 94, the Centers for Disease Control and Prevention reported Tuesday. The CDC and the Food and Drug Administration have said preliminary results of the investigation indicate a link to eating Tiny Greens brand alfalfa sprouts at Jimmy John's Gourmet Sandwich restaurant outlets.

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Upcoming Barn Sale Dates

January 11th
February 8th
March 8th
April 5th
May 3rd

January 25th
February 22nd
March 22nd
April 19th

All days/times are Tue., 2-6 pm. See you there!

David Schummer—editor

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In its update report on the outbreak the CDC said that through Dec. 27, 94 individuals infected with the outbreak strain of Salmonella serotype I 4,[5],12:i:-, whose illnesses began since Nov. 1, have been reported from 16 states and the District of Columbia.

The CDC said 51 people have been identified with the outbreak strain in Illinois, 17 in Missouri, nine in Indiana, three in Wisconsin and two in Pennsylvania with single cases in California, Connecticut, the District of Columbia, Georgia, Hawaii, Iowa, Massachusetts, New York, South Dakota, Tennessee, Texas, and Virginia. It also said that illnesses that occurred after Dec. 7 might not be reported yet due to the time it takes between when a person becomes ill and when the illness is reported, which takes an average of 2 to 3 weeks.

Chefs Pick 'Local' as Top Restaurant Trend of 2011:

The National Restaurant Association asked more than 1500 chefs, all members of the non-profit American Culinary Federation, to predict the top restaurant trends for 2011, and the resounding answer was local, reports delish. The top ten trends identified were:

1. Locally sourced meats and seafood
2. Locally grown produce
3. Sustainability
4. Nutritionally balanced children's dishes
5. "Hyper local," such as restaurants with their own gardens and chefs who do their own butchering.
6. Children's nutrition
7. Sustainable seafood
8. Gluten-free food and being food allergy conscious
9. Simplicity/back to basics
10. Farm/estate-branded ingredients

2011 Organic Gardening Workshop Opportunities

The introduction of our Organic Gardening Workshop Series was a huge success last year. We offered a 3-part, season-based program that covered everything from seed buying to harvesting for the novice gardener. We are expanding our programs this year in response to those who have said that they want to learn more about organic gardening and for those who asked us to cover additional topics.



The programs this year include:

- **Organic Gardening—Novice Series**
 - A 3-part, season based program
 - Repeat of last year's workshop series
 - Targeted to beginner gardeners
- **Organic Gardening—Intermediate Series**
 - A 3-part, season based program
 - Level 2 of the Organic Gardening Series
 - For those with basic gardening experience
- **Special Topics Session—Flower Gardening**
 - Learn the basics in early spring
 - Taught by a Cornell Cooperative Extension Master Gardener
- **Special Topics Session—Perennial Landscaping**
 - Care of common & native species
 - Taught by Cornell Cooperative Extension Community Horticulturalist Kabel Kellogg
- **Special Topics Session—Edible Landscaping**
 - Very simply ... decorate your yard and landscape with colorful, edible vegetables

A Frosty December Morning at Canticle Farm



Farm-Fresh Eggs from Sojourner Farm Available

They're back! After a brief hiatus, Pierre's hens are once again laying. Don't miss out on some of the finest, freshest eggs available in the S. Tier. We sold 30 dozen in little more than 45 minutes at the last Barn Sale. Come early to ensure availability.

Regular:
\$3.50
Jumbo:
\$3.75



Employment Opportunities @ Canticle Farm

As the 2011 Season approaches the Farm is looking for enthusiastic, hard-working individuals to join our work crew. Agricultural or gardening experience is helpful but not necessary. More important is the ability to keep a strict schedule and willingness to learn. The following opportunities are currently open:

Farm Hand: Farm-related tasks such as seeding, cultivating, harvesting, washing, & sorting of vegetables as well as general field & bed maintenance.

Intern: The Farm has ongoing needs in the areas of marketing, education, research, and hands-on fieldwork. Internships can be college credit-based or paid. Terms are very flexible.

Apprentice: Farm apprentices work alongside farm staff and management, and participate in the day-to-day operations of the farm. This includes all aspects of seed and plant care, field and bed care, harvesting, preparation, and distribution of produce. Apprentices learn what is necessary to sustain a CSA farm. Our Apprenticeship Program requires an intensive 2-yr., seasonal commitment tailored to both the goals of the Apprentice & the needs of the Farm. Apprenticeships are best suited for those intending to pursue a career in agriculture.

Please visit our website or
call for more information



Reflection Area Entrance—8AM, 12/30

Roasted Carrots with Lemon Dressing

- 3 lbs. carrots (15 to 20 med.), cut into pieces 2" long and 1/2" thick
 - 2 Tbs. olive oil
 - 1/8 tsp. cayenne pepper
 - coarse salt
 - 2 Tbs. honey
 - 1/2 tsp. grated lemon zest and 3 Tbs. juice (from 1 lemon)
1. Preheat oven to 450 degrees. On a large rimmed baking sheet, toss carrots with oil and cayenne pepper; season with salt. Arrange in a single layer (use two baking sheets if necessary). Roast, tossing once halfway through, until tender, 30 to 40 minutes.
 2. In a small bowl, whisk together honey, zest, and lemon juice; season with salt. If making ahead of time, cover and refrigerate carrots and dressing separately, up to one day. Otherwise, drizzle dressing over cooked carrots (still on baking sheet); toss to coat. Transfer to a serving dish; serve warm or at room temperature. *Serves 6. Prep: 15 min. Total: 45 min.*

Kale & Smoked Bacon with Zinfandel Vinaigrette

- 6 Tbs. Zinfandel vinegar or other red wine vinegar
 - 1/2 c. chopped shallots (about 2 large)
 - 1 tsp. Dijon mustard
 - 1/4 c. extra-virgin olive oil
 - 12 oz. smoked bacon
 - 2 Tbs. coarse kosher salt plus additional (for seasoning)
 - 4 bunches kale, center stems removed, leaves torn into large pieces
1. Combine vinegar, shallots, & mustard in a med. bowl. Whisk in oil.
 2. Cook bacon in large skillet over medium-high heat until crisp; transfer to paper towels. Reserve skillet with drippings.
 3. Fill large bowl with ice water. Bring large pot of water to boil; add 2 Tbs. coarse salt. Add kale and cook for 2 min. Drain; transfer kale to ice water and let cool until cold, about 1 min. Drain kale. Working in batches, spin drained kale in salad spinner to remove additional water. Place kale in large bowl. Crumble bacon into 1/2" pieces and add to kale.
 4. Rewarm drippings in the skillet. Whisk 2 Tbs. drippings into vinaigrette. Season vinaigrette with salt and pepper. Toss salad with vinaigrette. *Serves 12.*

Basic Vegetable Roasting Advice

Quick-roasting vegetables:

asparagus	corn
mushrooms	tomatoes

Somewhat quick-roasting vegetables:

bell peppers	broccoli
cauliflower	eggplant
fennel	onions
zucchini	summer squash

Slow-roasting vegetables:

beets	carrots
onions	parsnips
potatoes	sweet potatoes
turnips	winter squash

When mixing slow- and quick-roasting vegetables together, cut the slow-roasting ones into smaller pieces than the quick-roasting ones so they'll be done at the same time.

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learn more about the Farm at:
canticlefarm.org or [facebook.com/CanticleFarm](https://www.facebook.com/CanticleFarm)