

# 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.



March 2011

Spring has arrived!!! The winter-like temperatures and precipitation might persist for a bit longer, but the sight of green grass, robins, and budding trees assures us that we've turned the corner on a long, cold winter season.

Seeding and transplanting into the high tunnels is now a weekly ritual. Recent transplanting included beets, spinach, lettuce, and arugula. Other items, still maturing in the greenhouse, include onions (approximately 22,000), leeks, shallots, kale, collard greens, and Swiss chard.

Construction of the new wash station next to the barn will be resuming soon. This new structure will allow staff easier access to the barn and a sturdy, permanent, and drier work environment. It will also greatly improve our efficiency.

Each year we plant several beds of carrots for harvest throughout the winter and into the early spring months. Beds are covered with a fabric row cover and liberally topped with straw mulch to protect them from harsh freezes. The snow pack this winter, and the absence of any significant thaws, prevented harvesting from these beds until just recently. Our last big carrot harvest occurred during a December 1st snow storm. They have remained covered with snow — as deep as two feet at times — since that day. The good news is that we can now get to them and they are both plentiful and delicious — very crisp and very sweet.

High tunnel spinach beds, planted in the fall, are now growing at rates that are difficult to keep up with. We expect a plentiful supply of spinach in the coming Barn Sales (see p. 2). All of the winter lettuce, on the other hand, has been harvested. It will be some time before we are again harvesting lettuce from the high tunnels.



Greenhouse Seedlings:  
Spinach (front) and Onions (back)

## Important 2011 Share Information and Updates

Spring shares have sold out and half of the fall shares have also sold. More than half of the 18-week summer shares remain available and while common at this point of the year we'd like to stress that we are always looking for new faces at the farm. Each year we lose some shareholders due to changes in family size, relocation, etc. and these are things we simply cannot control. What we strive to maintain is a consistent level of shareholders from year to year. It's what makes us a Community Supported Agriculture farm.

We walk a fine line each year between striving to sell the number of allocated shares for that year and not wanting to turn people away (or having to place them on a waiting list once shares are sold out). Ideally, we'd like to see continued growth in shareholder demand so that we can confidently plan farm growth. Farm growth would allow us to provide more members of the community with the benefits of local, Certified Naturally Grown produce. It would also allow us to contribute to a greater degree to the vibrancy, health, and general well-being of the community in which we all live.

Canticle Farm staff continues to work hard at marketing the farm. Many new shareholders are first introduced to our produce and the CSA idea at either the Olean or Bradford Farmers' Markets. Others come to us by way of the Farm Stand. And some become interested at a health & wellness fair or an education-related event. But nothing in our 10 year history has surpassed the power of word-of-mouth. Most current shareholders are with us today because another

*(Continued on page 2)*

## Upcoming Spring Barn Sale Dates

March 22nd    April 5th  
April 19th    May 3rd

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

David Schummer—editor

("2011 Share Info. & Updates" ... Continued from page 1)

shareholder was kind enough to spread the good word. So we kindly ask that you tell a friend or two about us. Maybe take care that you tell a friend or two about us. Maybe take care that you already signed up first—we'd certainly understand that strategy. But your assistance in helping us grow is not only good for the farm, it is good for the community at large. It is also the best marketing plan available, and greatly appreciated!

\* \* \*

Shareholders have historically been asked to choose either a Large Share or Small Share (at one time called a Full or Half Share) when completing the annual shareholder application. The Large Share feeds an estimated 4-5 people and the Small Share about 2-3. The calculation is rather rough since it depends on how many vegetables one eats, how often one eats out, etc. Some have found that even the Small Share exceeds their needs. In response we are offering an **Individual Share** this year. The Individual Share is designed to feed 1 (maybe 2), depending on the factors just mentioned. Some aspects of this program are the same as if you had purchased a Small or Large Share. But there are differences. The items in the Individual Share will be pre-determined by the farmer, according to availability, and boxed for your convenience. Your box will be available for pick up on either Tuesday or Friday from 2:00 pm to 6:00 pm. The cost for the Individual Share is \$180 (average of \$10/week). It may also be worth mentioning that the Individual Share might nicely fit a family that would like more than the Small Share, but not quite as much as the Large Share. Additional details can be found on the website.

\* \* \*

Each year Canticle Farm receives donations and grants from generous individuals and organizations for the sole purpose of providing fresh produce for those most in need. Over 11,500 lbs. of Canticle Farm produce went to 13 different shelters, food pantries, and charitable organizations last year. None of this is subsidized by shareholder fees or our retail pricing structure. (A more detailed discussion of the Donated Share Program can be found in the February 2011 Harvest Times). Please consider donating to this worthy cause. No amount is too small and any amount helps.

## School Tours Available

Primary, Secondary, and College level Farm Tours available. Tours themes can be as broad as a general introduction to local agriculture or as specific as the ethical imperatives of sustainable ecology and farming practices.



Contact David Schummer  
for more information.

# Spinach Sale!!! (March 22nd Barn Sale Only)

## Buy 3 Bags, Get 1 Free!

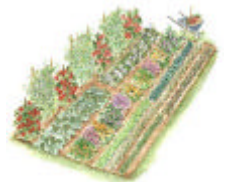
### In Celebration of Spring, St. Patrick's Day, and Everything Green

## No Coupon Necessary



**Spinach: recent transplants (front)  
& a bed planted in the fall (back)**

## Gardening Workshops



The 2011 Gardening Workshop Schedule is now finalized. Brochures are available online and at the Spring Barn Sales. You may also contact David Schummer to receive a brochure via email (djs56@pitt.edu). We've expanded upon the 2010 Organic Gardening Workshop Series and added 3, one-day Workshops this year. Master Gardeners from Cornell Cooperative Extension will be teaching two of the one-day events. All Workshops sold out last year and seating is limited.

This year we are offering:

**Organic Gardening Series—Novice Level**

**Organic Gardening Series—Intermediate Level**

**Flower Gardening (w/Master Gardeners)**

**Edible Landscaping**

**Perennial Landscaping (w/CCE's Kabel Kellogg)**

All Workshops include: hand-out materials, snacks & beverages, hands-on demonstrations, and an opportunity to spend an afternoon at the Farm.

## Upcoming Events

Spring is not only a busy time on the farm, but off as well. Our community outreach and education initiatives are ongoing. Here is a sample of what's coming up.

### Health Fairs:

University of Pittsburgh Bradford Health Fair  
Thursday, March 31st (9 am—2 pm)

Cattaraugus County Health Fair (Olean Mall)  
Friday, April 8th (1-7 pm)

Rehabilitation Center Health Fair  
Friday, May 20th (8 am—3:45 pm)

### Staff Development:

"Good Agricultural Practices (GAPs)"  
workshop (NOFA-NY)  
Wed. & Thu., March 23-34th (Geneva, NY)

### Educational Events/Talks:

UPB classroom presentation: "Food & Society"  
Tuesday, March 29th (8:30-9:45 am)

Salamanca CSD Environ. Sci. class farm tour  
Friday, April 1st, (12-2 pm)

Sustainability: Benefits & Best Practices Conf.  
Thursday, April 7th (JCC Main Campus)

Bradford Garden Symposium: "Kohlrabi &  
Other Vegetable Garden Curiosities"  
Saturday, April 9th (First Presbyterian Church)

## Canticle Farm Wish List

(Items that the Farm  
could use if you cannot)

- Hand dolly with pneumatic tires -
- Coffee carafes & large percolators -
- Stovetop cookwear (skillets, etc.) -
- Folding tables & chairs -
- Dry wipe boards -
- Picnic table(s) -
- Clipboards -

## 2011 Farm Hands Needed

We're still looking for a few enthusiastic individuals to join our staff this season. Farm hand work includes seeding, cultivating, harvesting, washing, & sorting of vegetables as well as general field & bed maintenance. Farm hands work a set schedule for a predetermined time period during the growing season. The Farm currently has both full-time and part-time openings.

Please visit our website or  
call for more information

## Namool (Daikon Radish and Carrots)



- 1 large Daikon radish, washed and peeled
- 3-8 large carrots, (use fat ones) washed and peeled

Cut carrots & radish into fine julienne strips about 1 ½ inches long (can use a mandolin or finely slice by hand). Use as many carrots as you need to get a mixture of about half carrot, half Daikon radish.

Mix vegetables & prepare marinade (next).

## Namool Marinade



- 5 Tbs rice wine vinegar
- 8 tsp sugar
- 2 large cloves garlic, minced
- 2 green onions, sliced thin including tops
- 1 tsp red chili powder (more if you like it hot)
- 6-8 tsp ground sesame seed
- ¼ tsp salt or to taste

Optional: Toast the seeds for better flavor; just place the seeds in a frying pan or other heavy pan and heat on medium until they begin to turn tan. Then grind with a mortar and pestle or crush with the back of a large spoon.

Mix together and pour over vegetables. Mix in well with the vegetables and refrigerate. Let sit for a few hours before serving.

## Maple-Braised Turnips & Carrots



- 1 Tbs unsalted butter
- 1 lb. turnips, peeled and cut into ¾-inch cubes
- 3 medium carrots, peeled,
- 2/3 c. chicken or vegetable stock
- 2 Tbs maple syrup
- Salt and freshly ground pepper

1. Cut carrots crosswise into 1-inch lengths, thick pieces halved lengthwise
2. Melt the butter in a large sauté pan. Add the turnips and cook, turning occasionally, over medium heat until lightly browned, about 8 minutes.
3. Add the carrots, stock, maple syrup, and salt and pepper to taste. Cover pan, reduce the heat, and simmer until the turnips and carrots are tender, 15 to 20 minutes.
4. Remove the cover, raise the heat to high, and cook until the liquid in the pan reduces to a thick glaze, about 2 minutes. Adjust the seasonings and serve immediately.

**contact information:** email: [canticleoffice@yahoo.com](mailto:canticleoffice@yahoo.com)  
**Lori Peterson & Sr. Joyce Ramage:** 716-373-0200 ext. 3358  
**Mark Printz:** 378-9714 (for farm-related inquiries)  
**David Schummer:** 307-9766 (for education-related inquiries)

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