

Ignatius Farm CSA



<http://www.ignatiusguelph.ca/csa>

Mid July 2011

Report from the Field

Happy third harvest week! Things have really picked up lately here at the farm, as we are now harvesting for our two CSA pickup days in addition to all the other tasks that need to be done. It's great to finally see the fruits of our labour (literally!) and to meet the share holders and see you all eagerly picking out your veggies to take home and enjoy. As this is my first year farming, there's much to learn. It's wonderful to be working outside and enjoying the summer and the food we've grown.

We're still feeling some effects of the wet spring – the wettest on record for us since the 1960s – even as the ground has dried up recently in the summer heat. The sweet strawberries are finishing up and the garlic scapes are on their way out as well.

The recent hot weather has caused some plants to bolt, meaning they are producing seeds and will soon die back. We've stepped up our game to make sure the good stuff gets harvested before it's too late, again playing catch-up with the season. Organic farming really enhances your improvisation skills!

Despite the unpredictable weather this year, there is so much abundance in the fields. Our summer squash plants are covered in fruit, as are the snap and snow pea vines; tomatoes, beets and carrots are growing steadily and onions are peeking out of the soil. I even saw a wild raspberry plant in the hollow in the top of a fencepost recently – it's true that plants really do want to grow and will figure out a way to do so. The melons, leeks and pumpkins are well established now, with hopes for delicious treats later in the season. I think all of us are grateful that our efforts to keep things going all spring have resulted in so much beautiful produce to share.

Unfortunately, some of our woodland neighbours are also taking note of this success. On Tuesday we went out to harvest

kohlrabi and noticed some deer had sampled many of them; they have also tasted some of the lettuces and beet greens, and one of the groundhogs has taken up residence in the pea patch. These critters keep us on our toes, as we're constantly thinking about how to deter them. So far, placing netting over the rest of the lettuce has kept the deer away, and we've been able to trap and relocate some of the groundhogs.

Luckily though, there is plenty growing, and this week we expect to include green onions, summer squash, peas, greens, and lots more in your box. There's still a lot to look forward to as the year progresses, and I'm happy to be around to see it all transpire. As Calvin once said to Hobbes, "if your knees aren't green by the end of the day, you ought to seriously re-examine your life."

-Martina Schaefer, Full Season Intern



Martina Schaefer grew up in a suburban town outside Toronto, moved to Guelph to complete an undergraduate degree, and is now exploring different facets of community building, environmental advocacy and social justice work. Martina is happy to be spending the warmer months outside growing beautiful food, and is enjoying meeting so many interesting and inspiring people through the CRAFT program.

Please **contact us** if you have any **questions** or **comments** about your share, the newsletter, events etc. Most **inquiries** can be directed to Don Bowyer csamarket@ignatiusguelph.ca or call 519-824-1250 x275 Interested in **volunteering**? Contact Kailea MacGillvary csaeducation@ignatiusguelph.ca or call 519-824-1250 x244 We will gladly accept field volunteers Tues & Fri 10-12:30 & Thurs 10-12:30 & 1:30-5. If you're interested in volunteering on the 'business' side of the farm we have spaces on the Core Members Group and the Business Advisory Committee!

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You're invited!! Open Garden Days Tuesday August 16th & Friday August 19th

Join in our first ever Open Garden Days Picnic. Please plan to stay for a little extra time at your pick up on August 16th or 19th. Bring a picnic and have dinner with us, play some **games**, go on a farm tour/ **wagon ride**. Meet the farmers and interns and your fellow CSA-ers. We'll supply the games & activities, the wagon rides, the gorgeous location and even some **scrumptious snacks**. You supply the people and the rest of your picnic...and don't forget your picnic blanket!!

PLUS! You Pick Ignatius Farm CSA strawberries and peas and beans and herbs...now we'd like to **Pick Your Brain** at the Open Garden Days! Give us your opinions and thoughts about your CSA experience at our informal **focus group**. We're cooking up some big ideas and we'd like you to add some spice!

Eat Your Vegetables!

Why are **radishes** hot? Because of their allyl isothiocyanates. The same stuff found in horseradish, wasabi and mustards. The slower and longer they grow, the hotter they get.

You can cook radish bulbs and tops! Try a radish sautee or (if it's not too hot!) roasted radishes.

Kohlrabi is a member of the brassica (or cabbage) family. The tops (leaves) are edible and taste similar to kale or collard greens. The bulb is mild and crisp and can be eaten raw (sliced thinly into a salad) or cooked (sautéed or roasted or steamed).

Thought **summer squash** was just zucchini? There's also pattypan (the 'frilly' flat ones), couasa (the light green ones), yellow crook neck (yellow with uh, a crook neck!), and yellow summer squash. You know you've got summer squash when you don't need to scoop out the seeds or peel the skin. All have a slightly different flavor so you **MUST** try them all!!

Your **greens** will keep longer with a little care—rinse them when you get home, shake them off but don't dry thoroughly. Place them flat on a dry tea towel and roll them up—place the roll into a plastic bag and throw them in the crisper. They'll last you all week if you can resist eating them for that long!

Find **LOTS** of great **RECIPES** in our archived newsletters on the website!!

Greens in Peanut Sauce

1 med. onion— chopped
2-3 garlic scapes— minced
Sauté in 1 Tbsp oil for 1 min
1 medium tomato—diced, optional
Add and simmer 2-4 mins
1/2 tsp each coriander and cumin
1/8 tsp ground cloves
Salt to taste
Add, cook and stir 2 mins
1lb/ 8cups chopped greens (kale, collard greens, kohlrabi tops etc.)
1/2 cup water
Add and steam until greens are wilted but not mushy. Stir occasionally
2-3Tbsp chunky peanut butter
1-tsp hot water
Combine and add to greens at the end of cooking time.
(adapted from 'Simply in Season')

Homefries with Greens

1 green onion & 2-3 garlic scapes— sliced or diced
Sauté in 1-2 Tbsp oil for 1-2 mins
Add (approx) 1 tsp cumin, 1 tsp chili powder, salt & pepper to taste and sauté for 1 more min.
Add 3-4 kale/kohlrabi/greens leaves— stripped from stems and chopped finely
2-3 leftover cooked (or raw) diced potatoes (or raw)
Saute gently until everything is cooked through and potatoes are a bit crispy on the outside. Serve with a summer squash omelette— yummm!

Ignatius Farm CSA Online

- Check out our **website** for previous newsletters including recipes and more info about the Farm at <http://www.ignatiusguelph.ca/csa>
- Watch for us on **Facebook** soon!

Ignatius Jesuit Centre's
Organic Harvest
Grille &
Silent
Auction
*Rain or shine
under the
canopy!*

Sat Sept 24 2011
at IJC's Loyola House

Amazing food and great music!
Tickets—\$100 each or \$750 table of 8
Children under 10—free

To purchase tickets, please contact
519.824.1250 ext 250
administration@ignatiusguelph.ca
Appetizers 4pm ~ Dinner 5pm

Upcoming Events— 2011

- Tuesday & Friday, August 16 & 19 – Open Garden Days & Member Picnic (plan to stay a little longer at your pick up to learn more about the farm, have some fun with us and meet some of the other members— BYOP— Bring your own Picnic!)
- Saturday, September 24— 7th Annual Organic Harvest Feast
- Saturday, October 22— End of Season Member Potluck (your whole family is invited to join in the fun and feasting)

Mark your calendars! Details for these events will follow.