

Ignatius Farm CSA



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

Early August 2011

Report from the Field

As you may have noticed, the sweltering heat has been with us for several weeks and the effects of this hot, dry period can be seen in our plants. The decision to lay out irrigation piping has been made to help cool off and hydrate our green lovelies in the field. At the beginning of the season, when we were experiencing soaking wet fields, our potato block was relocated to a drier spot. As a result, we are now manually throwing water in the new potato field in hopes to save the plants that the irrigation can't reach. This is a very extreme weather season indeed!

Irrigation is one of those jobs where you inevitably get wet, and given this hot, dry weather, it's my favorite job - "a little splash for the irrigation tank, and a little splash for me." Although it is dry out there, it has been surprising to see how resilient our vegetable plants can be. The weeds are finding the low moisture level quite stressful which has resulted in less weeding, a perk which was enjoyed by most.

There has been a rumor around the farm that there may be a good tomato crop this year! I was told that it was one of the few years we have managed to trellis and mulch all of the tomatoes! We aren't seeing any blight in the tomatoes which is a great sign! Those of use working the fields are lucky enough to occasionally get a small taste of the tomatoes that are ripening early. I'm hoping my turn is next.

This was the first week of harvesting our green, yellow and purple beans. The plants were looking very droopy but perked up well after some hand watering. We had a great first harvest out of them and look forward to more bean picking in the coming weeks. Stay tuned for You Pick Beans in the weeks to come!

Last Wednesday on our weekly intern education day Sean (one of our fine fellow interns) educated us on growing shitake mushrooms (Really cool! Get one of us to show you the mushroom logs when you come up next.) We also learned about wine making! This week our education day took us to the Elmira Produce Auction, Magda Farm, and Heartwood Farm. The focus was on livestock which was a really exciting and eye opening experience even for the well-seasoned interns.

I hope to get to know you all a the pick ups more before I leave Ignatius to finish my degree at the University of Guelph. I'm hoping to run into you when I'm around town after I'm done at the internship at the end of August. For the time being, enjoy the succulent vegetables we are growing, stay fit and have fun.

-Jake , Short Season Intern



Jake Wicks came to Ignatius with an environmental engineering background to explore engineering applications in organic farming. Aside from his keen interests in community building and organic foods, he manages to find time to sneak in long distance running. In future years, he hopes to explore different cultures through travel, and continue to learn about mushroom and wine/beer production.

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 MacGillivray 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!

Recipe

Easy-to-Devour Kale Hemp Salad

[talk about superfoods!!]

1 large bunch kale (3-4 leaves), washed, thinly chopped, and dried (use a salad spinner if you've got one)

3 tbsp cider vinegar (If you have a medium bunch of kale do 2 tbsp)

1/2 tsp sea salt

-Toss to distribute. (You know how some recipes say "gently toss"? Do the opposite of that. The more you kind of beat it up with your silicone spatula or your hands, the better.)

Then add:

1/3 cup nutritional yeast** (medium bunch? do 1/4 cup)

1/3 cup hemp seeds** (medium bunch? do 1/4 cup)

1 tsp ground cumin

1 tsp ground coriander

2 tbsp hempseed oil (flax or olive oil will do)

1 cup fresh sprouts (any kind, but my faves are sunflower or green lentil)

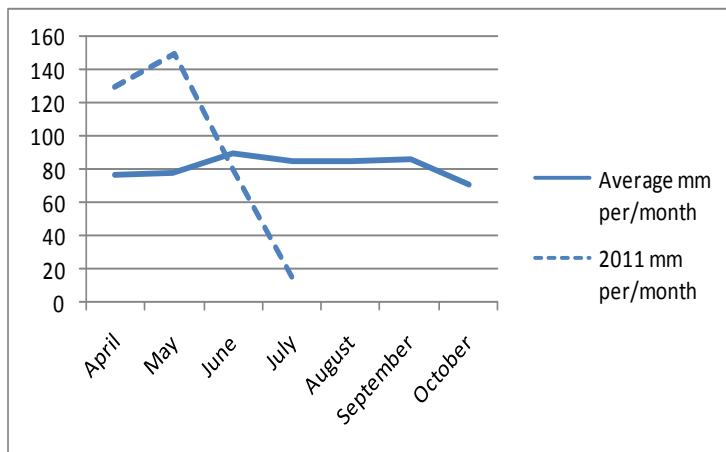
-Toss again until all ingredients are well-distributed. Allow it to rest for a few minutes, then enjoy! Makes 2-3 larger servings.

**You can find hemp seeds and nutritional yeast at the Stone Store or The Flour Barrel in downtown Guelph. You can buy enough for a couple of rounds of this super yummy salad for just a few dollars.

(source- "Domestic Affair" blog @ <http://www.domesticaffair.blogspot.com>, July 16,

Guelph Rainfall 2011

Farming means keeping our ears to the ground and our eyes to the sky. Because it has such a direct impact on the food we produce for the CSA, precipitation (or lack thereof!) has been an especially big topic of conversation on the farm this season. From a very wet May to a very dry July, the graph below helps to demonstrate the trends we've seen so far this season.



OPEN GARDEN DAYS On the Farm

At your pick ups on
**August 16th
and 19th**

- ◆ Chat with the farmers
- ◆ Go for a wagon ride and farm tour
- ◆ Play games
- ◆ BYOPicnic!

10 Tips For Sustainable Eating

1. **Learn to Cook:** Without basic cooking knowledge, none of this is possible. Learning to cook your favorite foods using local ingredients can really make all the difference.
2. **Eat Locally:** If you care about delicious food, health eating, proper stewardship of the planet, and supporting your local economy then you must source out local ingredients.
3. **Eat Seasonally:** Eat root vegetables and hearty greens in the fall and winter. Eat salads, fruit, and tomatoes in the summer. Even milk and eggs are more abundant during certain times of the year.
4. **Preserve the Harvest:** Try canning, dehydrating, freezing, and lacto-fermentation. Look to "Simple Bites" for a helpful how-to series.
5. **Grow Something... Anything:** Start with herbs or lettuce. Radishes are really fast and fairly simple. Even if you rent you can create a container garden. Once you catch the gardening bug you will just want to grow more.
6. **Give Up Store Bought Convenience Foods and Make Your Own:** You can make your own taco seasoning, yogurt, chicken stock, pesto, granola, tomato sauce... the list goes on and on. If you buy it from the store, do a quick recipe search and try making it at home.
7. **Buy Fair-Trade:** When you don't know your farmer because you're buying from a foreign country look for the words "Fair-Trade".
8. **Know The Cost of Cheap Food:** Do you ever wonder why some supermarket food is *just so cheap*? You may not pay for it at the cash register, but the cost to your health, the soil, and the environment are there.
9. **Eat Animal Products:** I know this may be controversial, but locally grown animal products can be more sustainable than those grains and beans from the bulk bins. I have seen the "organic" bins be filled with bags from China. I know that not everyone feels the same way, but it is my personal belief that locally, biodynamically raised animal products are a better choice than mono-cropped grains and beans.
10. **Be Willing To Give Up Convenience:** This may be the hardest part of changing the way you eat. On the other hand, it forces you to simplify your food in a way that promotes health and flavor. The simple truth is sustainable food does not outsource its preparation.

(source "Simple Bites" blog www.simplebites.net)

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

