

Ignatius Farm CSA



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

Late August 2011

Report from the Field

As the last few days of August arrive, we at Ignatius Farm already feel the seasons changing and the feeling of fall entering the air. Gone are the days of humid nights and bicycling to the greenhouse at sunset still expecting to water. The past two weeks we have awoken to mornings below twelve degrees Celsius and come to work bundled in layers of warm clothing. The temperature has still managed to sneak up to the high twenties during the day, but the hoodies, scarves and mittens we peel off intermittently in the fields are a reminder of just how soon the first frost may be. With frost a very real possibility in our not too distant future, we are definitely savoring the last couple of weeks of summer and the bounty of delicious summer fruit and vegetables that its warmth has provided for us.

In my opinion, the greatest reward for all the hours of hard work put into irrigating our fields this summer has been in the form of watermelons. No other fruit quite encapsulates the feeling of summer like a ripe watermelon, with its sticky, sweet yet entirely thirst quenching and refreshing flavor. I am so happy that our watermelon crop has been abundant this year! I am entirely smitten with a certain variety of melon we have grown this year called Yellow Doll. Its rind is dark green and tiger striped and its flesh is a bright yellow. Its taste is the epitome of succulent sweetness and I feel it is the reincarnation of happy summer nights in fruit form!

What both melons and summer squash have taught me this summer is that when it comes to fruit the size does not determine the quality and it is often the smaller melons and summer squash that hold the most intense flavors. When I first started harvesting these crops I still held the opinion that the bigger the squash or melons were the better they would taste, (it is likely the big box supermarket culture of North America that has conditioned me to think this way). However, the more taste testing I did the more I began to realize that the largest squash were often too pithy and the largest melons too watery. Now when I am choosing a melon to snack on in the field, while my first instinct is often still to reach for the most mammoth melon on the vine, a summer of frequent

watermelon sampling reminds me that the most satisfying sweetness is likely to be found in the mid to smaller size melons.

I hope that you and your family have enjoyed the last couple weeks of melons in your share and that you had a chance to sample an array of the different varieties we grow during the Open Garden days! The interns and staff here at Ignatius were delighted by the turnout and enthusiasm for the event and we all feel that it was undoubtedly a great success but it wouldn't have been possible without such a wonderful group of CSA members. Seeing the amazing creations of art by the kids in the zucchini carving area and watching the number of families take part in the tractor rides, reminded me of how wonderful a CSA model is, not only for the sense of connection it creates between people and their food but for the sense of community it fosters.

As the days get shorter, the mornings cooler and our irrigating woes begin to wash away with the increasing precipitation (rainfall for the end of August has already quadrupled the rain we received in July!), we are approaching a new set of variables and challenges. Seeing the excitement over our harvests in the now familiar faces of our CSA members has been the greatest motivation to meet these changes with excitement and an appreciation for our wonderfully temperamental seasons!

-Sally, Full Season Intern



Sally Girdler is a student at the University of Guelph in Environmental Governance and is passionate about food and food security issues. She has greatly enjoyed her time here at Ignatius learning about how to grow fruits and vegetables and alternative models of food production.

Thanks to everyone who joined us at our **Open Garden Days**. We had lovely weather, a terrific turnout, plenty of feedback on our focus group questions and tons of fun! Please plan to join us again at the **Member Potluck on Saturday October 22nd**.

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Did you know...?

The orchards at Ignatius Farm are home to more than 85 varieties of apples as well as a few pears, plums and cherries. Watch for apples in your CSA shares and inquire about the different varieties—some are best for eating, others for cooking, and some are great for both!

Eat Your Vegetables!

Did you love the little beet 'amuse bouches' that the Loyola House kitchen did at the Open Garden Days? They were simply boiled red and golden beets (you could also steam them) with a dressing of "good" apple cider vinegar (try Filsinger's- it's amazing!) and a tiny bit of olive oil for shine, (secret ingredient alert!) ground clove and a little salt. Voila! Thanks to Susan Sprague and all the staff at the Loyola House kitchen for those yummy treats. We are now salivating for the Organic Harvest Grille (see ad below).

Simply perfect, perfectly simple! And here's more....

Watermelon & Feta Salad

- 2-3 tbsp extra virgin olive oil
- Juice of 1/2 lemon
- 1 tsp vinegar of choice
- Sprinkling of fresh thyme
- Pinch of ground cumin
- 4 slices of watermelon, chilled
- 1 leaf lettuce, core removed
- 4 1/2 oz feta cheese cut into bite-sized pieces (try River's Edge Goat Feta made in Arthur or Ewenity Sheep Feta made in Fergus)
- Handful of lightly toasted pumpkin seeds
- 10-15 black olives (plump black Mediterranean olives such as kalamata, or other shiny, brined varieties or dry-cured black olives such as the Italian ones)

Whisk together the extra virgin olive oil, lemon juice, vinegar, thyme and ground cumin until well combined. Set aside. Cut the rind off

the watermelon and remove as many seeds as possible. Cut the flesh into triangle shaped chunks. Put the lettuce leaves in a bowl, pour over the dressing and toss together. Arrange the leaves on a serving dish or individual plates and add the watermelon, feta cheese, pumpkin and sunflower seeds and black olives. Serve immediately. Makes 4 servings.

Source: Heather Thelwell



Cabbage, Carrot, Sprout & Apple Salad

Make the Dressing:

- 1/3 cup hazelnut or sunflower seed oil
- 1/3 cup cranberry juice
- 1/3 cup raspberry vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon Dijon mustard

Whisk together in a bowl or shake in a jar. The jar is a better idea, as there will likely be some left over.

Make the Salad:

- 2 1/2 cups shredded green cabbage
- 1/2 cup shredded red cabbage (optional but pretty)
- 1 medium carrot
- 1 1/2 cups sunflower sprouts, chopped finely
- 1 1/2 cups pea sprouts or other micro-greens, chopped finely
- 2 medium apples

Shred the two cabbages and put them in your salad bowl. Peel and grate the carrot and add it too. Chop the sprouts and mix them in. Wash the apples, quarter and core them, then chop them up and throw them in. Toss with as much of the dressing as seems good to you.

Source: Seasonal Ontario Food Blog
<http://seasonalontariofood.blogspot.com/>

Find LOTS more recipes on our website in the newsletter archives. Do you have a recipe you'd love to show off? Please let us know and we'll include it in the next newsletter!!

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

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!