

# Ignatius Farm CSA



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

Mid August 2011

## Open Garden Days & Picnic– Fun, Food, Frolicking! Tuesday, August 16th & Friday, August 19th

What's new about Open Garden Days? This year, we've added a **BYO-Picnic!** Please plan to stay a while and bring the whole family at your pick up this week. Bring a picnic and have your dinner in our beautiful picnic area, play some **games**, go on a farm tour/ **wagon ride**, get out to the fields for the **you-pick beans and flowers**. 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!**

**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 discussion**. We're cooking up some big ideas, we'd like you to add some spice!

## Report from the Field

Finally a little bit of rain has taken some of the pressure off irrigating. I think we've received about 16 mm so far in August. It's not a whole lot but we'll take it. Only another 70 mm to go to make the monthly average!

One of the upsides to the dryness is that there has been almost no rot in the garlic crop and we're pulling in an abundance of beautiful heads. Mike and Don have tried two new varieties this year, *Salt Spring* and *Red Russian*, in addition to our usual variety, *Music*. They should be on display at pickup this week so be sure to have a look.

More broccoli and cabbage have been transplanted from the greenhouse to the field. Garlic scapes are done for this year but it's been interesting chatting with people and fielding questions about what to do with them, and it turns out we've got some very enthusiastic garlic scape pesto makers among our CSA members!

Wax beans are still coming and we opened them for you-pick last week: green, yellow, purple and the white ones with purple streaks called *Dragon's Tongue*. Our field cucumbers aren't faring too well anymore, as we're finding lots of damage from the cucumber beetle, especially in our thinner skinned variety called *Greenfinger*. Our last planting of cucumbers is in the greenhouse and looking fantastic.

Tomatoes are imminent and the crop is looking really good. Some of you got a small taste of what's on the way with a sample of a Sungold cherry tomato last week! On top of that, melons are almost ready too! As always, there's been lots of weeding and tidying up going on. We got a chance to really go in and clean up the strawberries so you-pick should be a little bit easier next year.

I've been getting a lot of tractor time in, ploughing in the buckwheat cover crops in the fallow blocks, feeding the soil for next year's use. As you may know, the CSA operates on 18 acres, only cultivating about 8 of those for vegetable production each season, while the other 10 are green-manured, cover cropped and rested to replenish the soil.

We interns had our CRAFT day visit last Wednesday to Mapleton's Organic Farm in Drayton, about 40 minutes northwest of Guelph. CRAFT stands for Collaborative Regional Alliance for Farmer Training. CRAFT days are organized meetings of interns from all participating farms for the purpose of education and networking. This was one of the larger gatherings, incorporating some of the farms from as far afield as St. Thomas and Creemore. We discussed next steps for interns, and had some inspiring presentations from up and coming young farmers, not to mention some terrific organic ice cream!

Now we're busy preparing for open garden days August 16th and 19th. Bring your own picnic and enjoy wagon rides and games for kids. We're hoping to see you all there and get a chance to chat more about what's going out there in the field!



*Sean Spender studied plant biology at Guelph and has a variety of experience in gardening and permaculture design. He's happily building his skills in sustainable food production.*

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



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!

## Eat Your Vegetables!

Think you don't like kale? Then you must try **Krispy Kale Chips**!! Lightly brush kale leaves with olive oil, place on a baking sheet and bake at 400°F for about 10 minutes or until the kale is dry and crisp. Watch carefully because the kale leaves burn easily. Sprinkle with sea salt and enjoy!

Some folks like 'em with cumin and chili powder or nutritional yeast. You can also crumble the kale chips and sprinkle on your popcorn!!

In a past newsletter, we had '**Easy to Devour Kale Hemp Salad**' in our recipes section. Have you tried it yet? You should! You won't be able to keep your hands off it! For LOTS of recipes, see our archived newsletters on our website (see the bottom of this page).

Are you **overwhelmed** with your share? Shout about it! Talk to the interns in the farm shop about what you're struggling with, check in with the internet— there are recipes galore out there, or shout it out in the store. 'Hey, anybody want my green onions?' You can get recipe ideas, trade, barter or just give 'em away if you want to!



### Simple Collard Greens

- 1 bunch of collard greens, stems cut out and discarded
- 1/4 c olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp sugar
- 1 tsp minced garlic (optional)

Wash the collard leaves and stack them 3-5 leaves at a time. Roll them up tightly, then slice thinly so you have a chiffonade of greens.

Heat the olive oil in a large pan over medium heat with garlic. When the oil is hot, add collards and stir often for 15-20 mins, until collards are tender, taking care not to burn the greens. Add seasonings and more oil as necessary.

*Variation:* add 3 pieces of chopped bacon at the beginning of the process. You can also add a bit of water or chicken broth to speed the cooking along a little. Many classic 'southern' dishes will recommend prolonged boiling or steaming but there's no need for this and you lose many of the valuable nutrients into the water this way.

You can use collard greens in place of cabbage in 'cabbage rolls'. OR you can use them raw in place of wraps. They're strong enough and big enough to keep the fillings in!



### Summer Squash Skillet

*(from former intern Jaye Crawford)*

- 2 lbs squash and/or zucchini, sliced
- 1 green bell pepper, seeds removed, sliced
- 2 small or one large tomato, peeled and cut into wedges
- 1/2 yellow onion, peeled and sliced
- 1 clove of garlic, chopped
- olive oil
- 5 or 6 slices of cheese - jack or cheddar
- basil, chopped fresh
- salt and pepper

Put onion, squash, bell pepper into a large saucepan with a couple of tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. When vegetables are slightly browned, remove from heat.

In a separate, stick-free fry pan, put the tomatoes and cook at medium-high heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After 5 minutes, add the tomatoes and basil to the rest of the vegetables and stir. Add salt and pepper to taste.

Add the slices of cheese, and cover the pan to melt. Serve with crusty fresh bread.

**Find LOTS more recipes on our website in the newsletter archives!**