

Ignatius Farm CSA



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

Early September 2011

Report from the Field

The sun has started to rise noticeably later and later these days. The mornings, as many of you early-risers know, are progressively getting darker and darker. My gloves and sweater have been broken out of their summer hiding and are frequently worn on the cool dark morning bike rides to the farm. As those temperatures are dancing closer and closer to low single digits, the annual threat of frost has again made it onto my radar.

As we start thinking about frost we think of you, the CSA shareholders. We want to have the best food to offer to you and it can be a bit of a gamble to predict when the frost will come. When we do get frost, all of our fruiting crops (tomatoes, peppers, squash, beans, etc.) will die off. Thus, when a frost is predicted we need as many hands as possible to help get the food harvested and into shelter. If you are interested in helping preserve our community's bounty, you can sign up on the Frost Watch signup sheet in the Farm Store or email us. We do not know what the exact date of our big pre-frost harvest will be—but if you sign up we will get in touch with you as soon as we know. This may be on the day-of, so we understand if you sign up but have other obligations.

I hope you have been enjoying all of the melons and tomatoes we have had this year! It has been over two seasons since I have grown a great tomato crop so and so I am savouring every harvest this year. If you have not taken advantage of the you-pick cherry tomatoes yet, do not despair! We will be opening up the you-pick paste and slicing tomatoes in the near future too. We planted a great diversity of heirloom tomatoes this season so be sure to do some sampling as you pick your tomatoes. If you are interested in running a tomato sauce canning workshop in the next few weeks let us know, as we have some supplies that we could lend and would be happy to help get the word out.

I want to give a big thank you to all of our volunteers who came out to help us harvest all of our garlic over the past

few weeks. After 132 people hours and almost 11,000 garlic bulbs harvested we had a great haul. Thanks to these efforts you can look forward to some great garlic in the near future!

Last week we happily welcomed two new short-season interns to our team. Su and Alan will be with us until mid-November. Both of them are newcomers to Guelph so be sure to stop and say "hello" when you see them around the farm store. We will aim to get their pictures up to join ours on the walls of the store sometime soon.

Mark your calendars! Saturday September 24th is our **Outdoor Organic Harvest Grille & Silent Auction**. This is similar to our annual fundraising dinner, with a new twist. As the name implies, the dinner will be predominantly outside under tents, grille-style with live music from the Chester Field & The Sofa Kings. Children under 10 eat for free, so you can save the money on the baby sitter and come out to celebrate and support the Ignatius Jesuit Centre.

Tickets can be purchased at the farm store during your CSA pickup or by contacting administration@ignatiusguelph.ca or 519-824-1250 ext 250. For more information talk to myself or whomever is in the farm store that day.



-Mike Smith,
CSA Farmer

We 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!

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 x 275

Interested in **volunteering**? Contact Kailea MacGillivray ~ csaeducation@ignatiusguelph.ca or call 519-824-1250 x 244

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"There is no such thing as a little garlic"
- Arthur Baer

As I write, there are nearly 11 000 bulbs of garlic curing in the Ignatius Farm barn. You can look forward to seeing some of these appear in your CSA shares in the next couple of weeks!

Garlic, native to central Asia, has been used for both medicinal and culinary purposes for thousands of years. Today, China is, by far, the largest producer of garlic—as evidenced by any quick supermarket tour. In order to provide you with great-quality, locally-grown garlic, we grew three varieties this year: "Music", "Salt Spring Select" and "Red Russian". Music has been the go-to variety of garlic on this farm for many years, while the other two were new additions experimented with this season in hopes of saving seed to diversify future shares of garlic for the CSA. Here's a little bit more information on each of these three varieties:

Music: pinkish cloves, good keeping quality, medium strong flavour, soft and oily texture

Salt Spring Select: adapted to Salt Spring Island for 30 years, good strength and flavour

Red Russian: distinctive, slightly purple wrapper leaves, ability to withstand soggy, winter soils better than others, intense flavour

Ratatouille

A classic French late summer staple

You really don't need a recipe... in a skillet or a 300°F oven, heat a tablespoon or more of good quality olive oil, layer almost equal quantities (or as you like it) onions, green or red pepper, zucchini or other summer squash, eggplant, 2 or 3 cloves of garlic, and sliced tomatoes. All vegetables should be cut into large 1 1/2 or 2 inch chunks. Cook for at least an hour. Near the end of cooking time add plenty of parsley and basil.

All of the flavours should have melded into something divine now. Cook this one low and slow! Best served at room temperature, drizzled with more olive oil and maybe some sea salt. Serve warm with a fresh baguette or rice or noodles. Or serve the next day at room temperature on bread.

Nothing says harvest time like this dish!

Grated Beet & Carrot Salad

2 C beets (cooked, peeled, grated)

1/2 C parsley (chopped)

1 C carrots (shredded)

2 T onions (finely chopped)

Tahini Dressing

1/2 C tahini

1/2 C oil (canola, olive, could add some sesame)

1/4 C lemon juice

1/4C soy sauce or tamari

Shake dressing ingredients together in a jar or whisk in a bowl. Add water as needed to achieve desired consistency. Pour generously over the beet and carrot mixture.

Source: Jenn McCready— newsletter editor— I get asked for this recipe anytime I make it! Adapted from 'Simply in Season'

Carrot Pie

Cook yellow carrots until soft, then sift and make as pumpkin pie with milk, sugar and eggs; season with ginger, cloves and cinnamon or allspice. This can hardly be distinguished from real pumpkin pie. - Mrs. C. M. Harvey, Box 144, Knowlton, Que.

Source: Canadian Farm Cookbook, dated 1911

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 try to 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@ignatiusguelp.ca

Appetizers 4pm ~ Dinner 5pm

Favourite Farming and Food-Related Books:

Apples to Oysters by Margaret Webb

The Omnivore's Dilemma by Michael Pollan

The 100-Mile Diet by A. Smith & JB MacKinnon

Locavore by Sarah Elton

Simply in Season by MB Lind & C Hockman Wert

Asparagus to Zucchini by MASAC

Stuffed and Starved by Raj Patel

The End of Food by Thomas F. Pawlick

Farmageddon by Brewster Kneen