

# Ignatius Farm CSA



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

Late September 2011

## Report from the Field

The days grow shorter, the t-shirts get exchanged for multiple sweaters, and vacations end for the comfort of routine. Here at the farm we certainly notice, and embrace, the change in seasons as they come, and autumn is officially here!

Last week we had a few nights of potential frost so we spent an entire Thursday harvesting all those frost-sensitive fruiting crops (eggplant, peppers, tomatoes and squash). We had a great group of folks that stayed until 10pm harvesting pumpkins by moonlight, headlamps and tractor lights. In total we were just shy of harvesting 5000 winter squash that day!

While in transition between seasons we also get to see a transient mixture of both summer vegetables and autumn vegetables. My body certainly likes the new additions to my diet of potatoes, garlic, squash and onions as they start to become available while still holding on to the delicacies of endless fresh greens and tomatoes. This year our potatoes faced severe difficulties trying to survive both the potato beetle and drought, but our squash and onion harvests have never looked better. The onions have been curing for storage in the greenhouse, but are being replaced by all the winter squash as I type.

The one thing I am anxiously awaiting for this year, as I do every year, is the return of the pumpkin pie. One piece warms me up more than all the sunshine of the summer days put together. If you want to try making a pie from scratch with one of our pumpkins (I also hear they are just as good, or better, with some of the other winter squashes) but don't think you'll be able to eat it all, remember that we love pumpkin pie here on the farm!

Want to get more involved at your farm? The **Core Group** is welcoming any and all interested parties to join us at our November meeting. If you're keen to get an inside peek into the inner workings of the farm and CSA **please join us on Wed. November 16th at 7pm** at Loyola House.

Please note our **Member PotLuck** dinner has *moved* to **Saturday, November 5th** at the 'Villa' on the Ignatius Property. Please bring your favourite dish and your family or friends and join us for a hearty meal, some music and plenty of fun!

**Member Survey 2011** is coming... Keep your eyes peeled for the link to our member survey coming in October. We want your ideas and opinions!!

As the senior intern working in the orchard and field crops, autumn is certainly my favourite time of year because it means harvest time! On top of the grain harvest of rye and spelt, we have apples!! This is the best apple year we've had in quite a while and I've got to see it unfold from the winter pruning in the deep snow of March, right up to the fantastic harvest we've been having. The earlier varieties of eating apples – Freedom, Liberties, Nova Mac – are soon to be replaced by the more cooking varieties of Spy, Nova Spy and Ida Red, so get those pie pans ready! There are rumours also of apple cider being ready in the upcoming weeks. As one of my friends who came to visit the farm simply surmised as she tasted our apples, 'Ahhh, autumn is here.'

This thanksgiving season I hope you'll be extra thankful for all the blessings of great food, and also take the time to enjoy with those around you; friends, family and soon to be friends.



*Ryan Ritskes has a background in molecular biology and cancer therapy from Victoria, BC. He is now following his deeper passions to connect with creation, become a farmer and feed people good food!*

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# Eat Your Vegetables!

(even the wilted ones)

Guelph-based agricultural think-tank George Morris Centre released the findings of its Food Waste in Canada study last year. It found that Canadians waste a staggering 183 kilograms of food per capita each year. As much as 40 per cent of all of our edibles are wasted. The study estimates the value of food wasted to be as high as \$27-billion per year, most going into landfills or composting bins. Consumers who throw food out at home account for about 50 per cent of all wasted food.

"Food waste among priorities for new U of G chair" in Guelph Mercury, 08/12/ 2011

Stumped by all those **tomatoes**? Or did you go a little crazy at the you-pick last week? Don't throw them out, preserve them instead. Here's how without canning....

**"Sun" dried tomatoes:** clean and half them then put them in a low oven (200 degrees) until they're 'sun dried' (about a day)

**Roasted Tomato Sauce:** clean them, half them and lay them skin side down in an ovenproof dish with some olive oil, salt and pepper. Roast them for 30-45mins at 350degrees. When they're fully softened and even a bit blackened, take them out, cool them, sieve them to remove the skins and seeds and voila! This 'passata' can be frozen for the winter and used in soups, stews, pizza or pasta sauces.

**Simply Frozen:**clean them, half them, lay them flat on a cookie sheet and lay that in your deep freeze. Once frozen, put them into a freezer bag and you'll have 'sauce tomatoes' all winter long.

If you DO want to can them check out <http://www.bernadin.ca>

And how about those **herbs**? You're not letting them get soggy in your fridge are you?

To keep your herbs at their freshest, put them upright in a glass in your fridge (like flowers in a vase).

If you don't use the herbs within a few days of your pick up, then hang them upside down in a warm dry spot and you'll have preserved, dried herbs. OR lay them flat on a cookie sheet at 200 degrees until crisp and dried.

## Everything Soup

Source: Farmer Mike and his partner Caroline

Farmer Mike says take everything you have leftover on a Monday/ Thursday night and make soup!

Heat some oil or butter in a pan. Add all wilted greens, herbs, left-over and unused vegetables from last week's pickup and sauté for a few minutes. Add some vegetable/chicken/mushroom stock. Add some salt and pepper and possibly some spices. Puree. Voila!

Makes as many servings as you like.

## Fennel-Lemon Salad

Source: Sue Garcea, Core Group Member

1 fennel bulb, thinly shaved or sliced  
2 tablespoons extra virgin olive oil  
2 tablespoons fresh lemon juice  
fresh thyme leaves, chopped  
fresh parsley, chopped

Remove the frilly end of the fennel and trim the root. Slice thinly crosswise. I don't have a mandoline, but I think one would be handy for shaving the fennel..

Whisk olive oil, lemon juice, thyme and parsley in a salad bowl until blended. Add the sliced fennel and toss until coated.

Let stand at room temperature at least 30 minutes before serving.

The lemon perfectly complements the slight licorice of the fennel. Thyme and parsley provide a nice accent.

## Favourite Foodie Films:

*The Real Dirt on Farmer Bob*  
*Fast Food Nation*  
*Food, Inc.*  
*SuperSize Me*

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](mailto:csamarket@ignatiusguelph.ca) or call 519-824-1250 x275  
Interested in **volunteering**? Contact Kailea MacGillivray  
[csaeducation@ignatiusguelph.ca](mailto: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!