

Ignatius Farm CSA



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

Early October 2011

Would you be interested in seeing how decisions are made around the farm? Would you like a closer connection to the farmers, interns and other members of the CSA? The **“Core Group”** (an advisory body composed of CSA members and representative farmers and interns) 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. Attendance does not imply commitment at this point— just come and check us out!

Report from the Field

Aside from the leaves changing colour, another sure sign that fall has arrived is the appearance of pumpkins. At the farm, I've enjoyed watching enthusiastic children pick out pumpkins for their families, likely with thoughts of Halloween on their mind. Halloween also seemed to be on the mind of the farm interns this week, as we toyed with the idea of masterminding a freak show out of the misfit vegetables we'd stumbled upon during our field walk – the forsaken few that had been left behind during the harvesting process, their subsequent unchecked growth enabling them to evolve into something monstrous and often unpalatable. With either Halloween or Thanksgiving pumpkin pies on the brain, we also hunted for stray pumpkins that we may have overlooked a few weeks ago in the dark of our night-time frost harvest and, much to our delight, managed to rustle a few small ones out of the thistles.

During the same field walk, a few of the farm crew took advantage of the scenic photo opportunities provided by the frosty early morning dew. Another harbinger of fall, frost means bad news for many crops, whose survival becomes dependent upon being sheltered under a thin sheet of synthetic material, known as row cover. It's almost a miracle to me how something so simple can have such a significant role in extending the growing season. I was both surprised and impressed to see tiny, delicate plants still weeks away from being harvested flourishing under the row cover. How odd it seems that these plants have so much growing left to do at a time when many of the other crops have already reached, or are nearing, their end. On the other hand, frost-hardy leeks, Brussels sprouts and rutabaga are just about ready to make

an appearance in the farm store, while beets, cabbages, radishes and Swiss chard continue to thrive in spite of the colder weather.

The fields are continuing to be emptied of their bounty and prepared for the winter months, the tomato harvest for the farm store is over, and the cucumber jungle in the greenhouse has been dismantled. As a relatively new intern at Ignatius, this leaves me with a funny feeling - things are winding down just as I'm starting to gear up. But, just like the tiny seedlings thriving under the row cover, I'm anticipating a spurt of rapid growth over the remaining weeks of the harvest season, albeit in knowledge and experience rather than size...but, surrounded by so much yummy organic food, who knows?

As for being surrounded by tasty food, I suspect that many of the farm's vegetables will grace your plates this Thanksgiving. I'll certainly be enjoying the bounty of the fall harvest over the holiday weekend, while feeling thankful for the wonderful opportunity that I've been given to meet so many wonderful farm staff, volunteers and CSA members in the short time that I've been here.



Su Langdon is thrilled to be taking a break from her career in environmental program management with the provincial government to realize her long-time dream of working on an organic farm. Aside from being an avid devotee of the local food movement, Su is interested in expanding her knowledge of the linkages between farming and environmental issues.

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!!

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Eat Your Vegetables!

(even the wilty ones)

Get to Know your Winter Squash

Acom: Acom squash are round, with even grooves around the entire squash. They are mostly dark green, with occasional splotches of orange and yellow. The flesh is a slightly yellowish pumpkin orange. They taste like rich, creamy winter squash, but they are actually in the same species as most so called summer squashes.

Buttercup: Buttercup tends to be overlooked as a small, green pumpkin, but buttercup has a lot to recommend it. It's sweet and delicious and easy to grow.

Delicata; Delicata is a long oval shaped squash— usually yellow with green stripes. The fruits are a nice size for 2-4 people and it's delicious. Delicata is often called the sweet potato squash, because it's flavour and texture is close to a sweet potato. They even store well, for weeks.

Hubbard: Hubbard squash are the largest winter squash you'll find (besides field pumpkins).



They are slightly tear-shaped with dark green to pale greyish blue skins. Their shell is very hard to peel. Hubbards are remarkably sweet with a clear pumpkin flavour. They sweeten as they're stored and their extra-thick skins help them store through the winter (up to five

months if kept properly cool and dry). Hubbard squash are at their best when roasted.

Kabocha: Kabocha squash are large, round, and squat. They are dark green and mottled, often with bumpy skin. They have a remarkably sweet and tender flesh with a slightly nutty flavour. The peel is really more of a rind and is difficult to cut. Roasting it or slicing and baking it with a bit of butter or oil and salt are all this delicious squash needs. The dense flesh also holds its shape with cooking, even in liquids, which makes it perfect for using as chunks in soups or steamed dishes. It pairs well with ginger and sesame as well.

Red Kuri: The red kuri squash looks like a small, red-orange pumpkin without the deep ridges in the sides. The flesh is bright orange and has a mellow, somewhat nutty flavour. The flesh is good in soups or baked goods, and the red kuri's small size makes it perfect for stuffing and roasting.

Spaghetti: Many of you requested this popular variety in 2010 and so we decided to give it a shot. This oval shaped squash has yellow skin and flesh that is very sweet and stringy when scrapped with a fork.

Pumpkins: "Sugar pie" and other smaller, sweet pumpkins make for great eating and can be used just like Acorn Squash.

HOT TIP!! Can't get through that dense skin and flesh? Just roast your squash WHOLE! Poke a couple of holes through the skin (as best as you can) and throw the whole thing in the oven on a cookie sheet or in a dish.

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, indoor and outdoor activities (weather permitting) and plenty of fun, food and fraternity!

Squash, Carrot and Potato Soup

1/2 medium butternut squash
2 large carrots
salt & pepper
1/4 teaspoon basil
1/4 teaspoon rosemary
1/4 teaspoon thyme
1/4 teaspoon savoury
4 cups chicken stock
4 small potatoes

Cut the squash in half, and reserve half for some other use. Remove the seeds and rub the cut surface with a little oil. Roast the squash at 350°F for about 1 hour, until tender.

Meanwhile, peel and slice the carrots. Cook them with 2 cups of water until quite tender.

Peel and purée the squash with the carrots and the herbs, adding the carrot cooking water slowly to ensure a smooth purée. Put the purée into a large soup pot with the chicken stock.

Scrub the potatoes well, and peel them if you like. Cut them into small dice and add them to the soup. Simmer the soup for 15 minutes, until the potatoes are tender.

Pumpkin 'Brownies'

3/4 cup whole wheat or spelt flour
1/4 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon grated nutmeg
1/2 cup unsalted butter
1 cup [Sucanat](#) or dark brown sugar
2 extra large eggs
1 cup cooked puréed pumpkin
1 teaspoon vanilla

Preheat the oven to 350°F. Butter a 9" x 9" pan.

Mix all the dry ingredients together.

Cream the butter and beat in the Sucanat or brown sugar. Beat in the eggs. Beat in the pumpkin and the vanilla.

Scrape the batter into the prepared pan and bake for 25 to 30 minutes, until the top is firm and a toothpick inserted in the middle comes out clean.

Source: "Seasonal Ontario Foods" blog. <http://seasonalontariofood.blogspot.com>

Please **contact us** if you have any **questions** or **comments**: Don Bowyer csamarket@ignatiusguelph.ca or call 519-824-1250 x275