

Ignatius Farm CSA



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

Late October 2011

Please take a moment to fill out our online survey. We would like to hear your thoughts on the CSA, and help us improve for the coming year. The survey will be open until Oct 30th <http://www.surveymonkey.com/s/TF25LKQ>

Report from the Field

The light is receding day by day. As we on the farm spend so many hours under the sun the shifting light is both an intuitive sign of autumn, and a source of confusion. Mornings come much later, our morning meetings happen at or before dawn, first tasks begin in the glow of the rose hued sunrise. 10 am comes and the light suggests that it is barely 8, and by 2pm it feels like 5.

The cool (even cold) mornings awaken a different recollection. After 4 years of working at Ignatius, the chill of September and October is also a reminder that soon the farm will be very quiet. Our dedicated and hard working crew of interns will be finishing up their time with us, returning back to the lives they set aside to spend a season here. Short or long term, the interns leave an impact with us and the land we tend.

From greenhorn beginnings, they have become veterans of a long and challenging season. From wet mud to baking sun, jungles of thistles to pristinely weeded carrot beds, lush spring lettuce to the browns of dying tomatoes the season has exposed everyone to a broad range of what growing entails. For a stipend that provides some spending for food, and a bit extra, and education both in the field and through field trips, these enthusiastic and hardworking folk put in the same hours and care as your farmers.

The barriers between us have eroded, after working together for long hours in a challenging and intense environment, . What began as a loose group of strangers now are friends and a tight working team. As one of the farmers, I feel proud of all the top notch work each individual has done, from the planting, weeding and harvesting, dividing up the share allocations for your pickups and being the face of the CSA each week.

It is an honour to be working alongside such a warm and dedicated group; a group who is balanced, who can work hard and rise to the challenge of getting a harvest in by noon hour, and yet can also have fun and know the value of being present in the moment. Take breaks and chat. Stop to tease or tell a funny story. Lob a squishy melon. I am grateful for the infusion of new energy, ideas and enthusiasm that each individual brings. They help us farmers to remember the excitement over the first broccoli and lettuce, or in the dark hours of the pumpkin harvest the excitement of pumpkins glowing orange in the beam of the tractor headlights.

In this autumn season of fulfilled maturity for the year, the season of death and departure weighs heavy. It is sad to see good friends go, and to know the spring will mean the cycle of birth begins anew with

training the skills and seasonal patterns that have been mastered by this crew. I sometimes wish we could keep them on, so we could do things much better (without having to make all the beginner mistakes again), and to deepen the friendships that have hardly begun to flourish. But their gifts are not ours to hoard and so they return to their lives, hopefully taking some good memories and a deepened appreciation of food, of good work and of the food system we have in this province and in the world. I hope you can join me in thanking these folk for their presence and their work in the CSA.

As the internships enter into their final days, so too does your share. The fields are slowly being planted to oats, and compost will be put on the gardens for next year's crop. 2013 gardens have already been covered in spelt, which has grown in nicely with the warm early October weather. Garlic is being planted for next year, and the strawberries soon will be mulched to protect them from the heaving of the mid winter thaws. The remaining weeks will focus primarily on storage crops, with leeks and parsnips the newest addition to the regimen of beets, potatoes, onions, garlic and carrots. We will do our best to provide a green with the share, but as the hard frosts and freezes happen the greens are the first casualty.

Final Pickups are scheduled for Tuesday November 8th and Friday November 11th

You may have noticed the smaller size of some of the fall crops this year. Brussel sprouts, celery and celery root all were smaller from the lack of moisture this summer. The leeks will be sparse from the cold spring when most didn't germinate. The bounty of tomatoes and melons, and dearth of leeks and celery paint a pretty good picture of the extremes growers have contended with this year.

We hope you join us for the winter share, and for next year's summer share. This year we are changing our rates to reflect some increased expenses we have incurred, including rising fuel prices, and our moving to biodiesel. However, this modest increase will not take effect until after the winter share is complete, sign up early and retain the 2011 summer rate for 2012.



I hope you will enjoy the last few weeks with us this season, and hope to see many of you through the winter or back in June.

Farmer Don Bowyer

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Join us for our annual end of season potluck on November 5th from 12pm—4pm Bring a potluck item, dishes, your family and enjoy the view from St. Brigid's Villa while sipping cider and enjoying the company of your farmers and the CSA community. We plan on having some musicians in the crowd, the woodstove fired up if it gets chilly and activities for the whole family.

Eat Your Vegetables!

Fried Green Tomatoes

In case you picked any in the u-pick OR have those last few never-going-to-ripen-now tomatoes in the garden. Once you have these, you'll wish you had more!

- 1C unbleached white flour
- 1C cornmeal
- 2tsp baking powder
- 3/4tsp salt
- 1/8tsp cayenne
- 1C milk
- 2 lg eggs
- 2-4 lg unripe tomatoes cut in 1/2inch slices (or more— the batter goes far)
- (optional garnished, plain yogurt, sour cream, crème fraiche)

Combine the dry ingredients, and make a well in the center. Whisk the milk and eggs until frothy in another bowl, then pour this into the center of the dry mix. Stir until thoroughly combined.

Core the tomatoes and cut them into rounds. Meanwhile, heat a little butter or oil in a skillet over medium heat. Dip the tomatoes slices into the batter, pushing them around gently with a spoon until they are well coated. Lift them from the batter with a spoon and add them to the hot skillet. You might need to drizzle a little extra batter on top to make sure no bald spots are poking through. Fry on both sides until crispy and golden— serve immediately while still hot and crisp!

Rutabaga ideas (just in case you think you can only boil it):

- Grate rutabaga into a fritter batter (with potatoes, carrots, onions if you like)
- Make rutabaga chips: Deep fry 1/8 inch slices in very hot vegetable oil until golden brown. Do not crowd in pan. Drain on paper towel, sprinkle with salt etc.
- Grate it raw into salads. Try a winter slaw using your rutabaga, celeriac, parsley root, carrot, daikon radish, and apple with a lemon/oil dressing.
- If it's not a commercially waxed rutabaga then you can eat the peel— much more nutritious!
- Cut into 1/2 inch thick wedges, oil them and roast in a high-heat oven (500degrees) for 15-20 mins on each side. Toss with balsamic vinegar and sea salt.

Potato Crust Quiche

- 3 medium potatoes
- 1/3C butter, softened
- 2C chopped, cooked vegetables
- 1/2C shredded or crumbled cheese (cheddar, gruyere, goat etc.)
- 2 eggs
- 1 can evaporated milk (5.3oz)
- Salt & pepper
- 1C bread cubes (optional)

Cook potatoes in boiling water until tender and drain (or use left-overs). Heat oven to 375degrees. Mash hot potatoes with butter. Line bottom and sides of a 9-inch pie plate with potato mixture. Spread vegetables over potatoes, sprinkle cheese over vegetables. Beat eggs, milk, salt and pepper in a small bowl. Pour into pie plate, top with bread cubes if desired. Bake 40-50 mins. Serves 4-8— depending on how hungry!

Winter is Around the Corner....

Beets, potatoes, red carrots, garlic, onions, squash. If you love these and more storage crops, consider purchasing a winter share. The share is 1 pickup a month, about 3 weeks apart each on Wednesdays. Pickups are November 23rd, Dec 14th and January 11th, 3-6pm. One does need a bit more room to keep the share in a garage or under your kitchen sink as the volumes are intended to get you through more than a week of eating.

Shares are \$175. There are only a few remaining shares. Secure yours and enjoy hearty meals while the snow flies around you this winter. Contact Don csamarket@ignatiusguelp.ca for more information.

...and then Summer Comes Around Again (yay!) 2012 Summer Shares- Early Bird Rate

Summer share sales for 2012 have begun. Our share prices are staying the same- but only until January 15th, 2012. Put down your deposit (\$100) & post-dated cheques for a 2012 share today and save up to \$30!