

Ignatius Farm CSA



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

November 2011

Report from the Field

By Intern Alan

As we have just finished with Halloween, we are all full of candy and ready to finish the harvest. As the end of our fall harvest comes into view we are galvanised, but at the same time we hate to see our time with the farm come to an end. As we got our first complete frost last week one can imagine that the temperatures have been dropping, however this week we have been blessed with some sun in the middle of what would otherwise be a chilling season. As our spirits rise with the mercury we will be finishing the season strong; storing away food for the winter shares and bringing fresh produce to your share holders as usual. Our root cellar is nearly full with a variety of our favourite vegetables waiting to become some of Guelph's favourite winter dishes. For me, it is accomplishments like this that put the comfort in comfort food.

Fall is all about transitions - our weather changes, our clothes change and our food changes. The air begins to develop a bite to it and our crops retreat underground. We have been treasure hunting for the last of the beets, carrots, potatoes, rutabaga, celeriac, parsnip and parsley root. All I can think about is the soups and stews I'm going to make. As I work in the cold mornings I do try to visualise something warm and cosy. With every root pulled out of the ground it's nice to know that we are one step closer to sharing that stew with all of you.

Amidst Jack Frost's clutch we were given the opportunity to visit an educational **permaculture** farm, which was a surprisingly warm adventure. A farm grown to create micro climates using the natural forest. The forest provided warmth to crops and visitors like us. It was like going back to September for a day; I'll take it! This visit was the highlight of my last two weeks for more than the temperature difference. It was a chance to learn about an entirely different way of cultivating. I have come to learn something about farming that can be explained completely in the old joke;

Q: How many farmers does it take to screw in a light bulb?

A: One to screw in the light bulb and then a million others to say "yeah we get the light bulb in, but we do it a bit differently."

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Recipe Wrap-Up

Looking for that great Krispy Kale Chips recipe that you tried earlier in the year? Here's a handy index to all of this year's great Ignatius Newsletter Recipes. The newsletters will (eventually!) all be online for you to find and access at any time. Previous years' newsletters are online and have recipes too...

January– Carrot Cookies

Early July– no recipes

Mid-July– Greens in Peanut Sauce, Homefries with Greens

Mid-August– Krispy Kale Chips, Simple Collard Greens, Summer Squash Skillet

Late August– Watermelon & Feta Salad, Cabbage, Carrot, Sprout and Apple Salad,

Early September– Ratatouille, Grated Beet and Carrot Salad with Tahini Dressing, Carrot Pie

Late September– "Sun"dried Tomatoes, Roasted Tomato Sauce (Passata), Simply Frozen Tomatoes, Everything Soup, Fennel-Lemon Salad

Early October– Squash, Carrot & Potato Soup, Pumpkin Brownies

Late October– Fried Green Tomatoes, Potato Crust Quiche, Rutabaga ideas

November– Savoury Squash Bread Pudding, Winter Borscht

Permaculture Concepts

Permaculture

Permaculture is an ecological design system for sustainability in all aspects of human endeavour. It teaches us how to build natural homes, grow our own food, restore diminished landscapes and ecosystems, catch rainwater, build communities and much more.

Food Forests

Food Forests mimic the architecture and beneficial relationships between plants and animals found in a natural forest or other natural ecosystem. Food forests are not "natural", but are designed and managed ecosystems (typically complex perennial polyculture plantings) that are very rich in biodiversity and productivity.

From: <http://www.permaculture.org>

Eat Your Vegetables!

Savoury Squash Bread Pudding

Sautéed kale or chard offer a nice counterpoint to the sweet butternut squash. A wonderful potluck dish!

3C butternut squash (peeled and cut into 1/2 inch pieces)
Arrange squash in a single layer on a jelly roll pan coated with cooking spray. Sprinkle with salt. Bake in a preheated oven at 400F until tender, 12-15 mins. Remove from oven, reduce temperature to 350F.

1C onion (chopped)

1 Clove garlic (minced)

In a fry pan sauté onion in 1tsp olive oil over medium heat until tender— 5 mins. Add garlic and sauté 1 minute more. Remove from heat, cool slightly.

3 large eggs

2 large egg whites

2C milk

1/2C parmesan cheese— freshly grated

1/4 tsp salt

1/4 tsp pepper

1/8 tsp nutmeg

Whisk together in a large bowl. Stir in squash, onion, and garlic.

9C day old French bread (cut into 1 inch cubes)

Add and stir gently to combine. Let stand 10mins. Spoon into a greased 2 quart/ 2L baking dish.

1/2 C parmesan cheese—freshly grated

Sprinkle on top. Bake in a preheated oven at 350F until custard is set and top is lightly browned—45 mins.

Winter Borscht

3/4-1lb stewing beef or chicken (chopped— could use leftovers)

1C onion (chopped)

Brown in oil in a large soup pot over medium heat, 10 mins.

2C potatoes (chopped)

1/2 head cabbage (shredded)

1C beets, beet stems and/or beet greens (chopped)

1/2C carrots (diced)

1/2C pearl barley

2 bay leaves

1/4C fresh dill (chopped, or 2T dried)

1tsp salt or to taste

1/4 tsp pepper

1/2C fresh chives (optional)

Add, stir for a minute then add 8C/2L water and bring to boil, cover and simmer for 30mins. If using beet greens and fresh dill, do not add until the next step.

1/2C parsley (chopped)

Add and simmer until barley is cooked and meat is tender, another 10mins.

Report from the Field

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These last several weeks have been everything-apple. Apple syrup, apple cider and apple butter. We bring the sweetness; and as quickly as it comes it goes. Be sure to get the last of the cider as the other two sweet apple products have already been snatched up. We have now planted plenty of our best and brightest garlic bulbs in hopes of another monstrous garlic season next year. I cannot help but think about next year as we finish this one and so with thoughts of garlic we all leave the fields. We hope to see you on the other side of the snow!



Bio

Alan's educational background is in International development with a focus on agricultural development and has worked with farmers, Farm Groups and Agro Ministries in Ghana West Africa to pursue issues associated with agriculture, poverty and food security. He wishes to connect with the real work of food and leverage that experience to inform his future work pursuing these issues.

There is a season, turn, turn, turn...

If you haven't already signed up for a winter share, I'm afraid you'll be out in the cold this year. We are all sold out!

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

And last but certainly not least...

Thank YOU for supporting us this season!

And was it all worth it? In order to ensure you get what you pay for, we track the market value of each share we give out on a weekly basis, ensuring that it's always 'worth it'. This year, despite a crazy spring and partly due to a wonderful summer, we have surpassed the dollar value of the small and regular sized shares by a healthy margin. And if you helped yourself to the generous amounts of tomatoes in the u-pick, or the peas or beans or the flowers or the herbs, then it was a bountiful year indeed!

It was certainly 'worth it' for all of us!

Thanks from your Ignatius CSA Farm Team

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