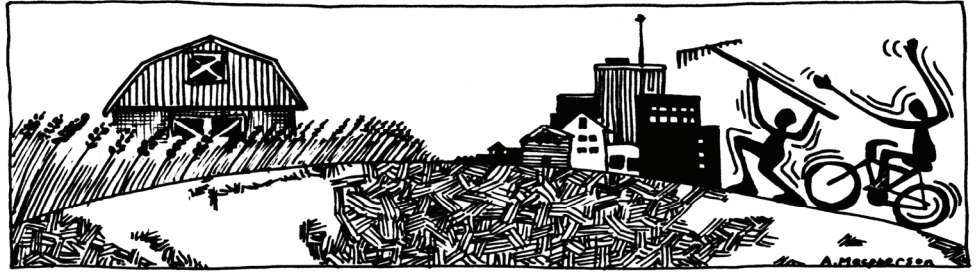


# Ignatius Farm CSA News

Late July 2009

[www.ignatiusguelph.ca/csa/](http://www.ignatiusguelph.ca/csa/)



## Report from the Field

By Jenny Adams

Hi there! I hope all of you are thoroughly enjoying the Ignatius CSA produce you have been receiving for the past month or so! If you are like me you are probably familiarizing yourself with uses for vegetables you've never even seen before. Don't be scared though, trust me. It's all delicious even you can't pronounce the name and it looks like it came from Neptune.

This is my first time working on a farm and I am learning more than I could have ever imagined! Who would have thought there was so much involved in farming. As interns, not only are we involved in the "get your hands dirty" work like seeding, transplanting, weeding, de-beetling and harvesting, we are also getting the whole scoop on soil science, pest management, tractor driving and coming up with this oh-so-complicated plan that brings the food to your tables each year.

We are also getting some amazing opportunities to learn off the farm. Some of us interns have taken on a side endeavor of keeping laying hens for our own personal use over at the farmhouse. We are learning what a handful it can be to keep animals, but the tasty enormous eggs we are getting and the endless amusement is well worth the effort. Our chickens can even perform incredible tricks like undoing your shoelaces or jumping 300 millimeters off the ground to wittingly snatch a dangling clover leaf from your hand.

Our education days allow us to talk with other farmers about how they do things. We recently visited Orchard Hill Farm near London, Ontario where they do a large portion of their work using draft horses. As we discovered, it takes 8 huffing and puffing interns to pull a plow that 2 horses can easily tout along. Now that is why it is called *horse power!*

Weather-wise it has been a crazy summer so far! Is anyone else out there wondering when the *real* summer is going to begin (although I can't complain about the working conditions)? The cool weather has definitely had an effect on our crops. Our first year of strawberries have been delayed by about 2 weeks, but are they ever delicious! I hope you have had a chance to experience the sweet, red, juicy joy of our U-pick strawberries.

Like most things, our heat deprived spring hasn't been all bad. The cool weather has been great for some of our crops, like broccoli, cabbage and leafy greens, as you all know!

Now that the CSA pick-ups are into full swing you can expect to be receiving lots more tender summer squash and cucumbers. The beets and carrots are fattening up nicely and nudging (or bursting) their tops out of the soil. The eggplants are ripening up and the peppers are already dangling like ornaments from the plants. The melons and winter squash are beginning to show their golf-ball sized faces and are looking like a promising harvest later in the season.

We've all been working hard out in the fields keeping the plants happy and healthy. I hope you can taste all that love that has been poured into each vegetable you eat. See you around this summer. Don't be too shy to say hello. Happy eating!



Jenny...

- Studied Biology at the University of Guelph and Education at Lakehead University
- Loves traveling, camping and athletics
- Begins teaching at the Trillium Waldorf School this fall
- Is inspired to grow a garden of her own

## Introducing...Summer Squash

Zucchini is by far the most well-known summer squash and all those other green and yellow veggies in the bin can be used in exactly the same way.

Here at the farm we grow a variety of summer squashes, including yellow and green zucchinis, Lebanese squash (zucchini shape and light green in colour), yellow and green patty pans (flat squash with scalloped edges), yellow straightneck (wine bottle shape) and yellow crookneck. We pick them when they're young for they're best flavour and tenderness. They are delicate and perishable, so handle with care and eat them up quickly! Summer squashes are approximately 94% water and a great source of vitamins A and C, potassium and calcium. They are very versatile! Use whole, chopped big or small, sliced thick or thin or grated. Try eating them raw, grilled, broiled, fried, steamed or stir-fried.

Information from *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce*, Third Ed., by Madison Area Community Supported Agriculture Coalition, Jones Books, 2004.

**Did you know...** That cucumbers, squash, select peas and select beans are dependent on bees for yield.

From the Honeybee Conservancy Web site: <http://www.thehoneybeeconservancy.org/Learn.html>

### Volunteer with Us!

We love our volunteers! If you are interested in volunteering please contact me at [csaeducation@ignatiusguelpf.ca](mailto:csaeducation@ignatiusguelpf.ca) or 519 824 1250 x244.

Volunteers can join us Tuesday and Friday from 10am-12:30pm, and Thursday from 10am-12:30pm and 2pm-5:30pm.

### CSA Events 2009

Open Garden Days Aug 18 and 21

Organic Harvest Feast Sept 12

Canning Workshop Sept 26

"Big Dig" Workbee Oct 17

Autumn Harvest Potluck Oct 25

Winter Share Pickups Dec 8 and Jan 12

## Summer Squash & Basil Salad

3-4 med. summer squash, julienned  
2-3 tbsp fresh basil, chopped  
3-4 tbsp Parmesan cheese, grated  
1-2 tbsp garlic scapes, chopped (or add minced garlic to the dressing)

Toss together. Try using other herbs from our Herb Garden, such as thyme, rosemary, oregano or dill.

¼ cup red wine vinegar  
¼ cup olive oil  
½ tsp salt  
¼ tsp pepper  
¼ tsp sugar

Combine dressing ingredients and pour over the salad. Mix, chill 1 hour and serve. This salad is best eaten the same day. Try serving with lettuce and chopped green onions.

From *Simply in Season: a world community cookbook* by Mary Beth Lind and Cathleen Hockman-Wert, Herald Press, 2005. Recipe by Karen Brandes.

## In the Herb Garden

During your pick-up, you are welcome to visit the herb garden and take home some fresh herbs of your choice. Toss herbs into your salads, sauces, stir-fries and baking or use in bouquets! Some plants are still very small, so please don't pick from these just yet. Here are some highlights from the Herb Garden:

**Lemon Balm:** freeze lemon balm leaves in ice cubes for a decorative effect in iced tea.

**Oregano:** use fresh oregano leaves to season cooked eggs, most vegetables and meats.

**Nasturtium:** use flowers as a spicy salad garnish. Pick flowers just as they open.

**Lavender:** add fresh or dried flowers to baked goods. Use flowers and leaves in bouquets and potpourris. To harvest, cut flowers several inches below the bloom and cut stems to within 1 node of woody growth when harvesting for leaves.

**Tansy:** this plant, though beautiful, can cause violent reactions or death if ingested. So don't eat it. Instead hang a few sprigs in your kitchen cabinet to repel ants and flies.

Information from *Rodale's Illustrated Encyclopedia of Herbs*, ed. Claire Kowalchik and William H. Hylton, Rodale Press, 1998.