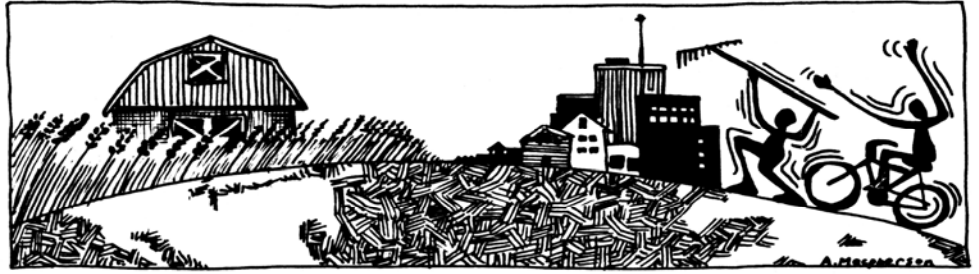


# Ignatius Farm CSA News

Mid October

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



## Report From the Field

By Virginia McDonald, Workshare Member

Community Shared Agriculture members might want to consider taking part in a relatively new program that cultivates a deeper appreciation of the organic farmers and farmland here at Ignatius Jesuit Centre.

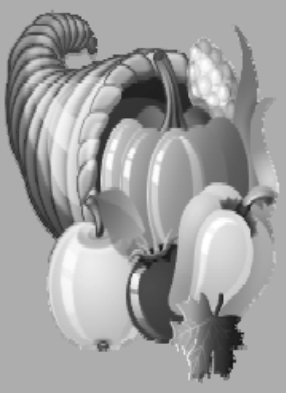
Becoming a working share member allows you to work in the fields with CSA farmers and interns for a share of organic produce, but it yields so much more. Being a new working share here during this growing season showed me the hard work and dedication of the farm interns from many backgrounds who work selflessly long hours in all weather conditions to sow, plant and harvest. It allowed me to try new skills, from greenhouse, to field and farm store, and gave an insight into the bigger picture of local and organic farming.

Thanks to the patience and help of the farm team, I was able to take part in and learn, even in a small way, about a diverse range of farm activities such as greenhouse seeding, moving row covers and irrigation pipes, weeding, harvesting, storing crops in the root cellar and washing crop crates. Working on the land alongside an experienced team is a positive experience, therapeutic and grounding. The farm interns, went out of their way to let me know that I was contributing. Even though, at about twice their age, I could not match their speed, compe-

tency, and quality of work, they reminded me that this is what they do daily for the entire growing seasons from April to November, including weekend greenhouse duty. This welcoming attitude encourages anyone of any age, background or ability to participate as a working share or volunteer.

Once I came to a deeper understanding of the hard work and sacrifices made by the interns for the CSA community, I found myself wanting to do more than the original offer of a half-day of volunteer work in exchange for the generous half share of produce. I also wanted to take on tasks such as washing crates and floors during the busy store pickup days, leaving the farm team free to do more important work necessary for the CSA membership and the farm. Staying physically active got me "out of my head" and on a road to better health while recovering from health problems and stress. Trying to change eating and lifestyle habits can be challenging. Working outside and learning from the farmers has helped. Another important realization was that, since local organic produce stays fresh longer, a half share was more than I needed to sustain just myself, and I could probably eat well just by gleaning. It challenged me to think of the concept of taking more than my share of community and global resources while many are in need.

The organic farm and CSA is an integral part of Ignatius Jesuit Centre. On a personal note I consider it a small miracle how eight interns and farmers can produce enough food from eight acres for 270 families. It was said during the annual land blessing ceremony here how the land keeps giving back to us. My CSA contract was simple – to show up on time and bring positive energy to the field. Although there were days when I felt I hadn't kept my part of the bargain very well, the example and support of the farmers and interns working with me showed how the land here and the people who care about it enough to make it their life's work, can be a constant source of renewal.



You're Invited!  
**Annual Harvest  
Potluck**  
Sunday October 25  
4pm-8pm

## Celery-Root and Apple Purée

We already know you like applesauce with pork, but this soft, creamy purée is so much better. It's like a bowl of puréed potatoes that yearns to be dessert.

yield: Makes 10 to 12 servings

active time: 35 min

total time: 1 1/2 hr

- \* 5 lb celery root (sometimes called celeriac)
- \* 4 Gala, Empire, or McIntosh apples (1 1/2 lb total)
- \* 1/2 stick (1/4 cup) unsalted butter
- \* 2 teaspoons salt
- \* 1 cup heavy cream
- \* 1/2 teaspoon white pepper
- \* 1/2 teaspoon freshly grated nutmeg

- Garnish: celeriac leaves

### Preparation

Peel celery root with a sharp knife, then cut into 1-inch cubes. Peel and core apples, then cut into 1-inch pieces.

Melt butter in a 6- to 8-quart heavy pot over moderately low heat, then add celery root, apples, and salt and stir to coat with butter. Cover with a tight-fitting lid and cook (without adding liquid), stirring occasionally, until celery root is tender, 50 minutes to 1 hour.

Purée mixture in batches in a food processor until smooth, about 2 minutes per batch. Return purée to pot and stir in cream, white pepper, and nutmeg. Reheat, covered, over moderate heat, stirring occasionally, until hot, about 5 minutes.

Cooks' note: Purée can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat, covered, over low heat, stirring occasionally, until hot, about 15 minutes.

## For Sale

### Winter Shares and Summer 2010 Shares

Get yours today!

Contact Don at [csamarket@ignatiusguelph.ca](mailto:csamarket@ignatiusguelph.ca)

### Looking to share a winter share?

Check out our "Buddy up" board

Calling Carrot lovers from far and  
wide

## The Big Dig



Bring your Family    Bring your Friends  
Bring your Garden Fork (if you have one)

Saturday October 17th

10am-12pm

Ignatius Farm CSA

Yummy Ignatius Cider to Follow

### Roasted Brussels Sprouts

with Balsamic, Parmesan, and Olive Oil

1 lb. brussels sprouts, trimmed

2 T olive oil

1 T balsamic vinegar

1 1/2 T Parmesan cheese (preferably fresh grated)

Preheat oven to 450 F. Trim brussels sprouts, remove any discolored leaves. Put sprouts in mixing bowl and toss with olive oil and balsamic vinegar.

Arrange sprouts in a single layer on roasting pan, and roast 20 minutes, turning occasionally, or until sprouts are slightly crisp and golden brown on the edges.

Sprinkle with cheese.

Last CSA pick-up days are: Tuesday, November 3 ~ Friday, November 6  
Bring extra bags for extra carrots!