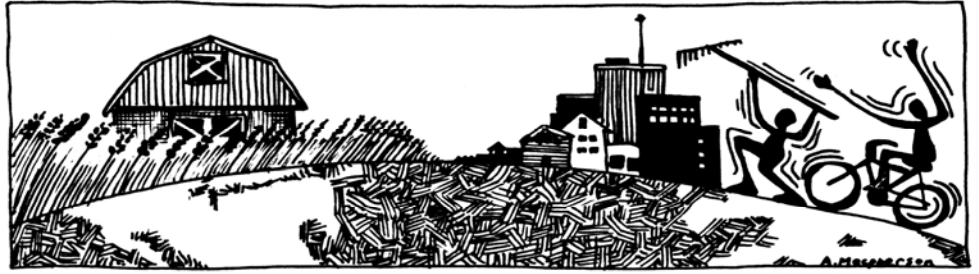


Ignatius Farm CSA News

Late October
www.ignatiusguelph.ca/csa/



Complete Our Member Survey at the CSA Pick-up or Online
http://www.surveymonkey.com/s.aspx?sm=zc1YPSG5evQX7uvMHDF9sw_3d_3d

Report from the Farmers

Hello CSA members!

Wrapping up the fields and the 20 weeks of harvest has been a busy time on the farm. Racing between the rains, or at least the anticipation of rain, has been the theme of 2009! We hope that you have enjoyed the season with us – both the veggies and the opportunity to explore the farm. Thank-you for your support as we teach new volunteers and interns each year about the nuances of providing you with quality fresh organic produce. We are already beginning the adjustments to our crop plan as we reflect on the successes and challenges of this season and receive your feedback in the membership survey – Keep those surveys coming in!

We look forward to seeing you again for winter shares or next summer for the 2010 summer shares. You'll hear from us a few times over the winter with a seasonal review and to let you know about next year's plans. We are launching our intern sponsorship program this fall, so spread the word about supporting our unparalleled team-oriented training program for aspiring organic farmers and local food advocates. As we switch into winter mode, the farm office is buzzing with all the planning, hiring, budgeting, ordering, and organizing that we squeeze in before planting in March. If you are by the farm, please stop into the farm workshop to say hello - We're easier to find in the winter!

A Big Thank-You to everyone to Sue Garcea and everyone that contributed to the Farmer Thank-you book. Sue presented it at our Fall Harvest Potluck on the weekend—Know that we love growing food for you and this is the kind of feedback that keeps farmers going!

Finally, if you haven't secured your shares for next season, I encourage you to send in your deposit soon. Your early commitment to the CSA helps us to plan well for next year and finance the beginning (the expensive part!) of the season.

See you soon!

Heather, Carl, and Don

How do I Store That?

Storing vegetables for the winter is a long standing practice. It has been less than one hundred years that we have had access to refrigeration and imported delicacies, yet for thousands of years that people have lived in temperate climates and sustained themselves on their own produce.

When storing vegetables for the winter, one needs to think about the moisture and temperature environment in which the vegetable can best be stored to maintain its soundness and nutritive qualities. Also when choosing your area to store veggies ensure it will not freeze, as this might lead to spoilage.

Always choose sound vegetables for storage. Do not attempt to store bruised or damaged vegetables for a long period – it is better to eat them immediately, removing any damaged areas.

Use the information on this chart to ensure your veggies will continue to be enjoyed throughout the winter season.



Conditions	Temperature and Humidity	Vegetables	How to create conditions
Cold and moist	0 - 5°C and 90 – 95% humidity	Beets, carrots, celery root, parsnips, rutabaga, turnips	Store in moist sand in a cool, sheltered space eg enclosed porch, or garage
Cold and slightly moist	0 - 5°C and 80 – 90% humidity	Potatoes, cabbage, Chinese cabbage, kale, cauliflower, Brussels sprouts	Store well covered in paper in a cool sheltered space
Cold and dry	0 - 5°C and <80% humidity	Onions, garlic, dried beans, dried peas	Store open in mesh in a dry area
Warm and dry	>5°C and <80% humidity	Squash, pumpkins	Store open in a warmer area, eg a dry basement

Know Your Roots

Root vegetables, with proper storage, have the ability to sustain us with local and organic produce throughout the winter season. These vegetables are highly versatile! Any of the storage crops we grow can be used in the following ways: freshly grated into salad (shred a little of each together with a simple vinaigrette for a colourful side dish), cut into sticks with dip, made into pancakes (shred and mix with eggs, flour and seasoning), stir-fried, steamed, boiled, baked, fried with or without batter, pickled or blanched and frozen. Root vegetables are also ideal for typical winter fare, such as soups, casseroles, stews and mashed.

Beets: These sweet and brightly coloured roots are high in vitamin A and C, as well as carotenes.

Carrots: This familiar vegetable is very high in vitamin A and beta carotene, high in calcium, potassium and other trace minerals. Carrots will keep well in the refrigerator for up to 4 weeks.



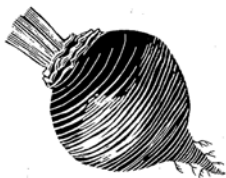
Celeriac: Also known as Celery Root, this vegetable grows stalks which look, smell and taste like celery. The bulb has a strong celery flavour and is high in carbohydrates, vitamin C, phosphorus and potassium. Soak this root, scrub well and leave the peel on. Of all our vegetables, celeriac is among the slowest

growing. It takes approximately 7 months from seed to store!

Parsley Root: This veggie, also known as petrouska, is related to the parsley we're all familiar with. The tops and root are excellent in soup stock. You can also use the greens as you would use parsley.



Parsnip: This under-rated root vegetable is sweet and tasty. We've noticed you're not all taking your share! Parsnips are high in potassium and have more vitamin C than carrots. They're just as versatile as our other root vegetables, so give them a try! Especially roasted—yummmm!



Rutabaga: Easily confused with turnip, rutabagas are larger, sweeter and more tan in colour. This root first became popular in Sweden in the 17th Century, which is why they are

sometime called Swedes or Swedish Turnips. Rutabaga, as well as kohlrabi, is believed to be a cross between cabbage and turnip. They are high in carbohydrates, vitamin A and C, calcium and other trace minerals. For maximum nutrition, eat the peel.

Information from [From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce](#), Madison Area Community Supported Agriculture Coalition, 2004; and from [Good Food Ideas from the folks at the Ignatius Farm CSA](#), 2003.

We're Recruiting!

The CSA Core Group and Business Advisory Committee are currently seeking new members. If you love your CSA veggies and are interested in getting more involved in the behind the scenes organization, planning, and fun, please contact Carl at csafield@ignatiusguelph.ca

We ♥ Our Volunteers

To all the volunteers that helped us in so many ways throughout the season. **Thank you** for your hard work and dedication. **Thank you** for your smiles in the rain. **Thank you** for lifting heavy things, and getting dirty. **Thank you** for all the meetings you went to. **Thank you** for all your time and energy you gave to us. **Thank you for everything!**

Harvest Potluck

Last Sunday, we celebrated our annual Harvest Potluck! After a sunny wagon ride out to the villa, members, volunteers and friends enjoyed games of beet bocce, warm apple cider, and an amazing spread of wonderful food. Our volunteers were recognized and thanked for all their hard work with one-of-a-kind handmade Ignatius Farm CSA bandanas! Good food, good friends, good times. It was great to see you there.

Thank You

To All the Volunteers that came out and helped us with our Annual Big Dig. Together we brought in over 4000 pounds of carrots! Your help was much appreciated.

**Winter Share
Pick-up Days
Tuesday December 8, from 3pm-6pm and Tuesday January 12,**