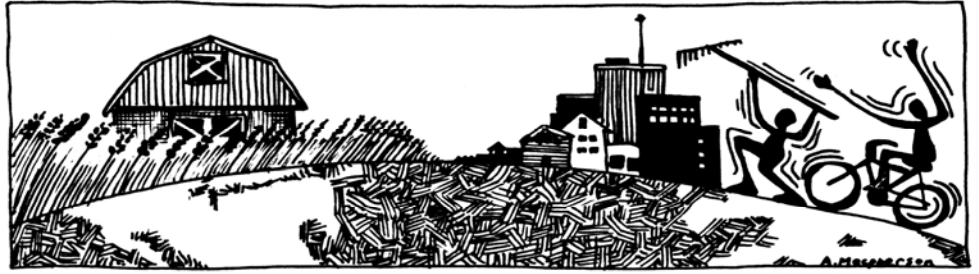


Ignatius Farm CSA News

Early October
www.ignatiusguelph.ca/csa/



Report from the Field

By Heather Lekk

Well, we were hoping it would wait for the full moon on October 4. We were checking the weather forecast morning, noon, and night. The forecast low for early morning on Saturday, September 19 dropped daily from 6° to 5° to 4° to 3° and then to 2° by Friday afternoon.

At our team meeting on Monday, Sept. 14, we discussed the required harvest before a hard frost, or immediately after a light frost. A light frost can be helpful, as it kills off the upper leaves, but doesn't freeze the fruit protected below the leaves. When the frost lifts, it is easy to walk through the patch and find the crop, before you get another frost that will actually damage the exposed squashes, peppers, eggplants, tomatoes etc. A weekend frost takes some special planning, as we could get up to 3 mornings of frost in a row and not have our full team available to bring all of the crops in.

Thursday at noon, frost looked likely for both Saturday and Sunday mornings, so we began picking. We brought in all the winter squash but the butternuts, which still had excellent leaf coverage. Everything was unloaded into the greenhouse for curing. We emailed our frost crew volunteers to join us on Friday afternoon. After the usual Friday harvest and set-up of the CSA pick-up, our frost crew joined us to harvest the pumpkins onto a wagon that would go into a drive shed at the end of the day (and they look spectacular!!). On to the sweet peppers. We picked every colour of sweet pepper and uprooted entire hot pepper plants to dry in the greenhouse. 7pm. We decide to come back in the morning, check out the crops, and collect the butternut squash after the frost.

Our little weather station at the farm workshop tells us that on Saturday, Sept. 19 we had a minimum temperature of 0.6°C. The herb garden was fine, but in our lower vegetable fields, the frost settled and it was time to pull in the butternut squash. Robert said the

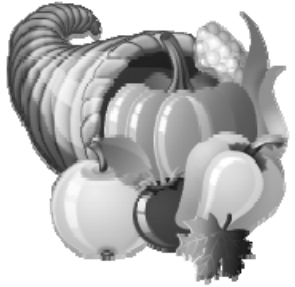


fields looked like a science fiction swamp scene with all the squash leaf stems standing tall and their leaves drooping and brown. In three hours our team of four brought in the butternuts, satisfied at all that we had accomplished together in the last 48 hours, and only slightly mournful that we no longer have to wade through tomato plants whose fruits were mostly blemished in this cool year by the tomato blight.

So Happy Thanksgiving! Cool nights and the harvest of the gourds, the pumpkins and some fantastic winter squash have announced fall even as we felt it had just started to warm up! We are pleased to be offering you all the veggies you need for a traditional thanksgiving meal.

Each year we try something a bit new. This fall we have mixed coloured carrots to show off the history of our orange carrot. Queen Anne's Lace, or wild carrot, is our carrot's ancestor. It is considered to originate in Afghanistan where there is a great diversity of wild carrot types. Primitive carrot roots were purple and later yellow, white, and red root types appeared. Carrot cultivation is traced back in the Middle East to at least the 10th century, and yellow and purple variants were grown in Europe by the 11th century. The orange carrot was bred by patriotic Dutch citizens in allegiance with the Netherlands House of Orange in the 17th century. Orange colour, sweetness, and root smoothness became the hallmarks of western/European cultivars of carrots, so we are offering you a bit of history with our Purple Dragon, Purple Haze and Yellowstone carrots!

Hope you enjoy your autumn recipes as we switch over to cool season and storage crops!



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



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

Canning Workshop

On Saturday September 26th share members, farmers and interns gathered in the kitchen of First Baptist Church in Guelph to learn the fine art of preserving food. Lead by Core Group member Johanne Blansche the participants pickled and canned field fresh beets, made some of the rescued-from-frost peppers into a delicious pepper jelly, and learned valuable tips tricks, dos and don't when it comes to canning. Each participant also got to take home their jarred creations. Yum Yum.

Apple Rutabaga Crisp

The perfect potluck delight

"If you're short on main course, it's a main course. If you're short on dessert, it's a dessert!" - Heather's Mom

Filling

- 1 medium large Rutabaga
- 1 tsp Salt
- 1 Tbsp Butter
- 1 1/2 cups sliced apples*
- 1/4 cup brown sugar
- 1/8 tsp cinnamon



Crumble Topping

- 2 Tbsp Butter (room temperature)
- 1/3 cup brown sugar
- 1/3 cup flour
- 1/2 tsp salt

1. Wash and slice

the rutabaga, put in a large pot with salt and barely cover with water

2. Bring to a boil and cook until tender
3. Drain and mash with 1 Tbsp butter
4. Spread half in bottom of a shallow casserole dish
5. Mix together apples, brown sugar and cinnamon
6. Spread half the apple mixture over the rutabaga
7. Layer the rest of the rutabaga, then the rest of the apples into the casserole
8. Mix crumble topping and sprinkle on top
9. Bake at 400 for 35 mins

Serves 6

*to make the recipe stretch add more apples

Thanks to Heather Lekx for sharing this family favorite with us.

If you have a family favorite you'd like to share please send it to Jaye at csaeducation@ignatiusguelph.ca

THANK YOU

Thank you to everyone that volunteered at the Organic Harvest Feast. The silent auction was a great success thanks to CSA members Christine Oldfield, Johanne Blansche, SaraJo Pipher, Roxana Roshon, Janet Goodfellow, Karol Stortz, Pat Dares and staff!

A big big thank you to our Frost Watch Crew: Russ Chamberlayne, Leonie Reinhart, Sara Mcconnell, Lea Tran and Tara Scott, who helped us harvest our peppers, squash and pumpkins before jack frost got to them. Thank you!

For Sale

Winter Shares and Summer 2010 Shares

Get yours today!

Contact Don at csamarket@ignatiusguelph.ca

Looking to share a winter share?

Check out our "Buddy up" board