

Ignatius Farm CSA News

Late July 2005



2005 CSA Newsletters also available online at www.ignatiusguelph.ca/csa/html

Field Report

After almost a month of desert-like conditions, many of us had forgotten that irrigation doesn't solely come from sprinklers fueled by a reservoir tank; however, the recent and glorious rain soon helped us remember that nothing beats a good natural watering. This event reflects the various exciting transitions that have been taking place in the CSA gardens here at Ignatius farm.

While we have said our last goodbyes to such crops as the Asian greens, kohlrabi and our first planting of broccoli, a whole new line-up of veggies such as summer squash, peas, basil and tomatoes have become regulars on our harvest lists. Even more exciting is the prospect of certain "up and coming" crops such as melons, peppers, eggplants and garlic, which should be ready in the next 3-4 weeks. While the hot and dry weather can take its toll on the ever-working interns, it has also aided in allowing many crops to arrive weeks ahead of time- good news for those seeking the perfect pepper!

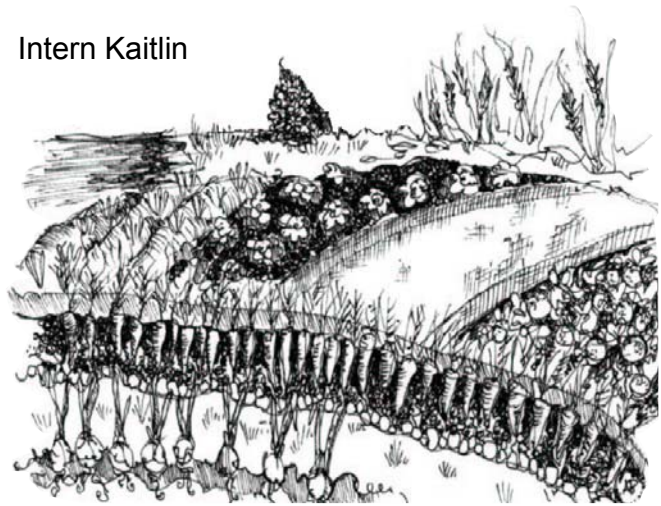
Changes in pests and pest management have also come to the forefront. While critters like potato and cucumber beetles can be overcome with diatomaceous earth (which scratches their softer underbellies), larger visitors such as deer and gophers have been deterred (for the most part) with row covers. Transplanting has given way to weeding, so thistle, bindweed, lambsquarters and pigweed are at the top of our "most wanted" list. Many dedicated volunteers have been helping with these tasks in the hot sun, and their

hard work is greatly appreciated.

The educational opportunities continue to abound here at the farm. Recent workshops include a look at tractor up-keep with the ever-patient Lorne, the subtleties of food handling with Jacquie, and another great CRAFT day at Whole Circle farm where implements and Biodynamic concepts were explored and delicious food shared. All in all it has been a challenging, productive and educational month with still plenty of laughter in the fields.

On a closing note, keep an eye out for Ignatius farm in an up-coming edition of the New Farm on-line magazine, and many thanks to those who came out for the work bee. Hopefully we'll see even more new faces next time! A special thanks for all the wish-list donations as well as all the enthusiasm at the children's programs. Have fun and Bon Appetit!!

Intern Kaitlin



Get in touch: CSA office 824-1250 x245

Email: csa_members@ignatiusguelph.ca www.ignatiusguelph.ca/csa.html



TOMATO, FENNEL & WATERCRESS SALAD WITH FENNEL-TARRAGON VINAIGRETTE

- 2 tablespoons white wine vinegar
- 4 teaspoons chopped fresh tarragon
- 2 teaspoons Dijon mustard
- 1 teaspoon fennel seeds, crushed
- 5 tablespoons olive oil (preferably extra-virgin)
- 3 cups trimmed watercress
- 2 medium fennel bulbs, trimmed, very thinly sliced lengthwise (3 cups)
- 1 1/2 pounds tomatoes, cut into 1/2-inch-thick wedges



Whisk first 4 ingredients in medium bowl to blend. Gradually whisk in oil. Season vinaigrette with salt and pepper.

Mix watercress, fennel and tomatoes in large bowl. Toss with enough vinaigrette to coat. Season salad to taste with salt and pepper and serve.

Serves 6. Bon Appétit, August 1998

For more recipes, try these websites: www.veganchef.com, www.vegan-food.net and www.epicurious.com

All of these sites have searchable databases by ingredient, so if there is a vegetable you need ideas for, these work great..

Food Security and your CSA

In recent times, there has been a lot of attention in the press paid to the notion of “security”, in the wake of recent terrorist attacks. The social, economic and political forces behind terrorism and the attempts of western governments to create security are complex, and the decisions made at levels where ordinary citizens have difficulty lending their voice and opinions.

There is another type of security movement afoot; one that you can easily get involved in. This is the notion of food security. What is food security? At the 1996 World Food Summit, the Food and Agriculture Organization of the United Nations defined food security as “all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life”. CSA’s are a key activity in a food security program, so by being a CSA member, and buying local, organic vegetables, you are already contributing to food security.

But food security should be for everyone. That is why many CSAs include a social justice component to their work, and try to make their food accessible to low income people who may not have the means to drive out to a rural area to pick up fresh local produce. Here at Ignatius, we have tried to contribute to social justice in our own small way. Food left over after pickups gets donated to the Guelph Drop-in center.

In past years, members have donated towards a full share for the Drop-in Centre. Unfortunately, this year, we have only managed to collect \$375 in donations towards a share for the Drop-in Centre (\$100 of which came from two donors). We would like to raise at least \$190 more towards the cost of a share for the Drop-in Centre! Please consider making a donation! There is a donation jar by the sign in sheet at every pickup. Or, you can mail a cheque (made out to Ignatius CSA and marked “Drop-in Centre Donation”) to the farm (P.O. Box 1238, Guelph, N1H 6N6). All donations over \$10 will be given a tax receipt.

The Friends of Ignatius-Loyola Presents:

Organic Harvest Fest and Silent Auction

When: September 17th 2005, cocktails at 5 pm, and dinner at 6 pm

Tickets: \$85 per person (partial tax receipt) and can be purchased from Pat Dares at 824-1250 x241

If you have any donations for the silent auction or are interested in helping with the dinner please email csa_members@ignatiusguelph.ca

Welcome to our new Graphic Designer.

A big welcome to CSA member Lisbeth Sider, who has volunteered to take over our biweekly newsletters and promotional materials. Many thanks, Lisbeth.

Canning Workshop

Mark your calendars for Saturday, August 27th. We will have a canning workshop for members at the farm— plan to come out as this promises to be a great summer for tomatoes! More details to come.

