

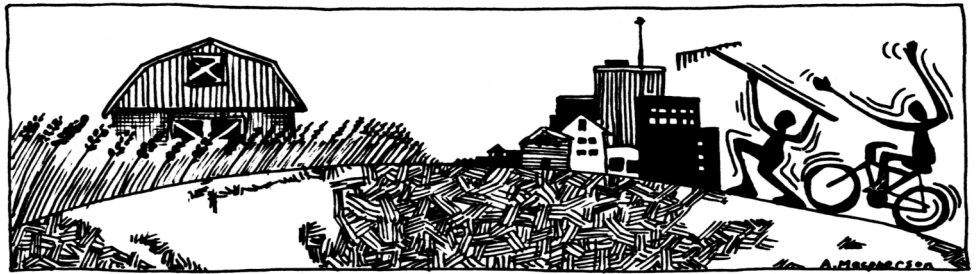
Ignatius Farm

Celebrating 10 years in 2010!

CSA News

Late September 2010

www.ignatiusguelph.ca/csa/



Report from the Field

These past few weeks of September have given us some cold temperatures, which have made for some chilly harvest days. But the beautiful crops that we've been bringing up out of the fields lately are well worth the cold wet hands that go along with the current weather.

The farm team has been harvesting delicious watermelons and we hope you've been enjoying these juicy treats in your shares. We sure have a lot of fun harvesting them, as it's the only crop we harvest by sound and that requires a "catcher". The watermelons are sadly coming to an end, just like summer, but we are glad they produced so well, unlike the cantaloupe crop in our fields.

The rainy days in the second week of September allowed us to buckle down and sort, weigh, and store the harvested and dried onions in the root cellar. These will definitely be enjoyed by winter shareholders throughout the winter months. I never used to like onions until I started eating beautiful organic ones, and now I must admit I am hooked on this allium!

Winter Shares are still available!!

For the low, low price of \$150 you will get a share of storage crops. Two pickups in December and January. Ask in the farmstore!

I am looking forward to the upcoming autumn harvest of squashes and pumpkins! Autumn is one of my favourite times of the year and being able to take part in a pumpkin harvest for the first time is really exciting! They look amazing and are growing quite large out in the fields so keep your eyes peeled for them in the farm store. Once frost hits, we will enjoy the bounty of this harvest, and we are hearing that frost may come as soon as this Friday! Although the onset of frost means the end of many of our hot crops, the appearance of a variety of squash and pumpkins in the CSA store is

Thank you to our **Frost Watch** volunteers, Patti Phillips, Russ Chamberlain, Jess Smith, Joy Killen and Ljubica Lukic, who helped us save our pumpkin and squash from a potential frost.

very exciting. Before frost comes please feel free to take advantage of the U-Pick parsley, tomatoes, beans, flowers and delicious herbs.

The interns recently took a field trip to the Little City Farm in Kitchener where we attended a seed saving workshop and had a tour of an amazing farm within the backyard of a home in the city. I learned so much at this workshop and have been inspired to start saving my own seeds from vegetables here at the farm, and you can do the same! Drying seeds on plates for a few days and then placing them in paper envelopes is easy and a great way to store them for next growing season. Check out www.littlecityfarm.ca to see what this urban farm is doing and to

view a list of workshops and events happening there.

It has been a treat writing this, as the newest addition to the farm team here at Ignatius. I joined the team at the start of September from another CRAFT farm and am truly enjoying the people and work here. I got so excited seeing the different cultivars of crops we grow here: purple and yellow carrots, purple beans (I hope you've been indulging in them through U-Pick!), purple cabbage, dinosaur kale, and a slew of different kinds of peppers, to name a few! I am diving in to learning the ropes and have been welcomed very warmly here.

I look forward to meeting you in the farm store.

-Bonnie Scott, Intern

Upcoming Events... Mark your Calendars!

Sat. Sep. 25– 7th Annual Organic Harvest Feast (sold out)

Sat. Oct. 23– 10 Yr Anniversary Celebration Member PotLuck (see P2)

Thinking of Volunteering? Now is the time!

It's harvest time and there couldn't be a better time for you to come and get your hands dirty in our fields. What better way to connect with your food, your farmer and some friends? Volunteer for an hour, volunteer for a day– all efforts are appreciated!!

If you're interested, please contact [jaye csaeducation@ignatiusguelph.ca](mailto:jay@ignatiusguelph.ca) or 519-824-1250 x244.

Volunteers can join us Tuesdays and Fridays from 10am-12:30pm, and Thursday from 10am-12:30pm and 1:30-5:30pm.

The First week of October is **Thank Your Farmer Week!** Please help us to thank our farmers, interns, and farm helpers by signing your name, drawing a picture, telling a tale or just expressing your thoughts in our book of thanks. The book will be available to sign at a table outside the farmshop (weather permitting) during your pick up on October 5th or 8th.

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Recipes from our Members

Savoury Squash Bread Pudding Serves 4-6

Source: Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert.

3 C butternut squash (peeled and cut into 1/2inch pieces)

-Arrange squash in a single layer on a cookie sheet coated with cooking spray or oil. Sprinkle with salt. Bake in a preheated oven at 400degrees until tender (about 12 minutes). Remove from oven, reduce oven temperature to 350 degrees.

1C onion– chopped

1 clove garlic– minced

-In a frypan, sauté onion in 1 tsp of olive oil over medium-high heat until tender– 5mins. Add garlic and sauté 1 more minute. Remove from heat and cool slightly.

3 large eggs

2 large egg whites

2C milk

1/2C parmesan cheese

1/4 tsp salt

1/4 tsp ground pepper

1/3 tsp ground nutmeg

-Whisk together in a large bowl. Stir in squash, onion and garlic.

9C day-old French bread– cut into 1 inch cubes

-Add and stir gently to combine. Let stand 10mins. Spoon into a greased 2Qt/2L baking dish.

1/2C parmesan cheese

-Sprinkle on top.

Bake in preheated oven at 350 degrees until custard is set and top is lightly browned– about 45mins.

(Lovely served with sautéed greens like kale)

THE "TEN" LIST

in celebration of our 10 years (& growing!)

10 Reasons to join us at the Member Potluck on Saturday, October 23rd

1. **Thank your farmers**– this is your big chance to meet and thank your farmers if you have somehow missed them in the farmstore!
2. **Try out everyone else's recipes**– can you imagine what delectable offerings will be on the tables?
3. **Meet some fellow members**– they're nice, they're neat, they're nifty! And they have at least one thing in common with you– they eat good food.
4. **Talk to the interns**– what an interesting bunch of folks. They can tell you the real story behind the Friday Powerhoe, the Bean Beetles, the barn kittens and more...
5. **Try out your favourite recipe**– you've impressed yourself with that Kale and Watermelon Jell-O, now impress others with it! How much do you bring? Use the number of people in your party as a guide– if you're a family of 4, bring a recipe that serves 4. If you're bringing 6 friends to entice them to join, then bring a recipe that serves 7 etc.
6. **See another part of the property**– the potluck and all the fun activities will be held at the villa. Down the lane past the tractor shed and on a ways down the gravel lane.
7. **The wagon ride**– you get a wagon ride out to the villa and back– wheee!!
8. **Beet Bocci**– Yes! We're rolling the beets around on the lawn for fun. There will be activities for young and old alike– you need to work for all the extra calories you'll be ingesting.
9. **It's free food and drink!** -Did we mention local, organic, fresh, homemade, and yummy?
10. **Celebrate the harvest**– what a way to end the growing year with your Ignatius CSA friends.

Food for Thought– Explore Ignatius before the season is over!

"One of the things I love telling people who are just discovering the Ignatius Jesuit Centre of Guelph is that there are trails tucked away in those 600 acres of land and that they are open to anyone who will appreciate them respectfully. I often head there with my dog at least once during the week to let myself be reminded of what is important. For me, that remembrance seems to most easily happen when I'm immersed in the natural world. It's more than enjoying nature, though that's a big part of it; it's about there being a space where I can reflect, where I can sink beneath the surface busyness to a more true, certainly more deep, place in myself.

I am so grateful that there is this gem within easy reach of downtown Guelph that offers nourishment for body (in providing local, organic vegetables, as well as the space to walk) and for spirit. Despite the constant development all around it, the Ignatius Jesuit Centre is still a *place of peace*."

-Sara-Jo Pipher, CSA Member

"Conditions have been created on the Ignatius property that allow beauty to flourish and these conditions, in turn, support the good health of the people connected to the property including the members of the CSA. I am always grateful for the chance to visit the property. The beauty of the fields and the sky, and the stillness and silence there provide a place for me to pause and reconnect with my core goodness and to relax and remember that busyness is only one aspect of my life.

When I have time, I will choose to walk the outdoor labyrinth -- another gentle way to calm and centre myself. The labyrinth is only steps from the farm store; it can be found behind the statue of the Saints next to the road used to reach the parking lot for the farm store.

http://www.ignatiusguelph.ca/land/land_labyrinth.html"

-Sue Garcea, CSA Member

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