

Farm and Member News

Harvest Fest Sign-Up—*Mimi Hall* made us a lovely sign-up sheet for the Harvest Fest (18th October, starting at 4:00 pm—see [here](#) for more details like what to bring, where to park, etc.)! We need you to sign up, noting especially how many people you'll be bringing, along with the kind of dish you might bring. (We ask that you bring enough to feed 8 folks, even if you aren't bringing 8 people, because we want to have enough food to share around!) *Thanks for the poster, Mimi!*



“**Where Have All the Flowers Gone?**”—*Aby* says that the farmers are planning on moving one of the high tunnels this fall, and the new location is the flower garden. This means they need to start prepping that area, which now holds the flowers and hot peppers. *The farmers want to give us one last week to pick flowers & peppers*, so “have at it” before they start getting them out of there! Many of the flowers dry beautifully (just hang them upside down in a warm, dry place); you also could try your hand at a harvest wreath! Of course hot peppers also dry well using a similar technique (you can string them with thread and needle). For a home-schooling site on drying flowers w/ your kids, see [here](#)!



Using Your Autumn Leaves—Our farmers are starting to stockpile leaves at the Farm for mulch. So if any of you have leaves from your yard, they would gladly take them!

It's Pesto Time!—As *Aby* notes, fall is here, which means a frost is not far off. There's a lot of basil in the U-Pick herb garden by the tunnels. This will all be killed off in the first frost. *Aby* wants you to know you can take as much as you want now, even rip out whole plants at this point. It's a great time to stock up on pesto for the winter!

News from the Furrow

By *Mira Kilpatrick*

“This week on the Farm we had a great delivery to the Philabundance program, ‘Share the Harvest.’ There was tons of stuff, running the gamut from greens and lettuce to potatoes and okra. It was really nice stuff, in large quantity, and it felt really good dropping it off at Rose Tree Park. I think the guy picking up deliveries was rather impressed! See the photo of what we donated.”



Other than that, we've just been chipping away at weeding, harvesting, and getting our recent compost delivery spread.

We also went on a lovely field trip to **Pendle Hill** (see [here](#)); they purchase five shares to use in the kitchen there. Sarah and Joel (the head chef and gardener) invited us for dinner and a tour of their garden. It was really nice after a long, hectic day and we look forward to collaborating with them in the future. Thank you guys!”

Conjunction of Autumnal Holidays

There's hardly room to mention all the holidays and holy days that occur in late September & early October. The Muslim holy month of **Ramadan** started at the beginning of September and ends on the 29th or 30th (depending on lunar sightings). It's the 9th month of the Islamic calendar (though dates vary in the Western calendar), and it's devoted to thanksgiving to God, commemorating the revelation of the *Quran*, and fasting from sunup to sun-down. Coincidentally, **Jewish Rosh Hashanah begins the same day as Ramadan ends**. *Rosh Hashanah* marks the Jewish New Year, yet not in a rollicking way, but in the serious vein of examining one's life and seeking ways to improve it. (The 10 days between *Rosh Hashanah* and *Yom Kippur* are called “Days of Awe” or “Days of Repentance.”) For more, see [this excellent site](#), and for a lovely meditation on the Muslim-Jewish overlap, see [here](#).

Roman and Orthodox Catholics celebrate *Michaelmas*, the Feast of *St. Michael the Archangel*, on 29th September, and *All Angels* (named and unnamed) on 2nd October (Anglicans mark both days on 29th Sept). St. Michael is probably the best known of all angels, honored for casting Lucifer out of Paradise and, in general, as a protecting angel. For more on St. Michael, see [here](#) and [here](#). Because St. Michael's feast date is so close to Autumn Equinox, it's seen in folklore as a time of harvest and weather change: Italians say, for instance, that "*for St. Michael, heat goes into the heavens,*" and "*All the last fruits of the year are honeyed and ripe.*"



Here at Our Lady of Angels Convent and Neumann College, a significant holy day is 4th October, the *Feast Day of St. Francis, patron saint of animals and ecology*. No wonder the Sisters sponsor our Farm! St. Francis believed that all God's creatures are sacred and to be respected, and at Neumann

College, on Sunday, 5th October, there will be a traditional Blessing of the Animals, pets or otherwise. It will be conducted by Rev. Philip Lowe, at 4:00 pm on Morgan Circle, the circular road in front of the entrance to Bachmann Main Building. Anyone is welcome to bring their pets to be blessed! If you have questions, call 610-558-5511, or see [here](#). In this vein, Joan Brown, OSF, has an article about *the theology of Franciscan environmentalism* (in the journal *Catholic Update*, [here](#)). (Giotto, *Sermon to the Birds*, 1297-99)

Dandelion Greens—These are enormously popular in Europe and extremely healthful! Yet folks seem to balk at using them. Be bold! For list of delicious dandelion-green recipes, see [Epicurious](#), [here](#), or also see [here](#).



They're very high in beta carotene, iron, calcium, potassium, zinc, phosphorus, magnesium, most B-vitamin

components, as well as vitamins C, E, D, bioflavonoids, and other goodies! While they have some bitterness, their flavor also is rich and deep. ([dandelion photo credit](#))

Dandelion Greens w/ Hot Olive-Oil Dressing

- ❖ ¼ cup olive oil
- ❖ 3 cloves garlic, thinly sliced lengthwise
- ❖ 1/3 cup sliced almonds
- ❖ ½ cup golden raisins
- ❖ 2 tbsp sherry vinegar
- ❖ ½ tsp sugar
- ❖ ¼ tsp salt
- ❖ ¼ tsp black pepper
- ❖ 1 lb dandelion greens, torn into pieces

Heat oil in 10" skillet on moderate heat till hot but not smoking, then cook garlic & almonds, stirring often, till pale golden, ~2 min. Add raisins & cook, stirring, till garlic is golden & raisins plumped, ~1 min. Remove from heat & add vinegar, sugar, salt, pepper, stirring till combined. Pour over greens in bowl, tossing to combine. Serves 4-6 as a side. (*Gourmet*, April 07)

Dandelion-Greens Quiche—*Mira* uses dandelion greens in quiche, so here's one such recipe. If you don't want to bother w/ crust, make the filling into an omelet or frittata!

- ❖ 1 bought or made pie crust, pressed into greased 10" quiche or pie pan & baked empty for 5 min. in 425° oven, then removed
- ❖ 1 medium onion, chopped
- ❖ 1 tsp olive oil
- ❖ 1 cup grated cheese like Swiss or Cheddar
- ❖ 2 ½ cups dandelion greens, chopped
- ❖ 2 eggs
- ❖ 2 oz cottage cheese
- ❖ salt & pepper

While crust is baking, lightly sauté onion in oil. Put onion in prebaked crust. Add grated cheese & dandelion to pie shell. In blender, purée eggs, cottage cheese, & salt/pepper. Pour over greens in pie shell. Reduce oven to 350 and bake pie 35 min, till top is golden ([source](#))

Farmgirl's Arugula Pesto

- ❖ 1/3 cup olive oil
- ❖ 6 cloves garlic, peeled & sliced
- ❖ 6 oz arugula
- ❖ 3 oz grated pecorino-romano cheese
- ❖ 1 cup canned garbanzo beans, drained

Combine all ingredients in food processor & pulse till smooth. Add salt & more oil to taste. ([source](#), great site!)

Rosh Hashanah Moroccan Beet Salad—serves 6

- ❖ 6 to 8 medium beets
- ❖ juice of one lemon
- ❖ 2 garlic cloves, minced
- ❖ 1 tsp cumin, or to taste
- ❖ salt & pepper
- ❖ 4 tbsp olive oil
- ❖ ½ cup diced parsley

Put water in a 3-qt saucepan & bring to boil. Add beets & simmer till tender when pierced w/ fork, ~45 min. Cool, peel, & cut into bite-size pieces. Put in serving bowl. Put lemon juice, garlic, cumin, & salt/pepper to taste in small bowl. Whisk in olive oil & toss w/ beets. Let sit a few hrs, then toss w/ parsley before serving. ([source](#))

Rosh Hashanah Carrot Soufflé w/ Pecan Topping

- ❖ 1 stick unsalted butter or pareve margarine, melted; plus 6 tbsp softened; & more for greasing pan
- ❖ 2 lbs carrots, peeled
- ❖ 1 cup flour
- ❖ 1 cup sugar
- ❖ 1 tsp salt
- ❖ 4 large eggs
- ❖ 1 cup firmly packed light brown sugar
- ❖ 1 cup toasted chopped pecans

Preheat oven to 350. Grease 7 x 11" casserole. In large pot, bring 8 cups water to boil, add carrots & cook ~20 min, till soft. Drain & put carrots in food processor w/ melted butter, ½ cup flour, white sugar, salt, & eggs. Purée. Spoon carrot mix into casserole. To make topping, place softened butter, brown sugar, remaining ½ cup flour, & pecans in small bowl. Mix w/ fingers. Sprinkle over carrot mix. Bake ~45 min, till top is browned. ([source](#))

Ramadan Torshi Lift (Pickled Beets & Turnips)

- ❖ 1¼ lbs small turnips
- ❖ 9 oz smallish raw beets
- ❖ 4 oz fresh dates, stoned & halved (optional—I have no idea where to get fresh dates, so if using, I would substitute a couple oz. pitted dried dates, soaked in hot water till reconstituted)
- ❖ 4 cloves garlic, peeled & finely chopped
- ❖ 4½ tbsp salt
- ❖ 3¾ cups water
- ❖ 1½ cups white vinegar

Peel turnips & cut in half. Peel beets & slice thinly. Pack turnips into sterilized jars [boil jars in water to cover for 10 min, w/ lids, then leave to cool in water], alternating w/

layers of the sliced beets, garlic, & dates. Bring water & salt to boil, then add vinegar. Pour over veggies, making sure they're completely covered w/ liquid. If there's not enough liquid, add a little more vinegar and brine. Seal



jars & leave in kitchen. Ready to eat in 10-12 days. [This does not say to put them in the fridge, but I suppose you could—sounds good & looks gorgeous!] ([source](#))

Roasted Turnips in Wine—2-3 servings

- ❖ 1 bunch turnips, peeled & cubed, greens reserved for another use
- ❖ 1 cup red wine
- ❖ ¼ cup honey
- ❖ 2 tbsp butter

Place turnips in saucepan; add remaining ingredients and enough water to barely cover. (You may also add other root vegetables: carrots, parsnips, etc.) Simmer until tender. Pour into baking dish and bake at 350 degrees for ½ hour. Serve with rice or chicken. ([source](#))

Julia's Basic Vegetable Soup—It doesn't get much simpler or more basic than this, an infinitely variable veggie soup recipe—good for using things up too! And of all the recipes here, *this is probably the most in the spirit of St. Francis*, who was a mendicant & had to “make do.”

- ❖ Chopped alliums (onions, scallions, garlic, leeks)
- ❖ Chopped veggies—turnips, leeks, potatoes, carrots, cabbages, most anything!
- ❖ Salt & pepper
- ❖ Stock or water
- ❖ Other spices & herbs as desired (be creative!)
- ❖ Olive oil

Sauté the veggies and alliums in the oil in a soup pan till they are rather browned. Add stock or water. Cook till all the veggies are well cooked. Season w/ salt & pepper. Blend w/ a stick blender or regular blender or food processor. Thin w/ milk, water, more stock, cream, vegan substitute, etc. Garnishes are endless: croutons, grated cheese, curled carrots, olives, strips of lemon zest, anchovies, cooked ground meat, etc. ([source](#))

For other Rosh Hashanah recipes, see [here](#) (NYT). For more Ramadan recipes, see [here](#).

“Slowly companions came to Francis, people who wanted to follow his life of sleeping in the open, begging for garbage to eat...and loving God.” ([source](#))