



From the Garden

Hello everyone! It seems our luck has been on the upswing, as this week has brought us some good tidings. First of all, we are happy to say that we will soon have a full house of help! Of the most importance for us, our recent WWOOFer, Kirk, has offered to stay on with us as the new Garden Apprentice until the end of October! We are all thankful for Kirk's timely arrival, his hard work, his thoughtful contributions to community discussions and meetings, and his playful, humorous attitude. Kirk has gotten us laughing again in more ways than one.

We may also have more help arriving soon. We have applied to become hosts for a program called "Canada World Youth," a government program where youth aged 17-29 participate in community development in Canada and internationally. A group of Canadians are matched with a group of international participants, and they spend about three months each in Canada and the home country of the international participants. They volunteer in different organizations involved in community development, build cross-cultural understanding and leadership skills. If there is interest, we may soon be billeting two Canada World Youth participants. Also, one of our former volunteers, Ted, as well as his wife Sarah and son Smith, may soon be coming to live with us and help on the farm. Ted is a Doctoral student at York, studying the anthropology of social change, and specifically how it takes place in eco-villages. Ted has proposed to focus part of his thesis research on Whole Village. He and his family would be living on site for about six months while he completes his research, and Ted would volunteer in the garden and on the farm.

We have recently had help from intrepid volunteer Michael, a Montreal native who has sold all his belongings, packed himself into a sleeper van, and begun traveling to ecovillages across Canada, offering his labor and speaking about his theory of "wholism," his method of living in balance with the world. Michael quickly proved himself useful when on his second day here, he fashioned a new set of handles for an old wheel-hoe. Unfortunately, both he and our Irish WWOOFer, Claire, will soon be leaving. We have enjoyed Claire's company and some good laughs from her uncanny impressions. Thanks to both Claire and Michael for all their help.

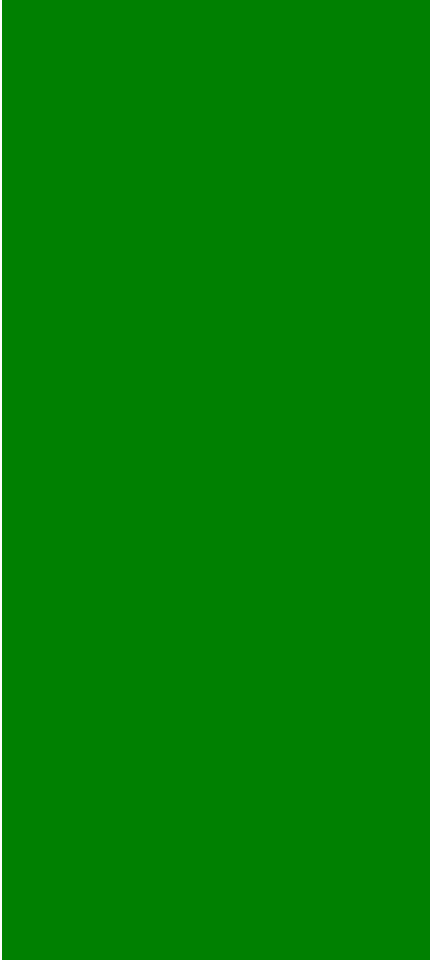


And now for the best news of all: rain! We received a good half inch of rain last Friday, and a small amount on Wednesday night. With the rain and the warmer days, the garden is smiling again (and so are we!) Weeding, mulching seeding and harvesting are now becoming the familiar routine, and the rain makes it all easier, and all worth it.

Happy eating everyone! And blessings on the rain!

Your Whole Village CSA Team

New This Week:



The tomatoes are starting to come on in force at last! Because we have planted so many varieties this year, and it is still fairly early, we can't tell you what varieties you will get this week. Once the harvest becomes larger, we may be able to take large amounts of a few varieties and let you know what kind you are eating. Enjoy those juicy, fresh, sweet tomatoes!

The Soul of CSA...

Soul. It seems a funny word to use when talking about food and farming doesn't it? Eating is something so sensuous, so physical. It is the constant reminder that we are made of matter, that we have bodies that must be maintained, like all other creatures. After hours in front of the computer or the TV screen, it is usually a rumbling belly that gets us out of our thoughts, out of our trance, and into the kitchen. So what's all this about soul?

You may have felt it. You may have felt that sense of calmness that descends when you find yourself surrounded by plants and growing things, the breeze and the birds the only sounds. You may have felt that sense of "rightness" when you have picked up or prepared or eaten your fresh, whole, living foods. You may have sensed it when you took a deep breath, smelling the earth and fresh herbs. You may have felt it when your child asked you when you are going to the farm again.

We have felt it when the sun comes up over the fields. We have felt it when we see the plants germinate and poke their new leaves out of the soil. We have sensed it when we have gathered to share food together. We have felt it when people tell us how much they enjoy our food.

One of the things we are trying to do here is to keep that soul, that spirit, that feeling alive. To feed and nourish it, if you will. That bodily act of growing, harvesting, preparing and eating our food can provide so much more than physical nourishment- it can become our connection to one another, to the land and animals, and to the universe.



A Three Sisters Garden



Native peoples across North America have grown corn, beans and squash for millennia. The Haudenosaunee (Iroquois) people had stories about these crops they called the Three Sisters. The stories told how the tall, golden haired sister looked after her young siblings; she was the spirit of Corn. The pretty one running about was the Spirit of Squash, in her dress of bright yellow squash blossoms, vines trailing far across the garden. The youngest sister was dressed in green, and she would crawl along and pull herself up on her older sister's legs. She was the spirit of the Bean, twining about the corn plant, using it as a trellis. The story tells how a young boy fell in love with these three sisters, and how they eventually came to love him too and agreed to provide food for his family through the winter.

The traditional Three Sisters garden forms a complex ecology, a community or eco-system of plants working together. As a legume, beans have the ability to absorb nitrogen from the air and fix it in the soil, providing nutrients for the corn and squash. In a traditional Three Sisters garden, beans would use the corn plants as a trellis. Finally, the large, low, prickly leaves of the squash plants provide ground cover; preventing weeds and erosion, holding in moisture, and discouraging raccoons from entering the garden.

Our Three Sisters garden is in the section closest to Greenhaven. We also planted melons in this garden, which would likely have been fairly traditional for Native communities as well. We have made a few of our own innovations; for example, we are using sunflowers to trellis the beans, rather than corn.

The pumpkins and winter squash are beginning to look quite beautiful. The corn has tasseled and the ears are growing. The beans wind on the sunflower stalks. The three sisters are alive, and laughing and playing in this garden for certain.



Recipes!

Balsamic Beans with Garlic

2 lbs fresh green beans, trimmed, washed
1 garlic clove, crushed
2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar, regular flavor
1/4 teaspoon salt
1/4 teaspoon black pepper

Cook green beans in boiling water that has been salted, for 6 minutes. Drain. Plunge beans in cold water and drain again. Sauté garlic in oil for 30 seconds over medium heat. Add green beans and sauté an additional 3-4 minutes. Add balsamic vinegar, salt, and pepper. Sauté 1 minute longer.

Tomato and Summer Squash Stir-fry

2 tomatoes, quartered
1 large summer squash, diced
1 red or yellow onion, diced
1 garlic clove, crushed
2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
Salt and pepper to taste

On a cookie tray, grill tomato pieces under the broiler until they begin to blacken on the edges. Set aside. In a wok or frying pan, sauté onion and garlic in oil on a high heat until onions turn transparent. Add the summer squash, cook and stir for 3-4 minutes. Add tomatoes and remaining ingredients, cook 1 minute more.

Rice with Kale and Tomato

1 cup chicken stock
1 cup water
1 cup long grain rice
2 tbs. olive oil
2 cloves garlic, minced
4 cups kale, finely chopped
2 tomatoes and their juices, finely chopped
Salt to taste

Combine stock and water in a saucepan over medium high heat. Stir in rice and bring to a boil, reduce heat to low. Cover and simmer 20 minutes. Heat oil in a skillet over medium heat. Sauté garlic 3 minutes or until golden. Stir in kale and tomatoes. Sauté another 10-12 minutes, until kale is tender. Transfer to a bowl. Fluff rice with a fork and combine with tomato-kale mixture. Season with salt and pepper to taste.

Easy Basil Pesto

2 cups fresh basil leaves, packed
1/2 cup freshly grated Romano or Parmesan cheese
1/2 cup extra virgin olive oil
1/3 cup pine nuts or chopped walnuts
3 medium sized garlic cloves, minced
Salt and freshly ground black pepper to taste

Combine basil with nuts, pulse in food processor. Add garlic, pulse a few times more. Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add cheese and pulse until blended. Add salt and pepper to taste.

Whole Village CSA

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Picture of the Week



This family of wild turkeys likes to spend their evenings in the garden, taking dust baths in the empty beds.