



Upcoming Events

Gardening - More than a hobby

Reminder— St. Mary Farm organizational meeting **March 1, 6:30 p.m.**, at the IHM Motherhouse. Jennie Stanger, from MSU Monroe County Extension Office, will be the our featured guest. She will talk about intensive garden management and will cover soil prep and moisture management in raised beds, some fertility, insect and disease management options for organic growers and share some planting,

spacing and timing guidelines.

MSU is hosting the annual [Michigan Organic Conference](#) on **March 5-6**. You can register [online](#).

MSU is also hosting Choices 2010: Collaboration: There's Room at the Table conference, to be held **March 10-11**. This conference celebrates food, health and collaboration. You can view the [conference agenda](#) here.

Lenten "Carbon Fast" calendar

Check out these ideas from the [Lenten Carbon Fast Calendar](#), a listing of simple actions that may put you in the spirit of caring for Creation and the world-wide community.

From the Environmental Outreach Committee, Archdiocese of Washington. Adapted from Tearfund and other sources, with help from Washington Interfaith Power & Light (see www.GreenMyChurch.com).

Special points of interest

- Upcoming events
- U of M Dearborn chooses key issue
- Lenten carbon fast calendar
- White rye healthier than whole wheat?

Recipes

- Sour dough rye bread

Taking Root Conference May 17-19



The Farm to Cafeteria movement is in its second decade and is becoming a permanent feature of school meals. It's now the subject of collaborations with community groups, of state policy, and a new national initiative within the US Department of Agriculture.

The 2010 Farm to Cafeteria conference will take place in Detroit this May. Learn more about the [Taking Root conference](#).

U of M Dearborn chooses food as key educational issue

The university celebrates their 50th anniversary by identifying food as a critical educational issue and hosting a Food Summit on Feb. 19. This gathering brought together people from SE MI sustainable farms, gardens, food groups and community organizations. Faculty members from various departments organized a panel of experts and discussion groups around this topic. A follow-up meeting will take place in April.

Robert Kenner, director of the film *Food Inc.*, was the keynote speaker. He attended the entire day and was astounded by the successful food movement in Detroit. He would have added Detroit to his film if he had known about the great work. A synopsis of the meeting will be available online soon.

Sour Dough Rye Bread

Source: www.Allrecipes.com

Prep Time: 30 Minutes
Cook Time: 40 Minutes
Ready In: 16 Hours 40 Minutes
Servings: 24

The night before baking, begin with any starter and expand its volume and flavor with rye and bread flours. On baking day, proceed as you would with any bread, mixing and kneading and rising, and then you will have two sour rye loaves to tickle your taste buds.

1 cup rye flour
1/2 cup bread flour
2/3 cup water
1/4 cup water
1/2 tablespoon salt
1 tablespoon white sugar
1 tablespoon olive oil
1 tablespoon caraway seed
1 cup rye flour
1 cup bread flour
1 cup sourdough starter
1/2 cup water (optional)
1 teaspoon salt (optional)

The night before you want to bake the bread, feed the starter with 1 cup rye flour, 1/2 cup bread flour, and 2/3 cup water. Cover, and let stand at room temperature overnight.

In a large bowl, mix together expanded starter, 1/4 cup water, salt, sugar, oil, seeds, and 1 cup each rye and bread flour. Add more or less flour as necessary to get a soft dough.

Turn dough out onto a lightly floured surface, and knead until satiny. Place in a well oiled bowl, and turn once to oil the surface. Cover with a damp cloth. Allow to rise in a warm spot until doubled.

Recipes



Punch down dough and shape into loaves.

Place on a greased baking sheet. Allow to rise until doubled in bulk.

Bake at 350 degrees F (175 degrees C) for 40 minutes, or until it sounds hollow when thumped on the bottom.

Alternate baking method for chewier, salty crust: Bake 20 minutes at 350 degrees F (175 degrees C). In a small bowl, mix together 1/2 cup water and 1 teaspoon salt. Remove loaves from oven and brush crust with salt water. Continue baking for 25 minutes more, brushing at 10 minute intervals.



White rye bread healthier than whole wheat?

According to [Science Daily](http://ScienceDaily.com), "Wholegrain bread is good and good for you. But it is not only the fiber-rich bran, the outer shell of the grain, that is healthful. New research shows that bread baked with white rye flour, which is flour made from the inner, white part of the rye kernel, leads to better insulin and blood sugar levels compared with wheat bread with rye bran. White rye flour thus leads to much better values than both regular wheat flour and rye bran."

"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole."

- Pope Benedict, *Encyclical Caritas in Veritate*

St. Mary Organic Farm

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