



St. Mary Organic Farm

News

June 16, 2010

Blessing of the land and potluck—June 19

Saturday, June 19, 10:30 a.m.

Come bless the land, along with the earthworms and bunnies!

The earthworms are underground magicians. They will eat debris and then provide nitrogen-rich fertilizer. Their tunneling capabilities aerate the soil which allows plant roots to breathe and grow.

The bunnies, on the other hand, will eat clover and be cute!

✓ Come meet the wood carver who fashioned one of the IHM campus trees into environmental art.

✓ Come meet some of the IHM Sisters whose land we share and enjoy.

✓ Come meet gardeners who toil and sweat for good health and who grow food for the larger community.

✓ Come and linger in a beautiful and diverse organic garden.

✓ Come enjoy one of the best potlucks ever.

✓ Come with your delicious dish and your place setting.

✓ Health Matters will provide soda without high fructose corn syrup.

Rain date: Sunday, June 20, at 1 p.m.

The climate-friendly gardener

The Union of Concerned Scientists reports most home gardeners already see evidence of global warming in their own backyards and these droughts, floods, pests and weeds can challenge even the greenest thumb.

But you can do more than merely adapt to these new conditions: you can make choices in your garden that don't add to the problem.

The new UCS resource, *The Climate-Friendly Gardener: A Guide to Combating Global Warming from the Ground Up*, summarizes the science linking plants, soil, carbon dioxide and other heat-trapping gases, and offers tips for planning a garden that take advantage of these connections.

Read [more](#) or go to:

http://www.ucsusa.org/food_and_agriculture/what_you_can_do/the-climate-friendly-gardener.html



Land blessing 2009

Special Points of Interest

- Land Blessing
- The climate-friendly gardener
- Ground breaking ceremony for Lord's Harvest Pantry
- Spice up your day
- Blood sugar and carbohydrate foods

Recipes

Beet Slices in Creamy Mustard Sauce
Cinnamon Baked Apples

Caring for the land, building community

Beets

Earthy and brilliantly colored, beets can be extremely sweet and succulent, almost like candy, and not at all like the canned concoctions you may have endured.

Storage

Cut off any greens, leaving an inch of stem. Refrigerate the unwashed greens in a closed plastic bag. Store the beet roots unwashed, with the rootlets (or “tails”) attached, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness diminishes with time

Handling

Just before cooking, scrub beets well and remove any scraggly leaves and rootlets. If your recipe calls for raw beets, peel them with a knife or vegetable peeler, then grate or cut according to your needs.



Ground-breaking for the Lord's Harvest Pantry

Friday, June 18, at 12:30 p.m.

Monroe's first county-wide food pantry, **The Lord's Harvest Pantry**, will break ground at Monroe County Opportunity Program, 1140 South Telegraph Road, in Monroe. The IHM Sisters and St. Mary Organic Farm support their mission of supplying food to meet the basic nutritional needs of every person. All are welcome.

St. Mary Organic Farm is donating and growing food for the Lord's Harvest Pantry. Sue Sargent with Speckled Frog Learning Center planted a plot and Paul Simonton, along with Monroe County parolees, planted a second plot for the hungry in Monroe County. DTE Energy will plant a garden at the Monroe Activities Center located at the corner of Mentel/Fix Roads. 2035 Fix Rd. in Monroe. The vegetables will be donated to the Lord's Harvest Pantry and the Salvation Army. Tuesday, June 22, from 3-6 p.m. they will have a planting party. Volunteers are needed. For more information, contact Claire Jennings at 384-2562.

Beet Slices in Creamy Mustard Sauce

For this recipe, tender cooked beets are sliced and warmed in a creamy and delicious mustard sauce. If you cook the beets ahead of time, this becomes a low-fuss, high-impact side dish you can prepare and serve almost instantly.

Serves 4

- 1-1/2 pounds beets, scrubbed, trimmed
- 3 tablespoons unsalted butter
- 1/4 cup chopped shallot or red onion
- 1 tablespoon all-purpose flour
- 1/2 cup vegetable or chicken stock
- 1/4 cup milk
- 3 tablespoons prepared Dijon mustard
- salt and freshly ground black pepper
- chopped fresh parsley

1. Preheat the oven to 400°F.
2. Place beets in a small roasting pan with 1/2 cup water. Cover with foil and bake until beets are easily pierced with a sharp knife, 45 minutes to 1 hour depending on size. Allow beets to cool slightly, then run under cold water and slip off their skins. Slice the beets in half; cut each half into 1/4-inch wedges.
3. Melt the butter in a large skillet over medium-low heat. Add the shallot or red onion; cook, stirring, for 4 minutes. Add flour and stir constantly for 2 minutes. Whisk in the stock, milk and mustard. Cook and stir the mixture until slightly thickened. Add the beets, continuing to cook and stir until they are warmed through, about 10 minutes.
4. Remove the skillet from heat. Season with salt and pepper to taste, and garnish with parsley.

Angelic Organics Kitchen (adapted from *Greene on Greens*).

Spice up your day



Cinnamon is not only tasty but stimulates the production of glucose-burning enzymes. One-fourth to one teaspoon a day helps control blood sugar levels, according to a chemist at the USDA Beltsville Human Nutrition Research Center in Maryland. Sprinkle it on your oatmeal, yogurt and apples. Add it to your tea.

Source: *The Sugar Solution*, edited by Sari Harrar, *Prevention* senior health news editor.

Blood Sugar and Carbohydrate Foods

The Glycemic Index (GI) is a tool for controlling high blood sugars. The glycemic index ranks carbohydrate foods according to their impact on blood sugar levels. This is a useful tool to assist us in preventing some of our major health risks, like diabetes and heart problems. It also can help us understand some reasons for our cravings, weight gain and fatigue.

Did you know that table sugar has a lower (GI) rating than potatoes? It does because white sugar has two molecules, glucose and fructose. The glucose portion sails into your bloodstream while the fructose portion detours through the liver where it slowly converts to glucose. Potatoes are starch molecules made up of strings of glucose. These strings of glucose burst when cooked and the glucose enters your bloodstream directly. (I am not endorsing giving up potatoes for table sugar.)

Fiber rich carbohydrate foods like beans and oats have a lower GI index because their soluble fiber creates a web in the intestines that trap carb particles. This slows down digestion and the release of glucose to the bloodstream.

*In thankfulness we lift our eyes
With loving thoughts in heart
We give thanks for all things good
For blessings the Creator imparts.
Let our hearts be ever glad
For beauty that abounds
And gives a taste of heaven's glory
When summer comes around.*

Susan Helene Kramer

Cinnamon Baked Apples

Active Time: 10 minutes

Total Time: 1-1/2 hours (includes cooling time)

Ingredients

- 4 apples
- 4 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1 cup white wine

Preparation

1. Preheat oven to 350°F.
2. Create a small well in the center of apples by cutting out the stem and core and leaving the bottom intact.
3. Transfer the apples to an 8-by-8-inch glass baking dish. Fill each well with 1 tablespoon brown sugar.
4. Sprinkle cinnamon over apples.
5. Pour wine around the apples, cover with foil and bake until soft, about 1 hour.

Four servings.

Let cool before serving.

Per serving: 138 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 26 g carbohydrates; 0 g protein; 5 g fiber; 4 mg sodium; 220 mg potassium.

Nutrition Bonus: Fiber (20% daily value)
1-1/2 carbohydrate serving

Source: http://www.eatingwell.com/recipes/cinnamon_baked_apples.html



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