



St. Mary Organic Farm

News

June 30, 2010

Blessed with abundance

St. Mary Organic Farm community gardeners planted a variety of vegetables and herbs. The harvest so far includes a good harvest of peas, beets, radishes, romaine and butter crunch lettuces, raspberries, mixed salad greens, collards, kale, kohlrabi, arugula, basil, cilantro, dill and fennel. Some are enjoying an early harvest of green and yellow beans, cucumber, yellow crookneck squash, zucchini squash and green pepper. If you haven't checked your zucchini yet, please do. We are finding some baseball-bat-size zukes already. Am I missing anything else?

We have some harvest surprises. St. Rose Senior Center planted "collard greens" which turned out to be cabbage and a nearby gardener planted "cabbage" which turned out to be collard greens. So, they are exchanging their produce to suit their tastes. Another gardener planted okra seedlings and has cucumbers.



One of our gardeners donated beautiful glacial rocks. One is a centerpiece in the shade garden under the elm tree in our gathering space. The other is located in the perennial flower garden near the shed and Jerusalem artichoke.

The garden blessing and potluck were grand. Sister Mary Fran Gilleran, IHM president, gave a special welcome and blessing noting the connection we all share in our commitment to sustainability and caring for the planet.

The earthworms blessed the land by wiggling back into the soil. And the bunnies delighted young and old alike. The food was great.

A sampling of some of the recipes are included in this issue.

Special thanks to...



I would like to acknowledge all who contributed to the community garden this year in a special way. If I have missed anyone, please accept my apology and contact me.

Mary Jo and Jerry Windels, Clarence and Pat Meyer, Pat and Doug Wyman, Bart Attilo, Rosanne Bellner, Judy Wehrmeister, Elaine Balk, Caitlin Osment, Paul and Jeanne Simonton, Tom Liparoto, Mike Byzewski, Rose Bernadette VanOoteghem, Janet Ryan, Margaret Ann Henige, Sally and Andy Stebbins, Mary Bea Keeley, Mary Fran Gilleran and the IHM Leadership Council, Dorothy McDaniel, Joan Glisky, Madonna Oswald, Ann Nett, Gloria Rivera, Paula Cathcart, Loretta Schroeder, Marg Polys, Monica Tylinski, Shirley Mathus, Sharon Venier, Roger, Michelle, Pat, Ashley, Joey and R. Kidd, Jim DeSloover, Bill, Diane, Jim and Jeff from IHM Maintenance, Tim and Tina MacAllister, Sara Williams, Daryl Howell, Terry Bronson, Marilyn Timmer, Maurine Sharp, Holly Cramner, Beth Olson, Monroe County work crew, Loyola University students, Nancy Seubert, Danielle Conroyd, Sue Sattler, Judith Bonini, Barbara Weigand, Kirt Bausman, Kyle Harris, Sue Sargent, Cynthia Olsen, Kristen Rutledge, Rosalind Naebers, Rob Peven, Jack and Brenda Smith, Sarah and Kevin Nash, Jim Crammond, Mr. and Mrs. Nolan, the Comboni Ladies, Nancy Smith, Ann Currier, Cheryl Wassus and the IHM community.

We are fortunate to have people fulfilling their community service hours on Friday mornings throughout the summer. Their work is helping to keep the entire garden area beautiful.

Their primary focus is on work in the perennial gardens and growing food for the Lord's Harvest Pantry. If you have any questions or requests, please talk with me or e-mail me, smcneil@ihmsisters.org.

Increase Tomato Yields

Add a cup of diluted fish emulsion around the base of each plant when flowers or small fruit appear.

Staking Tomatoes

Stakes should be 6-8 feet tall, at least 2 inches wide. It is best to stake tomatoes at time of planting about 3 inches from the plant on its north side, preferably. For tying, coarse twine will work fine but cotton rags torn into inch-wide strips and 18" long are better. First, tie a square knot around the stake tight enough to prevent downward slippage, then use the free ends of the rag strip or twine to tie a square knot loosely around the tomato plant's stem. As the plant grows, anchor the stem to the stake every 12-18 inches.



Pruning Tomatoes

In each leaf axil (the point where a leafstalk joins the main stem) is a lateral bud that can grow into a shoot just like the main stem. Be sure to remove these shoots, when small if possible. Use your fingers - not a blade - to snap off each one to avoid plant disease. As you prune, step back and look at the plant as a whole. You want a staked tomato confined to a single stem. Once the plant reaches the top of the stake, pinch off the growing point of the shoot. Continue to remove any new leaves or flowers that form. Afraid that you will have fewer tomatoes? Pinching directs a plant's energy into the fruits that have already set, hastening their ripening and increasing tomato size.

Source: Lee Reich from *Step by Step Gardening Techniques*

Meatless Protein Tip

"People don't know you can get all your protein from a good mixture of reasonably intact grains, legumes, fruits and vegetables. We require about half a gram of protein for each pound of body weight."

T. Colin Campbell, Cornell University.

Storing Clipped Herbs

Trim ends of basil stems, stand in water and cover leaves with a thin plastic bag. Wrap stems of parsley and cilantro with a damp paper towel and keep in sealed plastic bag in fridge. **Source:** Whole Living Magazine.

God, thank you for the succession of gardens in my life, those miniature paradises that have brought me back down to Earth.

Author: Unknown

Scotch Eggs

1 lb. sausage meat, regular or hot	1/2 c flour
1/2 tsp sage	1/2 tsp salt
1/2 tsp thyme	Fresh ground pepper to taste
2 T minced parsley	2 eggs lightly beaten
8 hard-cooked, shelled eggs	1 cup dry bread crumbs
	oil for deep fat frying

In medium bowl, combine sausage, sage, thyme and parsley; mix thoroughly and form into eight equal patties. Wrap patties around eggs, making sure that coating is even and seams are pinched.

In small bowl combine flour, salt and pepper and mix thoroughly. In another bowl, beat uncooked eggs. In a third bowl or pie plate, place bread crumbs. Dredge sausage-covered eggs in flour mixture, then in beaten eggs, then roll in bread crumbs. Deep fry in hot oil until sausage covering is medium brown (usually 6-7 minutes).

Remove from oil with slotted spoon and drain on paper towels. Serve hot or cold.

Slice to get the effect of the layers of color.

Submitted by Mary Jo Windels

Rhubarb Bread

1-1/2 cups of brown sugar	1 tsp baking soda
2/3 cup oil	1 tsp vanilla
1 egg	2-1/2 cups flour
1 cup sour or buttermilk	1-1/3 cups rhubarb, cut fine
1 tsp salt	1/2 cup chopped nuts

Mix in large bowl in order listed. Pour into a greased and floured bread pan. Bake about 1 hour or until toothpick comes out clean.

Topping (if desired) - Mix in a small bowl and sprinkle on the top of bread mixture 1/2 cup of sugar and 1 T butter.

Submitted by Rosie Naebers, IHM

Got Food Inc?

I am missing the DVD, *Food Inc.* If you borrowed the movie from St. Mary Organic Farm, please let me know.

St. Mary Organic Farm

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