

Camphill Village Minnesota

Newsletter Summer/Fall 2011



A community where people with and without disabilities live, work and care for each other to foster social, cultural, agricultural and spiritual renewal

Life in Aurora

Kimie Carstens

When you enter Aurora house, the first things you may notice are the kind smiling faces coming to greet you. You will be warmly welcomed by all and asked how you are doing, and, perhaps what you had for breakfast and lunch. One of the things I like most about living in Aurora is that everyone is happy and cares for one another in such a wonderful and unique way. Each individual has quite different personalities, as in any house community, yet they all seem to get along so well. They know how to best help one another and have their own special ways in which they contribute to the daily house chores.

One takes interest in each other's life; one asks how the day went and shares the highlights of the day. One may take someone under his or her wing and helps where need is. It is almost impossible for me to be in a bad mood when I am around good natured, sweet and humorous individuals. Aurora's house parents have a very close and personal relationship with each person here, which the wonderful energy in the home shows.

I have been lucky to be a part of this community and will always remember all the wonderful moments we have shared together.



Chipeta Difani



The deer curiously wanders in the forest and allows her heart to guide her wherever she wants to go. On the trees she rubs her back. She smells sweet fragrances in the air. Mysterious mist surrounds her, but she still senses where she is. The trees provide her with food. Sitting in the grass are a couple of poisonous mushrooms, forming a ring where the fairies like to play.

An otter enjoys the river, popping her head out of the water and flapping her tail. Nature! What a gift! Let's experience it with joy!

The Artful Science of Food Preservation at CVM

Washing, cutting, blanching, and freezing: these are just some of the words that describe the action that takes place in the Harvest Kitchen. The Harvest Kitchen (HK) of Camphill Village Minnesota is nestled within the lower level of St. Martin's, our community building. Upon entering one can see large pots hanging from the ceiling above the three prep tables. A massive twelve-burner stove sits on the north wall along with a stainless steel three-compartment sink and a commercial dishwasher. On the south wall resides the spacious three-door fridge, the commercial vacuum sealer on a counter, and the large vegetable washing sinks.

"Why do so many large items exist in this space?" a person may ask. One answer to that question is "because we process enough food to feed a village." Over 1000 vacuum-sealed bags and over 540 jars of food were processed this season in the HK!

How does CVM preserve the harvest? The short answer is: freezing, canning, and fermenting.

Freezing: Sounds simple enough, right? Preserving vegetables with this method involves several steps. First, the gardeners harvest the vegetable, chard for example, early in the morning. The chard is collected into bins and given its first washing before being transported in a garden cart to the HK.

Once unloaded, the chard is ready for its second and third washings. Danny is very skilled at this task and is considered our master chard washer. Next, cutting boards and knives are put to work as the chard is cut into two-inch strips. The stems are edible and cut as well.

Meanwhile, two large pots of water have been set on the stove to boil. When ready, the

chard is blanched for a few minutes. It turns a wonderful bright, deep green color upon hitting the water. It then gets drained and shocked in an ice-water bath. Arm muscles are of utmost importance in this task, as the heavy chard is transferred.

After shocking, the chard is strained and the strong hands of Tony, Amy, and others laboriously squeeze out the excess water. The chard then gets placed into a special bag and is vacuum-sealed, labeled "chard 2011" and is brought to the freezer.

Canning: Canning with a hot-water bath is another technique used to preserve the harvest at CVM. Precision and patience are necessary when canning, and especially when canning tomatoes.

The tomatoes are transported to the HK and carefully washed. The crew then diligently cores and scores the beautiful red fruit. A pot of water is set to boil and the wire basket of tomatoes is plunged down. It only takes 30-60 seconds for the peels to loosen just enough. The basket is removed from the hot water and placed into cool water, so that the tomatoes can be handled. The skins are easy to peel off. The tomatoes are then cut and placed on the stove to start boiling.

Now jars are prepped. At the start of the HK canning season, a few jars would break while in the canner. It was very disappointing to see delicious, nutritious food floating around in the water. From that time on, jars were put to close inspection.

It is of utmost importance that a jar does not contain any cracks or chips, and that the top rim of the jar be smooth. At jar inspection, several jars were found to be chipped and unfit for canning. Needless to say, new jars were purchased and a few jar heists (from CVM homes) took place to find useable jars. Jeffery and Natalie were accomplices in these

“robberies.” I can’t thank them enough! And, many thanks to those who willingly turned in their jars!

Once suitable jars are found, they are placed in the dishwasher to be sanitized. Rings and lids are then prepped. Rings need to be rust and dent free, and lids need to be new, straight from the box, and unused. The lids are placed in a small saucepan of water and set to heat on the stove. Two or three large canners with water are also on the stove, heating. Utensils are gathered: jar lifter; jar funnel; magnetic wand; and plastic canning spatula.

The tomatoes have been occasionally stirred while simmering, and are ready to can. The jars are removed from the sanitizer. The pot of tomatoes is taken off the stove to the prep table. Two tablespoons of lemon juice are then put into each quart jar (acidifying is essential and not optional, to ensure a safe product). The funnel is placed on each jar as it is filled with tomatoes, leaving one half-inch of headspace. The spatula is then slid up and down and around the inside of each jar to remove air bubbles. Each jar is then closely inspected to ensure an exact headspace: tomatoes are either added or removed until headspace is precise.

The rims of the jars are wiped with a clean damp cloth to remove any food particles. The lids are lifted out of the hot water with the magnetic wand and carefully placed atop each jar. The rings are then screwed on fingertip-tight (if rings are put on too tight the jar cannot vent and it may not seal).

Alas, the jars are ready for the canner. A jar lifter is used to place the jars in the hot water bath. All jars must be covered by at least one inch of water once in the canner. The lid is put on and the pot is set to boil. Once the pot comes to a full rolling boil, the timer can start. Quart jars of tomatoes at CVM altitude (about 1200 feet) take fifty minutes to process.

After fifty minutes the canner is turned off and left to sit for five minutes. Finally, the tomatoes can be removed with a jar lifter and sat on the wood counter to rest overnight. If one is lucky, the most rewarding part comes shortly after removing the jars from the canner: the audible “pop” sound of the lid sealing. Sometimes it can take a full 24 hours for a jar to seal so it is on the following day when lids are checked. One way to do this is to lift the jar by just the lid. If it doesn’t release, the seal is good and proper.

Fermenting: “Lacto-fermented what?”... “Why, pickles, of course!” Fermenting cucumbers is very easy, and most people at CVM prefer their taste to other pickles (per a non-scientific survey).

The recipe from *Nourishing Traditions* has been the inspiration for preserving cucumbers this way. Cucumbers are cut deli-style and put in a jar with real salt, mustard seeds, dill, and water. Jars are tightly covered and kept at room temperature for three days before being refrigerated. The HK crew experimented this season with using different ingredients in making lacto-fermented pickles: lemon peel, garlic, hot pepper, and bread and butter brine. Lacto-fermented salsa (*Nourishing Traditions* recipe) was also made, and was a big hit.

It is fair to say that the HK had a successful season. It would not have been possible without the hard work and determination of the crew: Allen, Amy, Anna, Ben, Chipeta, Claire, Danny, Dave, Dede, Emma, Jeff, Joey, John, Kimmie, Leonard, Maria, Monte, Natalie, Patrick, Sarah D., Sarah S., and Tony. Many thanks to the farmers who helped with corn husking and cutting, and also to the gardeners for providing support when needed and for growing such wonderful food!

JoDanna Kalinowski

The numbers:

Frozen Product	Number of bags
Kale	167
Chard	233
Snow peas	16
Snap peas	56
Garlic scape paste	13
Garlic scapes	14
Pesto helper	22
Tomatoes	9
Applesauce	43
Rhubarb	36
Green beans	156
Broccoli	25
Corn	109
Zucchini	59
Bell peppers	53

Fermented Product	Quarts
Pickles	164
Salsa	40

Canned Product	Quarts	Pints	1/2 gallons
Rhubarb BBQ sauce	19		
Rhubarb Jam	13		
Dill Sliced Pickles	21		
Dill Deli Pickles	30		
Dilly Beans	21		
Bread and Butter	32	1	
Plain Tomatoes	77	4	12
Basil Tomatoes	9		
Tomato Sauce	18	5	
Mild Salsa		25	
Medium Salsa	27		
Hot Salsa	1	25	



Capital Renovation Plan 2012/2013

The 2011 Otto Bremer Foundation Match

Mary Gruber

The Otto Bremer Match helped us raise money for a variety of renovations and upgrades. Some of the highlights include accessibility upgrades to pathways, conservation efforts, and the first phase of upgrading our septic systems as well. The Otto Bremer Match did a tremendous amount to help us raise awareness in the greater community in 2011. Thanks to all the other foundations and corporate giving programs who also continue to make the difference every year on behalf of Camphill Village MN.

Our most significant renovation focus in 2012 is interior renovations, including the second phase of upgrades in septic systems, windows, flooring and equipment as well as a new community van. A complete listing of this year's 2012/2013 projects can be viewed at www.camphillvillage-minnesota.org.

Berghold/Meehan Family

Our Cross Country Community of Donors

Billy and Joanne Berghold, along with The William M. and Miriam F. Meehan Foundation and their family and friends, have been cornerstone donors of Camphill Village MN since Billy and Joanne moved to Montana and adopted Camphill Village MN as their new Camphill family. Since first meeting the Berghold's, Camphill Village MN has seen substantial financial challenges. We are grateful that our friends in the Berghold/Meehan family have been a vital part of meeting these challenges. A special thanks to Terry Meehan, Connie Murray, Maureen O'Leary, Mike and Mimi Rafferty, Richard and Doris Seidlitz, Bobby Cahill, Sue Chapiro, Allan and Martha Sexter, Henry and Nancy Elghanayan, Boots and Ralph Evans, Anita and Bob Jacobson, Jr., Jen and Tad Kellogg, Julie and Jim Sykes, Janet and George Felleman, Ed Herbst, Axel and Sara Schupf, and Barry and Jill Lafer, for your consistent support over the years. Your donations continue to make the difference and ensure the well-being of everyone who lives at Camphill Village Minnesota.

Camphill Fiscal Year 2012 1213 Overview

Operating Challenge Gift

Mary Gruber

We are excited by the 2011 challenge gift that was laid out for the third year in a row by the Merle Felling family from Sauk Centre; the Robert Troia and Carol Drake family, parents of Natalie Troia; The Cotter /Goddard families; family to Ben Cotter and the Ellison's, family to Adam Ellison. Natalie, Adam and Ben all live here at Camphill Village, MN. The Klick Foundation also created a \$10,000 commitment as part of this challenge for a second year in a row. The \$55,000 challenge gift from these families, and The Klick Foundation brought awareness to the Community. There were many other past donors who also helped ensure funding of Camphill's basic needs in operating and renovations for this last fiscal year.

The difference for a second year in a row that this challenge gift has made, was so great and the need so clear that the Felling/Troia/Drake/Cotter/Goddard/Ellison families decided to participate again along with the Klick Foundation to kick things off in 2012. Today, we have a \$55,000 challenge gift that will help multiply the impact of our remaining operating needs in 2012. We do have increased costs this year, so it is vital that we increase our challenge gift total with additional donors. We are hoping to add \$30,000 by July 31st, 2012, to make the difference in our unique fundraising challenges this year. If there are any more questions or thoughts on this year's operating challenge please call Mary Gruber at 651-334-4684 or Bill Briggs at 320-732-6365.

Many individuals, foundations, businesses and other organizations continue to make the difference for Camphill Village MN. We would like to thank the Berghold, Goan, Steinkraus, Simpkin, Jennissen, Wiese, and Rathmann families. Thanks to Dorothy Becker, Denny Ringsmuth and Doris Veden. We are grateful for our Board and Friends Group as well as other Foundations and service organizations in the community, who have all gone the extra mile towards Camphill Village Minnesota's development. Thanks for everyone's help. You continue to raise vital support and awareness.

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Comings and Goings

A big thank you to all the individuals who brought their energy, skills and commitment to the village: Regina Brooks, Gabriel Bonsels and Tal Simchoni. A warm welcome to Jessica Ryan, Claire Benson, Shannon and Nathan Perkins Baker, son Liam and Sarah Shanebeck.



CVM Farm Grass Fed Beef

Dear Family and Friends of Camphill,

We are offering our CVM Farm grass fed beef for purchase by the quarter. Interested in delicious beef produced on our beautiful, bountiful land by the loving care of many people of our community? Please contact us at 320-732-6846. Many Thanks – Stephen for the Farm