



NEWS FROM PROVIDENT FARM



Week 1 (First!)

“Growing for the Future”

April 15, 2003

NOTES FROM THE FIELD...

Here we go again! To those of you who were members last year, thank you for having the faith in this project and re-joining. To those of you who joined for this year, I hope our efforts live up to your expectations. The weather this spring has been quite a roller coaster ride. On March 11th we had snow and on March 13th the high temperature for the day was 68 degrees. We have had plenty of rain and soil moisture has been excellent for good germination of the direct seeded crops and transplanting the others. Early spring planting is a question of recognizing your “windows of opportunity” and seizing the day. Having my equipment in good repair and being ready to prepare the soil and plant is crucial to catching those windows of opportunity. Most of them I caught, some I missed. I suppose if I caught them all I should become a consultant to other farmers!

The peas and potatoes went in about 2 weeks later than I planted them last year. If you remember, we lost both crops last year to seed corn maggots, which are most active in cold soil. This year we have a beautiful stand of peas, the potatoes have not sprouted yet, but I have been checking them for damage and I see no evidence of maggots.

Last week Joan Maloof and I transplanted the kale and collards. It had rained the day before and it rained the day after, perfect for transplanting. The first outdoor lettuces and pac choi look good, considering the harsh wind and rain we had this week. Sue Guemple, a new member this year, has been coming on Saturday mornings with 2 of her kids. We planted scallions together and inoculated mushroom logs. Dave Sigrist and Lori Lilly, my buddy Julia, and Cate Trego also helped with the mushroom logs. Lisa Lantz came down one rainy morning and worked in the passive greenhouse with me cleaning up and planting beets. Hilje Kuiper came down and undertook the arduous task of transplanting beets. Beets are not considered a transplant crop, they are usually direct seeded. I am experimenting with transplants as a way to get an earlier crop. Thank you all for your help.

I know many others are working off the farm to make our CSA successful and I thank you all very much. The world is not a peaceful place these days, but we can work toward a peaceful world right here in our own backyard. Perhaps one day that bumper sticker that says “If the people lead, eventually the leaders will follow” will come true. In the meantime we can all put our good where it does the most.

Onward,
Jay

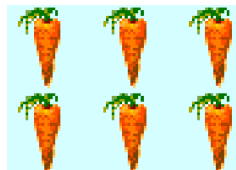
*Farming looks mighty easy when your plow is a pencil
and you're a thousand miles from the corn field. -*

Dwight D. Eisenhower (1890-1969)

After a cold winter like the one we have had here on the Eastern Shore, what a delight it is to see the first truly fresh produce in what seems like ages...or since our final pickup from Jay last fall! One of the culinary joys of spring is the variety of greens available. What better way to enjoy their delicate flavor and tender crispness than in a salad, dressed only with a minimum of other ingredients. Here are two favorites:

Balsamic Vinaigrette

1/3 cup balsamic vinegar (available at most grocery stores)
2 tsp Dijon mustard
1 & 1/2 tsp fresh thyme leaves, finely chopped
1/2 tsp salt
1/4 tsp freshly ground black pepper
1 cup olive oil



In a small bowl, mix together all ingredients except oil. Using a whisk, add oil in a thin stream, whisking constantly, until dressing is thick and emulsified. Store in refrigerator, then bring to room temperature to serve. Makes about 1 & 1/2 cups

Favorite Salad - For each serving: assemble washed, chilled lettuces on individual plate. Sprinkle with a tablespoon or two of chopped walnuts and 2 tbsp. crumbled gorgonzola or bleu cheese. Add slices of apple (any variety, but Gala is particularly good). Drizzle with vinaigrette.

Prep Tips If dressing is too tart for your taste, whisk in a pinch of sugar. When using dried thyme, use 1/2 tsp leaves only – ground thyme can be bitter. White pepper, which has a more delicate flavor, may be substituted for black pepper.

Fruited Yogurt Dressing

3/4 cup mandarin orange or tropical fruit yogurt
1/2 cup mayonnaise (regular, soy, light)
2 tbsp fresh lemon juice

Combine all ingredients. Store in refrigerator and serve chilled. Makes about 1 & 1/4 cups

Favorite Salad For each serving: assemble washed, chilled lettuces on individual plate. Add half of a fresh orange, peeled, seeded and cut into sections or chunks. Sprinkle with a tablespoon of almonds or cashews. Drizzle with dressing.

Prep Tips Any flavor yogurt may be used, but the more “tropical” flavors seem to complement the greens best. Bottled lemon juice may be substituted for fresh lemon juice. Mandarin oranges may be substituted for fresh orange – use 1/4 cup drained fruit per salad.



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COMMENTS AND CONTRIBUTIONS

We welcome your comments and contributions, including recipes! Please send to ubuubok@dmv.com or Provident Farm CSA, PO Box 62, Bivalve, MD 21814.