



Newtown Pick-up will be on Thursday July 3 from 4:30 - 6:30 instead of July 4.



Food for Thought, Thought for Food

In a report issued by Innovest Strategic Value Advisors, a global environmental and social investment research firm, Monsanto was given the lowest possible rating. Monsanto suffered \$1.7 billion in losses in 2002 and has failed to open new markets for its controversial GM products. Yet Monsanto continues to pursue its unsound business strategy of betting on speedy and widespread global acceptance of GM foods. According to Frank Dixon, managing director at Innovest, "While last year's profit losses led to a change in leadership, they did not lead to a change in strategy. If Monsanto does not take steps to mitigate its substantial market risks, further investor losses are likely. The risk of heavy financial losses due to genetic pollution or technology failure, coupled with sustained market rejection of genetically engineered foods, makes Monsanto a poor investment.



In Your Share:

Mother Nature's Surprise!

Amy's Corner:

It's Father's Day—another reason to give Jay the week off from *Notes from the Field*. Giving Jay some much needed time off and hearing from different members is something I would like to do at least once a month. If you have an article that you would like to contribute, please let us know. Before I get started, I have a couple of updates/announcements.

- MEMBERSHIP:** Great news! As of June 14, we have 101 memberships serving an estimated 320 or so people in our area. We are officially **SOLD OUT** for the season. Thank you to everyone for all of your recruiting efforts! We hope to double for next year and hire a full time assistant for Jay. So don't stop spreading the word!
- VOLUNTEERS:** As many of you know, this is the first year we are offering working shares. We are so excited to have so many volunteers. This, however, requires coordination. Jay is a brilliant farmer and carefully plans his weeks and days on the farm so that we can enjoy the produce. Knowing how many folks are available to help and when is critical to his planning. Please make sure that you contact Hilje at hiljekuiper@aol.com/(410) 742-0413 to schedule your hours. While Hilje is on vacation until July 20, please contact Kathy MacKaye at shepmk@aol.com/H: 410-883-3133 or W 302-875-5163. To go over volunteering protocol, we are having a meeting at the Farmers' Market in down Salisbury at 9:00am on Saturday, June 28, 2003. All of those with a working share must come!

Below is a letter from Trish Wesley Umbrell published in *Horticulture* May/June 2003. Jay and I thought we would share it with you as it sums up very well what it means to be a member of a CSA.

My Husband and I are buying most of our vegetables this year. We would love to be able to grow them all ourselves, but with our garden space at a premium, we've had to compromise. It's a decision we're comfortable with, because it gives us an opportunity to purchase our food locally, and to put our money where our mouths are.
(over)

from an article in *ACRES USA*, June 2003

Recipes

Summer squash contain a lot of water, about 94%, so they are best cooked in ways that concentrate their flavor, like sautéing and grilling. Squash can also be eaten raw - try it grated into a salad or in coleslaw, substituting squash for some of the cabbage.

Summer Squash Sauté

- 1 tbsp butter
- 1 tbsp olive oil
- 1 tbsp scallion, white part only, thinly sliced
- 4 medium yellow crookneck squash, 6-8 oz each
- 1 tbsp chopped fresh dill or dill and parsley mixed
- 3-4 oz Parmesan, coarsely grated or shaved

Wash and remove ends from squash but do not peel unless skin appears tough. Cut in half lengthwise, then slice into half-moons about 1/8" thick.

In a large sauté or frying pan, heat butter and oil over medium heat. Add scallion and sauté until soft but not brown, about 8 to 10 minutes.

Add squash and sauté, stirring frequently, until almost soft and lightly browned. Add dill and season to taste with salt and pepper. Transfer to serving bowl and scatter Parmesan over top.

Serves 4

Prep Tips This recipe works well for one or any combination of summer squash: patty pan, zucchini, yellow crook- or straightneck. One teaspoon dried dill may be substituted for fresh, but be sure to add a tablespoon of chopped fresh parsley to liven the flavor. To shave Parmesan: allow cheese to soften at room temperature for about 30 minutes. Using a vegetable peeler, shave long strips of cheese over the dish just before serving.

(continued from front)

We've bought a share at a nearby community supported agriculture farm or CSA, called Lindentree Farm. Buying our vegetables there works just like purchasing a subscription from this magazine. We pay our farmer several hundred dollars before the season begins, which he can then use for expenses. In exchange, as the harvest comes in, he supplies our household with a weekly share.

Like buying stock, we're not guaranteed a return. There are risks from late frost, drought and deer damage. But for our two years' experience, the rewards have far outweighed them. For an annual payment of \$580, we receive 20 weeks worth of produce, starting in early June and stretching from mid-October. The first weeks can be a bit spare, with just a few bundles of spinach and arugula. But by late summer, one week's haul fills the entire lower shelf of the refrigerator and both crispers.

Farms like this one are run differently from place to place. Ours requires the we drop by every Tuesday for the pickup and to hand harvest the labor intensive crops, like string beans, raspberries, or cherry tomatoes. Not being completely sure of what we're going to receive from week to week makes these pickups all the more interesting. It has made us try foods that we wouldn't have otherwise. The first year these novelties were intimidating, but we've come to love the flavor of Calaloo, a mild, spinachlike green with gorgeous pink-and-white speckled leaves, and the feel of edamame pods as we strip out the green soy beans with our teeth. We can't yet say we've developed an appreciation for salsify, but we haven't given up just yet.

There is an adjustment to getting our food this way. At the peak of the season, it takes several hours to make the weekly pickup—longer than it would to go shop at the grocery store. (Longer still if we make the ten-mile ride from our house to the farm the most pleasant way we can, which is by bicycle.) Once we get home, we still have to clean, sort, and stow the haul. We have to contend with the leftovers from the previous week, and sometimes the week before that one. Despite our best efforts, we never manage to eat everything. But the surplus means that we can afford to be generous to friends and neighbors, or as a last resort, the compost pile.

Every year we get better at managing our share. To make a good start, our spice shelf is loaded up with condiments, and our recipe books are flagged with Post-its. The lower shelf in the fridge is clear, and the canvas bags are by the door. One day soon we'll get the phone call urging us to come get the first of the greens. In the past years, the young leaves of 'Red Russian' kale, mustard, totsoi, and mizuna would have thrown us for a loop. But we're wiser now. We know that the arrival of these greens puts us in touch with the season, just as sure as the first peony blooms do outside the kitchen window.

Happy Father's Day to all you Wonderful Fathers!!

Amy

CSA Member Bill Bostian highly recommends *Chez Panisse Vegetables* by Alice Waters (HaperCollins, 1996). It's a collection 250 irresistible vegetable recipes from Berkeley, California's landmark restaurant, *Chez Panisse*.

COMMENTS AND CONTRIBUTIONS

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

Braised Cabbage with Apples

This recipe may change your mind about cabbage!

2 tbsp oil, olive or vegetable
1 c chopped onions
1 head cabbage, about 1 lbs *cored and thinly sliced*
2 apples, Granny Smith or other firm, tart variety
1/2 c golden raisins
1/3 c dry red wine
1/3 c red wine vinegar
1 1/2 tbsp dark brown sugar
1 1/2 tsp chopped fresh thyme or 1/2 tsp dried leaves;(do not use ground thyme)
1/4 tsp freshly ground pepper
1/4 tsp salt

Remove core from apple and cut into $\frac{1}{2}$ " thick slices (*half inch*). Cut slices in half.

Heat oil in dutch oven or large, deep frying pan over medium-low heat. Add onions and sauté until soft, about 10 minutes. Add the remaining ingredients. Increase heat to medium and cover the pan. Cook, stirring occasionally, for 1 hour. Cabbage should be tender but not mushy. If still crisp, continue to cook, checking every 10 minutes or so. Taste and add more salt and pepper, if desired.

Serves 4

Good Stuff, Cool Stuff

The "Park and Flea" is giving CSA members 50% off their table fees. Please take advantage of their generosity.

The farm is in need of coolers. Donations can be left at your pick-up location.

For folks going on vacation, if you want to donate your share, please e-mail Amy (laliebman@intercom.net) the dates in advance and we will be sure to donate the share that week.

If you have plastic bags to spare, we need them. (Please be sure they are bags that did not contain meat.) Just bring them to your pick up location.



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