



News from Provident Organic Farm



www.providentfarm.org

Season 2, Week 15

"dedicated to a safe, just and sustainable food system"

July 21st, 2003

NOTES FROM THE FIELD #15...



I'm back!!

I was very moved, to say the least, by Pat's observations and Heather's perspective. Pat certainly has captured the spirit of CSA or the spirit has captured her. Heather's words turned me into a pile of mush. To be honored by one's children is the highest honor of all.

We had a productive week and some fun on the farm this week. Stevik, Betty, and Pat came for the day on Monday. We finished digging the potatoes, graded them and stashed them in the new cooler that Jack FINALLY got working. Jack had made numerous and humorous complaints about poor working conditions, used materials to work with, etc. I told him it's hard running a first class operation with second-hand equipment and third rate help. Judy came in the afternoon and we all transplanted 750 brussels sprout transplants in about an hour.

On Tuesday, Victoria, Judith, Theo, Ellie, Dave, Lori, Julia, Marjorie, Heather and Christina all helped with the harvest. Quite a crew, and one of our best harvests yet, I think. I am curious about your reaction to the Yukina Savoy. It is a clear winner as one of the summer greens that I have tried to grow.

On Wednesday, Kathryn, Jennifer and Heather hand-weeded 3 rows of snap beans that I had not been able to cultivate with the tractor because of the wet conditions. I really wanted to save this crop of beans, they are the 5th planting of beans and the first one that looks like it will produce a good crop. Hand weeding beans should not be necessary, as the Farmall tractor can do a great job if caught in time. That evening, Mark released the parasitic wasp we are hoping will control the Mexican Bean Beetle. The wasps were reared by Carol Holko at MDA. Mark will monitor both populations to determine what level of control we achieve with the parasites. They are capable of economic control, eliminating the need for use of a pesticide.

On Thursday, the kids from the West Side Community Center summer camp walked over for a tour. Kathy, with her experience managing environmental programs for children, agreed to give the tour. She focused her talk on bugs. We showed them the wasps and the larvae of the Mexican Bean Beetle. We then explained to them how the wasp will lay it's eggs in the larvae and eat the guts right out of the larvae, (yucky stuff, huh?) Then, when the wasp matures, it flies out of the larvae to lay eggs in other larvae. Susie came down that evening to help me harvest the onions and carrots. Being able to harvest some of the crops on Thursday evening takes the pressure off on Fridays when we have to get to Berlin by 11:30.

On Friday, Mike, Pat and Cynthia came down to help with the rest of the harvest. All went smoothly. The last time Mike came to help we were picking sugar snaps, he clearly enjoyed bunching and washing the Yukina Savoy more than picking sugar snaps. Jack continued to have all the fun one man should be allowed to have with laying out the USED trickle tapes in the field.

On Saturday, we had a core group meeting at the farmer's market in downtown Salisbury. Progress was made on our effort to form a non-profit organization, coordinating volunteer help on the farm and Amy's "thousand points of fundraising". The core group meetings are open to all members, any input is welcome. If you have an idea or issue you would like to discuss, please bring it along next time.

In "notes from the field", I have acknowledged and expressed my gratitude to the folks that come to help on the farm. I have neglected to do the same for the many folks whose efforts are more "behind the scenes", but no less important to the success of our CSA. My thanks to Erin, Susan, Scott, Memo and the crew at BEACON for their work on the newsletter. Also, to Dick for his guidance on our effort to establish a non-profit. To Nancy, Lew, the Messengers, the Kadushins, the Go-Getters, and Stevik for their help with distribution. To Susie and Karla for the great recipes. To Stevik for making sense out of my pitiful bookkeeping. To Hilje and Kathy for coordinating the volunteers. To Tom for developing our website. To Mark for his eagle eye insect scouting, and to Rick for his excellent photos. To those of you who donated to the "Share the Harvest" fund, (I assume you would prefer to remain anonymous). And you too, Amy, for keeping me sane while driving me crazy. Last year, when I thought about the group of folks who had embraced this project, I knew we could not fail. This year the group is larger and stronger and we surely will achieve the goals we set our sights on.

Onward,
Jay

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever does. -- Margaret Mead

In This Week's Share:

Potatoes

Escarole

Onions: Superstar (white), Mars (red)

Summer Squash: lime green one is Magda, a Mid-Eastern variety with a nuttier flavor

Tomatoes: first of the field tomatoes; Big Beef and Johnny's 361 from the greenhouse

Cucumber

Yukina Savoy

Parsley

Fresh Garlic



Food for Thought, Thought for Food

More good news from the boys at Bush & Co.

The Bush Administration has appointed Dan Amstutz to be in charge of agricultural reconstruction in Iraq. Amstutz is a former senior executive of Cargill, the biggest grain exporter in the world. Kevin Watkins of Oxfam, an organization focused on world hunger, said "Putting Dan Amstutz in charge of agricultural reconstruction in Iraq is like putting Saddam Hussein in the chair of a human rights commission.....This guy is uniquely well-placed to advance the commercial interests of American grain companies and bust open the Iraqi market—but singularly ill-equipped to lead a reconstruction effort in a developing country."

Know them not by their words, but by their deeds.



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White Bean & Escarole Soup

- 2 tsp. olive oil
- 1 medium onion, minced
- 2 cloves garlic, minced
- 4 c. cooked white cannellini beans
- 4 c. vegetable or chicken broth
- 2 c. shredded escarole
- pinch salt, or to taste

Heat the olive oil in a heavy-bottomed pot. Add onion and garlic and cook on medium-low heat until onion becomes translucent and both are soft.

Add beans and broth and simmer for 20 minutes. Transfer half of bean/broth mixture to blender and **CAREFULLY** blend until chunky. (Note: you need to be **VERY** careful when blending hot liquids - if they splash out you will be burned, and you will be burned badly! Take your time and do more batches rather than risk burning yourself!)

Add pureed bean/broth mixture back to remaining un-pureed mixture in pot and stir the two together. Stir in shredded escarole and simmer for 5-10 minutes until escarole is tender. Taste for salt and add more if desired.

Good Stuff, Cool Stuff

Available from Sharon's Natural Gardens, Delmar, DE. *Jellies made without sugar!* Stevia and small amounts of fructose are used as sweeteners. Because there is no sugar, there is twice the amount of fruit in the jellies. Good for diabetics and those who want to reduce sugar intake. Must be refrigerated after opening and used within two weeks. 4 oz. size \$4.00, 8 oz. size \$7.50.

Available now:

- Black Raspberry
- Gooseberry
- Red Raspberry

Available in the Fall:

- Grape
- Fig
- Apple

\$0.50 refund for returned jar. Contact her directly, you can pick up at her farm or she can deliver to our pick up locations. Sharon Carson. phone: 302-846-2571 e-mail: mugwump@bwave.com

For folks going on vacation, if you want to donate your share, please e-mail Amy (aliebman@comcast.net) and let her know ahead of time.

If you have plastic bags (safe from meat bacteria cross-contamination), we need them! Please bring them to your pick up location.

COMMENTS AND CONTRIBUTIONS

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