



Glimpses of Dan

by Stevik

Berlin CSA member, Dan Prengaman, died on Monday evening July 21 in a boating accident near Assateague Island. Robert and I had just met Dan and Karen, his wife, the previous Friday evening when they came by our place to pick up their weekly CSA share. They gave us a bouquet of fresh rosemary, we hit it off immediately and all knew that we'd be friends. Karen and Dan stayed and admired Robert's small herb and flower garden as well as the artwork in our home. Dan had an incredible and vital presence that I don't often see in people. At the herb garden, for instance, he spent most of his time bending over herbs, enthusiastically talking about them, and impulsively trimming some leggy ones.

Dan recently left his position as vice president of sales for a computer software company based in Washington DC. He was taking time off to be with his three daughters. Karen told the Salisbury Daily Times that "he was an avid outdoors person. He loved the water. He loved the sun and the beach and he loved life. He loved living. Dan had a wonderful way of making everybody happy," she said. Robert and I experienced just that, the evening he visited with us.

Last Friday, Robert and I took the Prengaman's CSA share to their home on South Point, near Assateague Island. We visited with Karen, met her young daughters, relatives and friends of the family. Lots of expressions of the community's sympathy were evident in the abundance of food in their beautiful home that overlooks Newport Bay. The reflection of the setting sun marks the place where Dan sailed. Karen said she draws comfort from being able to see that from her home--holding on to the amazing spirit that Dan embodied.

Karen gave us a eulogy she had written for Dan's memorial service. We'd like to share a slightly revised version with the CSA.



Eulogy for Dan Prengaman

Many of us know Dan
Or know of him
He is larger than life, full of life
Some of us know him in our own special way
As a father, a son, a husband, a brother,
A best friend,
Uncle, cousin, nephew, colleague, golfer, fisherman,
boater, air guitarist
And yes, like Pinocchio, a real boy
Most of all, Dan was a teacher
He taught us to work hard and to laugh
And to make life fun—every moment, every day
Because this is all you have
And you must take what you have
Getting over is leading the good life
And Dan has the good life
A life filled with friends and family and success
In all that he touched, in all that he loved
Dan never did anything less than 100%
It always seemed 100% was never enough
I have to admit sometimes it was hard to keep up
But it never mattered
Tired or not, willing or not
He pulled each of us into his dreams
And we, each of us believed
Because he helped us see
He brought adventure into our lives—and laughter
Dan could cram more things into one day than many
people have in a lifetime
And if you were able to play with him
Even for a moment
He has given you more memories than you could ever
dream of holding
We are all so blessed to have been able to hold so many
for so long



In lieu of flowers, memorial contributions may be made to the Worcester County Humane Society, PO Box 48, Berlin, MD 21811.

Food for Thought, Thought for Food

An article appeared in the ATTRA (Appropriate Technology Transfer to Rural Areas) Newsletter last month summarizing a paper delivered by Charles Benbrook to the Kellogg Foundation Food and Society Networking Conference on April 24, 2003. The entire paper is available at <http://www.biotechinfo.net/kellogg.pdf>.

Changing the American food system across its broad front of farming, food manufacturing, and distribution will require, in Benbrook's words, "systemic and systematic changes in every area of public policy" affecting agriculture. Benbrook offers a 17 point plan to reform the food system that could serve as a blueprint for a greener future. Among them are breeding plants for resistance to pests and pathogens, moving away from monoculture farming toward more diversified cropping patterns, gearing farm program payments to reward efficient, nutrient-capturing practices and integrating livestock widely across cultivated crop land, to make best use of the forages available in diversified rotations, and move away from low-value, high water use crops toward high value crops that can be sustained with low volume irrigation techniques.

He calls for the federal government to play a larger role in enforcement of health and safety inspections, restricting the use of sub-therapeutic antibiotics, raising international food safety standards, setting nutritional standards to safeguard public health, hold corporations accountable for their failures as good citizens and bring vision and common sense to the imbrogio over intellectual property rights where living organisms are involved. Admitting the challenge appears vast, Benbrook says what this will take is the creation of public demand and political will. "If the social, economic, and environmental benefits of sustainable agriculture are to extend all of America, we as Americans must sustain our efforts to convince policy makers that we will accept nothing less."

In Your Share:

String Beans (Provider)
Peppers (Camelot, Italia)
Tomatoes (Johnny's 361, Big Beef)
Leeks (King Richard)
Mizuna??
Squash (Raven, Zephyr, Magda)
Cucumbers (Speedway)
Cherry tomatoes (Sun Gold)
Red Onions (Mars)

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 (aliebman@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.

Recipes!

Prep Tips Both recipes make four servings. It is very important to rinse leeks thoroughly to remove the grit captured between the layers as they grow. When cutting off the root, be careful not to cut too far into the white part or leek will fall apart during cooking. Remove dark green "leaves" at the point where the white part starts to turn pale green...much higher and you will be chewing a mouthful of fiber instead of soft, creamy leek.

Leeks Two Ways

5-6 leeks, about 1" in diameter
1 tbsp salt

Wash leeks thoroughly to remove dirt and peel away tough outer leaves. Cut off the root where it meets the white, fleshy part. Trim away green leaves just above where color turns from white to pale green. Trimmed leeks should be no more than 5" to 7" long. Make a lengthwise cut through the center of the leek, beginning about an inch from the root/white end and going all the way through the opposite end. Rotate leek and make another lengthwise cut about 90° from first cut. Separate cut ends under running water and rinse well.

Bring a large saucepan of water to a boil and add salt. Add leeks. Bring water back to a boil, reduce heat to low and simmer about 10 minutes. Leeks should be tender but firm and easily pierced with a knife at the root end. Remove leeks from pan and drain well. Pat dry with a towel, gently squeezing out as much moisture as possible.

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.



Leeks Braised in Cream

1 c heavy cream
salt and freshly ground black pepper
1 tsp fresh thyme leaves

Arrange leeks in a greased 7"x 11" gratin dish or 8-9" quiche or pie pan. Pour cream evenly over top and season liberally with salt and pepper. Bake at 375° for about 30-35 minutes, basting with cream from pan every 10 minutes or so. If sauce seems a bit thin, continue baking another 10-20 minutes until cream is reduced and thickened. Remove from oven and sprinkle with thyme to serve.

Leeks in Vinaigrette

1 c vinaigrette, any kind (see previous newsletters for balsamic and lemon vinaigrettes)
salt and freshly ground black pepper
1 tsp chopped fresh parsley

Arrange leeks in shallow serving dish or dinner plate. Season liberally with salt and pepper and sprinkle with parsley. Allow to marinate for 30 minutes. Serve at room temperature.



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