



NEWS FROM PROVIDENT ORGANIC FARM

www.providentfarm.org



Season 2, Week 18

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

August 11, 2003

NOTES FROM THE FIELD...

"Don't eat your seed corn, even if it means your skin is as thick as a pine."
Native American saying

Forty days and forty nights: Rainfall from 7/2 through 8/10, metro Bivalve

7/2 showers all afternoon through the evening: 1.0"

7/7 thunderstorm in the evening: 0.4"

7/10 thunderstorm in the evening: 0.2"

7/13 thunderstorm overnight: 0.3"

7/14 mid-morning shower: 0.25"

7/18 thunderstorm overnight: 3.5"

7/19 thunderstorm in the afternoon: 2.1"

7/22 thunderstorm overnight: 0.3"

7/26 thunderstorm late afternoon into evening: 0.7"

7/30 showers all day: 0.35"

8/1 thunderstorm in the evening: 1"

8/2 thunderstorm in the evening: 0.2"

8/4 morning shower, thunderstorm overnight: 0.95"

8/7 rain all day: 1.8"

8/9 thunderstorm overnight: 0.5"

Total rainfall: 13.55"



In Your Share:

Tomatoes: Big Beef and Johnny's 361

Peppers: Camelot (sweet bell)

Italia (sweet frying pepper)

Mizuna

Komatsuna

Hakarai salad turnips (I hope)

Arugula

Potatoes: Cherry Red

Onions: Superstar

Garlic

Bunch of basil

I hope the above rainfall record explains why I had to call off share delivery for last week. Very simply, I have not been able to tend to many of the tasks that need to get done when there has been so little opportunity to attend to them. Harvest days require my full attention and have been the only days I have had any help on the farm lately. Having the harvest crew help with other tasks made it possible to get caught up with many of them. We were able to get all the necessary hand weeding and mulching done. Weeds are having a great year! We were able to transplant the strawberry plants this week. The excessive rains made it impossible to transplant or direct seed the scheduled fall crops, do any mechanical cultivation, or apply any crop protection this week. This will become a problem if not tended to soon. Some sunshine and drying wind would be a tremendous help. My heartfelt thanks to Marjorie, Victoria, Jack, Jennifer, Richard and Charlotte, Suzie, Betty, Ray and Pat, Cynthia, Hilje and Christopher and Dominick for their help. We now have 3 male goats on the farm, Jake, Elwood and B.B.King. At this point it is Christina's "pet" project, but we may develop a herd of meat goats next year. I would also like to research the potential for milk and cheese production with dairy goats, a long-term goal. Christina is an "animal" person. She has a wonderful relationship with her horse, Vinny, and is establishing a friendship with the goats.

On Wednesday, Ginny Rosenkranz and Laura Romaneo are hosting a field day here. Educators, Extension agents, representatives from the Rodale Institute, and other interested folks will be here to see a "successful" CSA, as their invitation says. As I have looked over the damaged crops and out of control weeds, I wondered what was going to demonstrate "success" to these folks. I realized the success of this CSA is the dedicated members that make it possible. You are all invited to come out on Wednesday and show these folks what makes a CSA successful.

I believe one has to be an optimist to farm, planting seeds is an act of hope. This year has tested my optimism, seeing so many of my sowings wasted by the excess rain. There is a profound difference between optimism and hope, and I remain hopeful.

Onward,
Jay

FYI

Mizuna is a small, feathery, pointed green leaf in the mustard green family. It has a slightly bitter flavor and is often included in field green salad mixes. You may substitute it for watercress, baby spinach leaves, mustard greens or kale in recipes. The mizuna leaves are added last and barely cooked.

Good Stuff, Cool Stuff

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

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.

Cookbook Extension for all the procrastinators!! You can now order your cookbook until August 22. Bring your payment and order form to your pick-up site. If you have misplaced your order form, you can download it from our website, www.providentfarm.org.

Hiroko's Fusion Choy with Tahini-Soy Sauce Dip

1 medium head komatsuna (or 2-3 heads smaller choys)
1/4 cup tahini
1-3 Tablespoon water or lemon juice
1-2 teaspoons soy sauce to taste

Coarsely chop the komatsuna, leaving the stem portions about four inches long so that they will be a nice size for dipping.

Put stems into a steamer for two minutes; then add the leaves and steam for three to four minutes, until tender-crisp. Drain, pressing lightly to remove excess water.

Mix the tahini, water or lemon juice, and soy sauce in a bowl. Serve, either by pouring the sauce over the komatsuna and tossing, or by letting each person dip pieces into the tahini-soy sauce. (This is the part children like.)

from Conscious Choice, October 200



THE LEADER IN ORGANIC-BASED LAWN CARE

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.

Food for Thought, Thought for Food

As you know, I am no friend of the Biotech Industry. I consider the weapons of mass destruction they control to be as grave a concern to the human race as any held by this or any other country. One of the most dangerous developments is a technology that renders the seed produced by a crop sterile, known as Terminator Technology. This technology poses a severe threat to world food security, particularly for over 1.4 billion people who rely on farm-saved seed to produce the next crop. In October 1999, Gordon Conway, President of the Rockefeller Foundation urged the Monsanto Board of Directors to abandon pursuit of Terminator seeds. Then-Monsanto CEO Robert Shapiro responded in an open letter to Rockefeller, in which the company pledged "not to commercialize gene protection systems that render seed sterile." Since that pledge, Monsanto was sold to pharmaceutical giant, Pharmacia, and then spun off as a new company. Shapiro is long gone. The Gene Giants are now preparing a campaign to "greenwash" Terminator Technology as a biosafety tool. They are endorsing Terminator as a technology that will contain unwanted gene flow from genetically modified plants. Silvia Ribiero of ETC Group, a civil society organization headquartered in Canada "dedicated to the advancement of cultural and ecological diversity and human rights" said, "Seed sterility is the ultimate monopoly maker. With sterile seeds, the Gene Giants have limitless control over plant germplasm, with no expiration date, without patents or lawyers".



Recipes!

Arugula and Goat Cheese Mashed Potatoes

3 pounds (about 5 large) russet potatoes, peeled, quartered
1/4 cup (1/2 stick) butter
1 1/4 cups whole milk
5 ounces soft fresh goat cheese (such as Montrachet), crumbled
1 cup (packed) chopped arugula leaves (about 2 large bunches)

Cook potatoes in large pot of boiling salted water until tender, about 30 minutes. Drain. Return potatoes to pot. Stir over low heat until excess moisture evaporates. Add butter; mash potatoes until smooth. Bring milk to simmer in saucepan. Remove from heat. Add goat cheese; whisk until melted. Add milk mixture to potatoes; whisk until smooth. Stir in arugula. Season with salt and pepper.

