



NOTES FROM THE FIELD...

What would the world be,
 ■■■■■ Once bereft
 Of wet and of wildness:
 ■■■■■ Let them be left,
 O let them be left, wildness and wet;
 Long live the weeds and the wilderness yet. □
 -Gerard Manley Hopkins, "Inversnaid".

In Your Share:

Manager's Choice

The manager, of course, being Mother Nature

As you can tell from last week's share, we are in the throes of the damaged field crops, and will be for awhile. The eggplant is not bearing as well as it should. My inability to get any greens sown in early July is showing up now, or not showing up! As I told you in an earlier newsletter, we lost all of the canteloupes and watermelons. We do have a good looking crop of summer squash coming along soon. I know people tire of squash quickly, but I hope you will welcome it back to your table. You haven't seen that much of it this year! The lima beans are filling, and believe it or not, they could use a shower of rain. I had to run the irrigation this week for the first time. I never thought I would say this after last year, but the need to irrigate actually felt good, it gave me a sense that I had some measure of control. Lacking any statistical data from www.weather.whoknows, I would guess we have seen two of the most extreme years in a quite a while. The purple snap beans are growing well and should pick next week. The 5 varieties of winter squash suffered from too much rain, but will yield a fair crop.

This week was a great week for preparing the beds and sowing some fall crops. I sowed carrots, beets, greens, turnips, and radishes. We were also able to transplant the second plantings of red cabbage and broccoli. I had quite a bit of great help this week. The old troopers, Ray and Pat, along with Lisa, Richard and Charlotte and Loren harvested on Tuesday. On Wednesday, a young lady who has spent the last two summers working on an organic farm came down to help me for the morning. She may be interested in working with me next year. On Thursday, Betty and I sweated our way through the tomato plants that have stopped producing, getting the trellising out of them. That evening, Kathie and I started transplanting the red cabbage and broccoli. On Friday, Cynthia and the "Chatsworth Sisters", Victoria and Judith helped with the harvest. I call them the Chatsworth Sisters because they never let work get in the way of a good conversation. Joan came along just in time to finish the transplanting with Cynthia and me.

The core group met on Saturday morning at the Farmer's Market in Salisbury. Because the group functions as a steering committee, we decided to no longer call it the core group. I guess we are now the Steering Wheels. We are making progress on forming a non-profit organization, we even came up with a great name for it: LESSON, Lower Eastern Shore Sustainable Organic Network. Thank you, Richard. We also narrowed down to three the choices for a logo. Cynthia has put a lot of time and effort into the logo and any one of the final choices will be great. Amy will make sure you have at least 16 t-shirts, 9 tote bags and enough bumper stickers to take to Wal-Mart and stick on all of the cars in the parking lot.

Onward,
Jay

Special thanks to member Mary Cain for both the quote of the week and "Food for Thought, Thought for Food"



Member Charles Mastin is in the hospital after suffering from an adverse reaction to a recent medication change. Please remember both he and his wife, Georgeann, in your thoughts, prayers and meditations.



Irrigation of the land with seawater desalinated by fusion power is ancient. It's called 'rain'.
 --Michael McClary

so that's what's been happening....

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.

Lower Shore Bus Tour sponsored by Maryland Cooperative Extension Service. Visit Innovative Small Farms on the Delmarva Peninsula, September 4th. For more information call Laura Romaneo at 410.632.1972.

Recipes!



Zucchini Pancakes

Member Susan Gemple says this is her family's favorite zucchini recipe.

Two medium sized zucchini (6-8") grated
One small onion grated
Two garlic cloves grated
One egg
3 T. flour
pinch of salt and pepper
Olive oil for frying pan

Beat egg, add remaining ingredients. Stir well. Put scant amount of olive oil into a heated pan. Add heaping tablespoons of batter. Flip when brown.

Serving Tips Susan says: For breakfast we serve with a maple syrup. For dinner, we top with grated parmesan cheese and sliced tomatoes.

Roasted Peppers

Peppers of any color – green, yellow, red, purple are delicious roasted, whether of the sweet or hot variety. When handling hot peppers it is a good idea to use rubber gloves to avoid the oils from irritating your eyes or skin. Peppers may be roasted whole, though they are easier to handle and roast more evenly in pieces: Slice off the top of the pepper and discard. Cut lengthwise along the ribs of the pepper into halves or thirds and discard seeds and any white pith. Oil lightly with olive or vegetable oil. **Grill:** lay peppers skin side down over hot coals or medium high fire and roast until moderately charred all over. **Oven:** lay peppers on a rimmed baking sheet skin side up and broil close to heat until moderately charred all over. Transfer to a plastic bowl with tightfitting lid and allow to rest for 15 minutes or so until cool enough to handle. Remove charred skin and cut flesh into strips or other shapes. Store, tightly covered, in refrigerator until ready to use. **Serving Tip:** Arrange roasted peppers on a flat serving dish. Scatter feta cheese, black olives and capers over top. Drizzle with olive oil and sprinkle with fresh or dried oregano and freshly ground pepper.

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

Part One, On Rocks and Other Life Forms. □

□John Steinbeck's "Grapes Of Wrath", about dispossessed Oklahoma farmers in the dust bowl years, deeply affected many. □I know I didn't close the book until I had finished it. □Along with his social realism, he put forth environmental views. Before ecology was big, he knew that all life-forms are interdependent, making up an organic whole. Growing up, he roamed the Salinas valley and the Monterey Peninsula. □At Stanford he took field zoology. He established the Pacific Biological Laboratory. □His passion was for the good, kind, sane little animals in intertidal zones. □

The "Sea of Cortez" records his own and his companions' work and thoughts while collecting small marine animals in the Gulf of California, including observations of the coastal people they encountered. □Steinbeck put forth ideas ranging from the web of life to the rights of rocks. □We borrow life from other life, with species like commas in a sentence. □Each species is at once the point and the base of a pyramid, one merging into the other, until what we have called life meets and enters what was known as non-life; rocks and earth. □The mystical outcropping of religion is an attempt to say that we are related to the whole thing. □

(With help from Smithsonian, 1/02)

Greek Six-Layer Dip

Member Rachel Goldberg offers this recipe, adapted from **Food & Wine**, July 2003, which uses both zucchini and those luscious Provident Farm tomatoes.

15 oz canned white beans, drained and rinsed
1 tbsp minced garlic
1 c olive oil
1 tbsp lemon juice
1 tsp dried dill
1 tsp dried oregano
1/8 tsp salt
1 tbsp red wine vinegar
1 tsp Dijon mustard
1 c finely chopped red onion (about 3/4 of 1)
1 c shredded zucchini (about 1 1/2)
2 oz feta cheese, crumbled (sheep or goat feta is good)
1 c chopped tomato (about 1/2)
2 oz black olives, drained
Blue corn chips

In a blender or food processor, puree beans, garlic, olive oil, lemon juice, dill, oregano, salt, vinegar, and mustard until almost smooth. Mixture should still have some texture. Spread bean mixture evenly in the bottom of a serving dish with sides. In separate layers, scatter the onion, zucchini, feta, tomatoes and olives on top. Cover and chill several hours. Serve with chips.

Serves 8



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