



# News from Provident Organic Farm



www.providentfarm.org

Season 2, Week 21 "dedicated to a safe, just and sustainable food system"

Sept. 1st, 2003

## PSEUDO-NOTES FROM THE FIELD #21...

*As is wont to happen these days, technology has again taken over - and as such Notes From The Field isn't going to surface this week. But never fear Intrepid Reader! Jay will be back by next newsletter (if the transplants let him leave the field, that is!) and we will again be treated to his NTF.*

*As we are all consequently left without organic/political readings and rantings to amuse ourselves with, the newsletter editors have banded together to instead provide us with some alternate readings to amuse ourselves...*

## FIRST, THE BOOKS...

**Rodale's Encyclopedia of Organic Gardening**, Rodale Press: A classic. Nobody who ever wants to grow so much as a weed in their garden without petrochemical-help should ever be without this. If you are very, very lucky, you'll find an older edition / used copy for resale somewhere. Never pass it up!

**The Rodale Book of Composting**, Deborah Martin, et. al.: 1992.: Even though it might seem like it, this is actually **not** a Rodale-based book list - but what they do, they typically do well. At least in our (the newsletter editors, that is) minds.

**Worms Eat My Garbage**, Mary Applehof: Loads of fun. Especially if you have a sense of humor, lots of kitchen scraps, and small children!

**Great Garden Companions**, Sally Jean Cunningham, 2000. How to garden organically (and with an eye towards natural beauty) on both small and larger scales. A fascinating read that covers the whole shebang - building garden beds, beneficial insects, composting, caring for your gardening tools, etc.

## NOW, THE MAGAZINES...

**OG.** Used to be Organic Gardening magazine (again, a Rodale publication!), but then they changed a bit and this is the result. Not as hefty nor informative as the old, but still a good read for the money. 6 issues per year.

**Mother Jones.** Seriously, seriously liberal political coverage. Not a place for the faint of heart or Republicans!

**Utne.** "The best of the alternative press" is their motto - and what that boils down to is a magazine comprised completely of snippets and factoids and stories from other journals - mostly small journals, e-zines and newsletter-type publications that otherwise nobody would ever see. Wonderful stuff, highly liberal, and affordable to boot.

*N.B. As members of the CSA, we recognize the all-encompassing benefit of buying local produce over the mass-marketed fruits and vegetables that are available in the grocery store. Don't let that idea stop here - especially when it comes to buying books, Amazon.com is lovely, yes, and Barnes & Noble has a coffee shop, I know, but take the time to find some of our local booksellers and meet the lovely people that work so hard to provide those of us in Salisbury with reading material. Two of my personal favorites in the used-book / rare-book trade are Henrietta's Attic & Market Street Books. Owned and staff by wonderful people, they will go out of their way to help you find whatever it is you're looking for. - Susan B, newsletter editor.*

Some hot summer days making multiple dishes is simply too much effort and work - so here is a lovely summer dish to not only help clean out the refrigerator with one easy move, but to make getting dinner on the table that much easier.



## Simple Summer Stew with Herb Butter



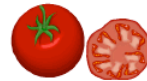
Serves 4

1 1/2 Tbsp. each	chopped marjoram, basil, & parsley (omit or substitute as necessary)
1/2 tsp.	grated lemon zest
4 Tbsp.	soft butter
1 1/2 cups	green beans, tipped, and cut into 3" lengths
1 Tbsp.	olive oil
1 small	onion, diced
1 clove	garlic, thinly sliced
1 1/2 cups	summer squash or zucchini, diced or sliced into rounds
1 medium	red or yellow pepper (hot or sweet - your pick), cut into squares
1 large	tomato - peeled, seeded, and chopped
4 ears	corn - kernels cut off (or substitute 3 cups of frozen corn)

In a small bowl, combine the herbs, lemon zest, a pinch of salt, and the butter. Mix thoroughly and set aside.

Bring a pot of water to boil, drop in a pinch of salt, and add the green beans. Boil the beans, uncovered, for 2 minutes and then drain.

Heat the oil in a wide pan over high heat with the onion and garlic. Saute for 1 minute, then add 1/2 cup of water, lower the heat, cover, and simmer for 5 minutes. Add the beans, squash, pepper, tomato, and corn. Season with 1/2 tsp. salt, cover, and simmer over low heat for 10 minutes or until tender. Stir in the herb butter, taste for salt, and season with pepper. - taken from Deborah Madison's 'Vegetarian Cooking for Everyone'



### Good Stuff, Cool Stuff

**Park & Flea** - if you've got stuff to sell give them a shout - they'll give you a break on the cost.

**Plastic Bags** - we can never get enough. Bring yours, bring your neighbors.

Joe Lieb  
Branch Manager

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### COMMENTS AND CONTRIBUTIONS

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