



NEWS FROM PROVIDENT ORGANIC FARM

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Season 2, Week 22

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

September 8, 2003

Are you a 'Steering Wheel'? You could be! The Steering Wheels (the group formally known as the Core Group) will be meeting September 20th, 10a at the farm. **Everyone** who attends becomes an active participant in making decisions about the farm's future and present. You are always welcome!

NOTES FROM THE FIELD...

"The love for justice that is in us is not only the best part of our being, but it is also the most true to our nature"

--Cesar Chavez



In Your Share:

tomatoes
winter squash
peppers
leeks
Purple Beauty string beans (I hope)

I am not writing about farming this week. Somehow, it seems almost trivialized by other thoughts these past two weeks.

Two weeks ago we were reminded of an event that has helped shape our country for 40 years. I am speaking of the speech given by Martin Luther King in Washington, D.C.

This week we will be reminded of an event that took place 2 years ago that is shaping our country now and will for many years to come. I am speaking of the events of September 11, 2001 in New York City, Washington, D.C., and a field in Pennsylvania.

The first event is an expression of the hopefulness that some day, through the eyes of understanding and the practice of tolerance we would reach the place where compassion resides and dictates our treatment of each other.

The second event is an expression of how woefully short of that dream we stand, being an example of the absolute worst mankind could deliver unto itself.

As I thought about these two events, 38 years apart, but only a few weeks apart on the calendar, I wondered why have we progressed so little toward the dream Dr. King envisioned.

Some thoughts as I ponder these strangely related events:

I have heard it said by people with more letters after their name than I have in mine, that the capitalist system is the best system ever devised by man for creating wealth. This may be so, but considering the fact that as 5% of the global human population, people in the United States consume nearly 40% of the world's natural resources, one must ask the question, "At what cost"? Must a large portion of the global family live in abject squalor so that a minority can be filthy rich?

Perhaps it is an over simplification, but I see our economy as being founded on three interdependent principles: Consumers will buy STUFF they don't need, with money they don't have, and the STUFF will be hauled to the landfill within moments of the final payment, thus insuring a return trip to Wal-Mart. How long can that system be sustained? Can we, as a global human family, afford the export of this lifestyle? Could it be that the synthesis of democracy and capitalism doesn't work for the benefit of the whole? The Gaia Principle proposes that the Earth is a living organism and will make the necessary adjustments for its survival. As a scientist, James Lovelock offers proof of this theory in his book, *Gaia*. When one considers the definition of cancer as being "growth outside the needs of the corpus", where does that leave us?

It appears to me that the freedoms afforded us by our democracy, when coupled with the creation of wealth within a capitalist system, serve to engender a sense of "If I can afford it, I can have it" with absolutely no regard for the impact on the global family.

Our servitude to SUV's being a present example of this hubris. Do you remember the "consumo wrestlers" fighting over the last Cabbage Patch Doll in the store on Christmas Eve? O' Holy Night! William McDonough, in his keynote address at the PASA Conference a few years back, said, "We live lives of time-ful, mind-lessness, when we should be living lives of timeless, mindfulness".

Donald Rumsfeld, in a speech soon after the September 11 attack, said that we must defend our "lifestyle". Mr. Rumsfeld, our lifestyle is indefensible, we have only begun to see the consequences. Not to diminish the horror of the terrorist attacks of 9/11/2001 but on that same day 35,600 children died of starvation on this planet, as Barbara Kingsolver states in her essay "Saying Grace". We have no right to exploit this planet at the expense of other inhabitants, whether they fly, swim, walk, or crawl, not now or evermore. Just a few thoughts from the field (of opportunity).

Onward,
Jay

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.

October Festival!

If you have ideas or suggestions for this year's October Festival or if you would like to be involved in planning the event, please contact Lori Lilly at (410) 572-2785 or llilly@ezy.net.

Monthly Veggie Potluck at SU: Open to All

When: 6:30pm on Sunday September 14th

Where: The Philosophy House at Salisbury University (off of Camden Avenue)

What to Bring: Yourself, lots of friends, and a vegetarian/vegan dish to share

For more info contact Trisha at worldadvocate@aol.com or Amy at roxylennon@msn.com

Food for Thought, Thought for Food

Louisiana, Texas and Oklahoma have applied for an emergency exemption to use the highly toxic pesticide carbofuran on 2.4 million acres of cotton. Carbofuran is extremely toxic to birds and other wildlife. The EPA is considering granting a Section 18 exemption for use of the flowable form to treat cotton aphids, despite the availability of safer and equally effective alternatives. The Pesticide Action Network is leading a drive against the exemption. In the early 1990's, during a special review of carbofuran, the Director of U.S. Fish and Wildlife wrote many letters urging cancellation of all uses of carbofuran. As a result of the review, almost all uses of the granular formulation were withdrawn from the market.



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Afghan Winter Squash

- 1/2 cup sliced onion
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon cardamom
- 1/4 teaspoon ground cloves
- 1 butternut squash -- peeled and cubed (about 3 cups) (you can substitute other winter squashes)



Preparation:

Saute onion in olive oil in a small casserole. Stir in salt, cumin, coriander, cardamom, and cloves. Add squash and 1 cup water. Cook until tender.

Recipes!

Chicken, Carrot, and Leek Parcels

Sounds tedious, but is easy and delicious. Plus younger children will think it's cool!

- Serves 4
- 4 chicken fillets or boneless breast portions (substitute tofu)
 - 2 small leeks, sliced
 - 2 carrots, grated
 - 4 stoned black olives, chopped
 - 1 garlic clove, crushed
 - 4 9x9 pieces of wax paper
 - 1-2 tbsp olive oil
 - salt and pepper
 - black olives and herb sprigs, to garnish

Preparation:

1. Preheat the oven to 400F. Season the chicken well.
2. Divide the leeks equally among four sheets of greased wax paper, about 9 inches square. Place a piece of chicken on top of each.
3. Mix the carrots, olives, garlic and oil together. Season lightly and place on top of the chicken portions. Then carefully wrap up each parcel, making sure the paper folds are underneath and the carrot mixture on top.
4. Bake for 20 mins and serve hot in the paper, garnished with black olives and herb sprigs.

from *Traditional British Cooking*, Ed. Hilaire Walden, Bristol: Anness, 1997.



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.