



# NEWS FROM PROVIDENT ORGANIC FARM



Season 2, Week 3

"Growing for the Future"

April 28, 2003

## NOTES FROM THE FIELD...



We had another productive week on the farm. We are somewhat behind on our planting schedule, but it is not due to an overload of work. Mother Nature's schedule and my schedule are not well synchronized this year. As much as I might like to think I am running the show here, I know better and know who makes the rules in this game.

When I speak at conferences about organic growing, especially when the audience is predominately conventional growers, I like to offer a little philosophy lesson about why I believe in organic growing. Regardless of how you believe this system came to be, whether by intelligent design or by some wild, chaotic selection process, the fact is IT WORKS and has for eons, long before we walked on the stage. For us to believe we can alter it to suit our needs (or wants) is extremely arrogant and wholly wrong. Mother Nature provides the model, she produces no toxins or waste. Our role should be as students and as our understanding grows we can become enablers, with as little intervention as possible. Those who choose to fight the system with toxic technology are fighting a losing battle.

### Back to the farm

On Monday, my daughter Christina, her friend Karen and I set out the 1100 cabbage plants. I had to move the truck along the rows with the radio blaring music for which I have little appreciation to keep the planting moving along. A man's gotta do what a man's gotta do! I recalled my parents' lack of appreciation for the Rolling Stones, Jimi Hendrix, Led Zeppelin, Leon Russell, the Grateful Dead and the best singer-songwriter that ever lived, Neil Young. Judy and I set out the next planting of scallions that afternoon, a very tedious task, best done with someone with whom you can solve all of the world's problems.

Tuesday's harvest was a bit pressured as we were short-handed, but we made it and the Go-Getters were at the Kadushin's ready to distribute the shares when I rolled in. They all seemed very excited and intent on doing a good job. Having the Go-Getters do the distribution for us is one of the most exciting developments of the year for me. Remember, this is about more than food; this is about community. Food is the vehicle, community is the destination. Joan took our beautiful, hand-painted sign and some information about our CSA to the Earth day celebration at S.U.

On Wednesday, Lisa and I cleaned up the passive greenhouse, weeding and making compost between the beds. The greenhouse is in transition now; the early spring crops are phasing out and the early summer crops need more attention. As the lettuces and pac choi are harvested, the tomato plants that were interplanted need to be staked and tied. I hope to finish the staking on Monday morning. I set out the first Sun Gold cherry tomato plants in the garden that afternoon. Mark scouted the farm for insect problems on Wednesday evening. We have a few things happening that will need close monitoring, but nothing out of control.

On Thursday I sowed the next crop of string beans and cultivated the kale and collards in the field. This sowing may actually be the first crop of beans, the April 4th sowing has not come up very well. I think most of the seed rotted before it germinated because it was such a wet week. The first week of April is early to try beans, but it's relatively cheap seed and worth the gamble in my mind. That evening I sowed some Swiss Chard, Arugula and Broccoli Raab in the raised beds.

On Friday, Sue, Lisa, Cassie and my brother-in-law Bob helped with the harvest. Bob worked here with Kathy and I for a couple of years in a previous life. He now lives in Ocean City and likes to come over to help out whenever he can. As the saying goes, many hands make light work. The harvest went smoothly and a good time was had by all. (Easy for me to say).

Onward,  
Jay

Food is an important part  
of a balanced

diet.  
- Fran  
Liebowitz



**Joe Lieb**  
Branch Manager  
P.O. Box 2316  
Salisbury, MD 21802  
(410) 341-6711

### In Your Share...

scallions  
carrots  
leeks  
Easter-egg radishes  
spinach  
harakai salad turnips

Choose 2 of the following 4 lettuces:  
Marvel of 4 Seasons - red butterhead  
Oscard - red oak leaf  
New Red Fire - red Grand Rapids  
Nevada - green butterhead

FYI...Open house at the farm - May 3rd, 2-4 PM. It's free and open to the public! Contact Hilje for more info - hiljekuiper@aol.com - 410-742-0413 \* Jim and Erin Kennedy are collecting yard sale items for a table at the "park and flea". All profits will be donated to the farm...please bring any items to the potluck on the 3rd. \* The farm is in need of coolers and 2 dry-erase boards. Please donate either at your pick-up locations. \* Provident Organic Farm Pot Luck Dinner! Saturday May 3rd - @ 5 PM. RSVP Susie Wood [swood1954@hotmail.com](mailto:swood1954@hotmail.com) or 410 341-7663 \* Volunteer Orientation - Saturday May 3rd @ 1:30 PM



## HANDS ON!

**This section will appear from time to time with information about handling and storing products.**

**Greens** Greens come in many different shapes, sizes, and flavors, but all have one thing in common - they are largely composed of water. They are easy to keep fresh and delicious once you know the simple basics of handling and storing. Since most greens are grown in sandy soil, they require a bit more care in washing to remove the extra grit - greens must be washed before eating or cooking.

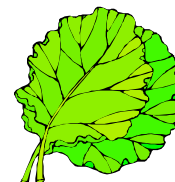
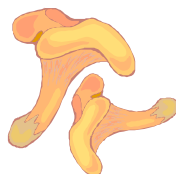
**Store** All greens prefer a cool, moist (but not wet) environment. Store sturdier greens like kale and mustard loosely wrapped in plastic or vegetable storage bags in the crisper section of the fridge. The crisper section has high humidity, so vegetables should last a little longer when stored there. For lettuces, invest in a salad spinner - you will not regret it! Look for one with a bowl, spinner top, and internal basket (avoid spinners with drainage holes). Lettuce may be stored unwashed, but it is easy to wash and store right in the spinner, ready to eat a moment's notice.

**Wash** With the exception of lettuces, do not wash greens until just before using. This wash method seems tedious, but the extra few minutes is worth it to avoid crunching down on a mouthful of grit and sand: Fill sink with cool water. Separate head of greens into leaves and swish around in the water. Hold leaves against the side of the sink and wait for the grit to settle at the bottom. Drain sink. Repeat at least another time or two until no grit settles at the bottom of the sink.

### Jay's Spinach and Mushrooms

Jay's daughter, Heather, who not too long ago went away to college, said one of the things she misses most about home is her dad's food. Here is Jay's recipe for fresh spinach and mushrooms.

1 bunch	spinach (approx. 3/4 lb -about 6 cups leaves, loosely packed)
2 Tbsp	olive oil
1 tsp	minced fresh garlic
12 oz	mushrooms - white button, portabella, shitake or combination
1/2 tsp	salt
1/4 tsp	pepper
2 Tbsp	dry sherry or dry white wine
6-8 drops	sesame oil, optional
1/8 tsp	dried, crushed red pepper, optional



Wash spinach thoroughly and shake, leaving a few drops of water on the leaves. Remove stems, if desired, and set aside. Clean mushrooms. Cut portabellas into thick slices and leave white button or shitakes whole.

Heat oil over medium heat in large saute or frying pan. Add garlic and saute until fragrant but not brown, about a minute or two. Add mushrooms and increase heat to medium high. Cook, stirring frequently, until mushrooms soften and become slightly caramelized. Stir in salt, pepper, and sherry. Continue cooking until all moisture is evaporated.

Add spinach to mushrooms and reduce heat to medium. Cook and stir just until spinach wilts. Taste and season with additional salt and pepper, if desired. Optional: If using sesame oil and crushed red peppers: After spinach has wilted, push vegetables to one side of pan. Add sesame oil and peppers to other side of pan and saute for one minute. stir into vegetables, taste and season with additional salt and pepper.

**Prep tips:** Use the largest, flattest pan you own. Mushrooms release a lot of moisture when cooked and will steam and become soggy if too crowded in the pan. Fresh spinach does NOT like high cooking temps - the resulting chalky texture is not unlike eating an unripe persimmon. Sesame oil has a strong flavor - a little goes a long way. Cooking wine is not "real" wine - avoid it at all costs and use the real thing. Even though most recipes use only a little you can always drink the rest of the bottle - sherry is particularly good on a cool, rainy weekend afternoon....!

*"I cook with wine. Sometimes I even put it in the food." - Unknown*



### 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.