



# News from Provident Organic Farm



www.providentfarm.org

Season 2, Week 31

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

Nov. 10th, 2003

## NOTES FROM THE FIELD #31...

This is reaching so few of you now that I almost feel "What's the point?", but I will continue to keep those of you who are coming to the farmer's markets informed of what's happening here on the farm. Under the present circumstances, I believe the newsletter is the "glue" that will hold the CSA together.

On a personal note, today is my daughter Christina's 15th birthday. The greatest gift she received was the return of her horse, Vinny. Vinny is not really her horse in the sense of ownership, she trains on him and is responsible for his care. About 3 months ago, he developed an eye infection, that after numerous attempts at treatment, resulted in a cornea transplant. She has not been able to ride Vinny for the past 3 months, but now he will soon be "as good as new". Vinny's stall is cleaner than Christina's bedroom and safer to navigate in the dark. A girl has to set her priorities!

Last Sunday, Jim, Marjorie, Jack and I were able to cover the greenhouse with the new plastic. This is always a nerve-racking event for me, because the slightest puff of wind can make a mess of the job very quickly. Any breeze at all turns a very expensive roll of plastic into a 3200 square foot sail. There had been little or no wind for days leading up to Sunday, and I was hoping the same conditions would hold on Sunday, but felt the odds were against me. The gods were with us, and it went as smoothly as ever. By noon we had both pieces of plastic on the greenhouse and battened down well enough that I could breathe a sigh of relief. Jack and I were able to finish the job on Tuesday. I have begun working the compost into the raised beds and will start transplanting this week.

We also got the garlic planted this week. Jen and her friend, Valerie came down for a morning and got most of it planted. Valerie brought her son Jonathan with her. I asked Jonathan if he liked vegetables. He told me broccoli was his favorite, so while Jen and Valerie planted garlic, Jonathan and I cut some broccoli for him to share with his sisters.

After much research and searching, I have purchased a used tractor from my neighbor and friend Jimmy Insley. In terms of hoespower, it is larger than my immediate needs, but in the long run will serve me well. It comes with a 6 ft. rototiller that will do a much better and quicker job of preparing the field for planting than my over-worked Farmall 140. I will need to have it outfitted with a front-end loader and find a 4 shank chisel plow to be able to perform the tasks I have relied on others to do for me these past 2 years.

Another recent and exciting development: Mike Banks, the compost meister in Eden, called me and told me he has 1000 yards of compost that he needs to move off-site so he can continue to make fresh compost. He offered it to me for the cost of screening and hauling it. I could not afford to purchase all of it, but told him I could take 250 yards. He has begun hauling it here. Between the 350 yards of compost I made and the 250 he is hauling here, we will be picking vegetables from stepladders next year! Remember, folks, we farmers are the eternal optimists. We **know** it will always get better. If we didn't, we'd all be flipping burgers at Mickey D's!

Onward,  
Jay



"The success of all humanity can be accomplished only by a terrestrially comprehensive, technologically competent, design revolution. This revolution must develop artifacts whose energy-use efficiency not only occasions the artifacts' spontaneous adoption by humanity, but therewith also occasions the inadvertent, unregretted abandonment and permanent obsolescence of socially and economically undesirable viewpoints, customs, and practices."

R. Buckminster Fuller, from his book Critical Path, St. Martin's Press, 1981.

## Food for Thought, Thought for Food

I found two items of interest to our mothers and children in one of my "radical rags" ACRES, USA, this week I would like to share with you:

Researchers at the Marshfield Clinic Research Foundation in Marshfield, Wisconsin have found yet another reason to avoid pesticides. Women who handle pesticides or fungicides within two years of trying to get pregnant will increase their chances of infertility. The Marshfield study found that infertile women were 27 times more likely to have mixed or applied such chemicals than women who successfully conceived. The foundation recommends that women who may be exposed to agricultural chemicals employ such precautions as respirators, gloves and protective clothing to reduce unintentional exposure.

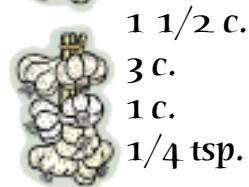
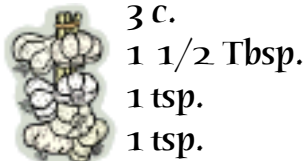
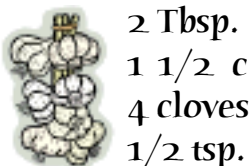
Four state attorneys general, including New York's Eliot Spitzer, charged in a lawsuit in mid-September that the Environmental Protection Agency is failing to protect children from the risks of eating pesticide-tainted food.

Spitzer analyzed data from and participated in the ongoing regulatory process at the EPA and said he determined that a number of pesticides were approved by the EPA without the mandatory stringent safety margin required to protect children's health. The five pesticides targeted in the lawsuit are Alachlor, Chlorothalonil, Methomyl, Metribuzin and Thiodicarb.

### Curried Kale and Chickpeas



Combine all ingredients in your crock pot and let it cook on low 7 to 8 hours, or on high for 4 hours ~ or ~ combine ingredients in a stew pot and let it cook on top of the stove for 2 hours.



vegetable oil  
chopped onion  
garlic, minced  
cumin  
chopped kale  
curry powder  
ground ginger  
ground coriander  
vegetable broth  
cooked chickpeas  
chopped tomato  
salt



THE LEADER IN ORGANIC-BASED LAWN CARE

**Joe Lieb**  
Branch Manager  
21802

P.O. Box 2316  
Salisbury, MD

(410) 341-6711

#### 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.

Looking for a previous recipe? Want to re-read an old 'Notes From the Field' but your newsletter collection is suddenly AWOL? Check out the website for a complete run of this season's news!

[www.providentfarm.org](http://www.providentfarm.org)