



NEWS FROM PROVIDENT ORGANIC FARM



Season 2, Week 7

"Growing for the Future"

May 26, 2003

NOTES FROM THE FIELD #7...

Quite a wet week! According to my records we have had 3.85" of rain in May, 3.45" of which fell since Friday the 16th. After last year, I would be a hypocrite if I complained about the rain. When I had the 4" well put in to irrigate the field this year, Kathy said in so doing I assured sufficient rainfall for the year. She may be right, but I know July and August are coming. May has been unusually cool and cloudy. I have recorded only 7 days of good sunshine. The rain has been welcome, but we need some sunshine and warmer temperatures. Cool, cloudy weather is an open invitation to fungal diseases, especially on tomatoes. So far, I see no evidence of disease. There are no bio-rational fungicides that can be applied after the fact. The only defense an organic grower has is to coat the foliage with an acceptable fungicide to prevent the spores from making direct contact with the leaves. This is difficult to accomplish when frequent rains will wash it off before it has time to stick.

On Monday we finally transplanted the first cantaloupes and watermelons, this is almost 3 weeks later than I had planned, but if I had put them in when planned, we would have lost them to frost. Lopes and melons are also very susceptible to fungal diseases, but usually not at this young age.

The Tuesday harvest went very smoothly. Sue, Dave, Lori, Julia, Marjorie and Joan all helped. Julia spied the first ripening tomato in the passive house. It's hers! We finished the harvest early and were able to walk through the potatoes and replant where the seed did not sprout. All of the potatoes were planted on the same day, some of the plants are 2 ft. tall and about to flower and others are just now breaking ground. This has made the crop difficult to manage, especially to cultivate. To cultivate the large plants properly would cover up the smaller plants. I got out my trusty hoe and did them by hand. We also transplanted the rest of the leeks and 500 lettuce transplants.

On Wednesday, Lisa transplanted the basil in between the raised beds in the passive house. Richard and Charlotte picked the strawberries. Richard drove the stakes for the Sun Gold cherry tomatoes. I got a strange pleasure out of showing a man with a doctorate how to drive tomato stakes. In anticipation of the oncoming rain, I sowed 400 ft. each of lima beans, shell beans and purple string beans in the field. I also sowed 720 ft. of carrots in the front garden. Thursday was a sort of down day, too wet to do anything in the field. I had some greenhouse work to catch up on; spotting out some escarole transplants and sowing the next lettuce. Sharon Carson and her son Dylan came for a visit. Sharon brought me some plants that need a good home, we potted them up and put them in the greenhouse. It was the closest thing to a day off I have seen in a while. Next one will be Thanksgiving! At the end of the day, I realized I am pretty well caught up. I also realized, it is largely due to having a lot of great volunteer help. Thank you.

The Friday harvest crew showed up with their rain gear, ready to go. I think Jim, Cassie, Kathy, Ray and Pat had a good time harvesting in the rain. It makes the veggies easier to wash up! Judy came down in the afternoon to help me wrap it up for the farmer's market.

Saturday was the first good day at the farmer's market. Weather has been a deterrent so far. Remember: anything you get from me at the farmer's market is discounted 20%. Erin and Jim set up our "yard sale" table at the Park and Flea and sold \$104.00 worth of stuff. The proceeds from this effort will go to advertise and promote the CSA. Thank you all for the donations and especially Jim and Erin for the idea and the willingness to sell the stuff.

Onward,
Jay



In Your Share This Week....

Kale
Baby beets w/ greens
Strawberries
Braising mix

Arugula
Lettuce
Salad turnips (?)
Scallions



Beet-Green Pasta

makes 3-4 servings

- 1 bunch beet greens
- 1 medium red onion, chopped
- 2 garlic cloves, minced
- 1/4 cup olive oil
- 8 oz. dry pasta (spaghetti and linguine work best)
- (optional; 2 TBS fresh herbs like oregano, basil, thyme)
- 1/4 cup grated parmesan cheese

Put on a pot of water and cook the pasta according to instructions on the package. Drain pasta when cooked.

During the pasta cooking time, wash the beet greens, separate the leaves from the stems, and chop the leaves coarsely. Sauté onion and garlic over medium-high heat in oil for about 5 minutes, until the onions are translucent. Add the beet leaves and continue to cook 5 minutes more, covered. uncover the beets greens and season with salt, pepper, and optional chopped fresh herbs. Toss pasta with sautéed vegetables and parmesan cheese, moistening it with a 1/4 cup of pasta water if necessary. Serve immediately.

Lemon Vinaigrette

Dress your salad greens with this combination of healthy ingredients. Take note that it provides zesty flavors without much salt.

- 1/2 cup olive oil
- 2 to 3 TBS fresh lemon juice (about 2 medium lemons)
- 1 TBS honey
- 1/2 tsp salt
- 1 medium clove garlic, minced

Mix all ingredients together and serve with salad greens



Food for Thought, Thought for Food

Currently 75% of the soybeans and 34% of the corn grown by U. S. Farmers are genetically modified. The boys from the Biotech Industry are pressuring the Bush Administration to force the European Union to accept genetically engineered food grown by the U. S. farmers on the basis that their rejection is a violation of international trade agreements. They have filed suit with the WTO. The European Union has cited that during the mad cow scare, the U. S. stopped the flow of livestock from European countries. Considering the hypocrisy surrounding the issue, the skewing of markets by tax incentives and subsidies, one has to wonder what happened to “free” in free market capitalism. I do believe free market capitalism could work; we should try it sometime.



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GOOD STUFF, COOL STUFF

THERE WILL BE A CORE GROUP MEETING AT THE FARM AT 1:30 ON MAY 31ST. THE CORE GROUP THAT HELPS JAY WITH CERTAIN ISSUES. THIS MONTH WE ARE DRAFTING A MISSION STATEMENT FOR OUR NON-PROFIT STATUS ENTITLEMENT. EVERYONE IS WELCOME!

IF YOU HAVE PLASTIC BAGS TO SHARE, WE NEED THEM. (PLEASE BE SURE THEY ARE BAGS THAT DID NOT CONTAIN MEAT.) JUST BRING THEM TO YOUR PICK UP LOCATION.

THE “PARK AND FLEA” IS GIVING CSA MEMBERS 50% OFF THEIR TABLE FEES. PLEASE TAKE ADVANTAGE OF THEIR GENEROSITY.

THE FARM IS STILL IN NEED OF COOLERS. DONATIONS CAN BE LEFT AT YOUR PICK-UP LOCATION.

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.

“What are these plants, Jay?” “They’re kale, Joan.” All that work for kale!!!!” ~Joan Maloof, expressing her fondness for kale after setting out 600 transplants with me in March.

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.