



Food for Thought, Thought for Food

The title of Wes Jackson's book "Alters of Unhewn Stone" is taken from the scripture in Exodus 20:25. After Moses had delivered the Ten Commandments, he was instructed to build an alter of unhewn stone with the admonishment, "for if thou lift up thy tool upon it, thou hast polluted it". Wes's interpretation of this instruction is sound advice for those of us who care deeply about the condition of the planet we pass on to future generations. He says "This scripture must mean that we are to be more mindful of the creation, more mindful of the original materials of the universe than of the artist. The alter was to stand as a reminder that we could not improve on the timeless purpose of the original material. I don't think such a scripture means that we are never to shape the earth with our art or our science, but that the scientist and the artist must remain subordinate to the larger Creation. The chances of disrupting nature's patterns, upon which we are dependent, are greatly reduced if we assume this modest posture".

In Your Share:

beets, greens are good, too
kale or collard greens
snow peas
strawberries
scallions
broccoli raab
arugula
parsley

NOTES FROM THE FIELD...

"The future of the human race will depend on combining the cleverness of science with the wisdom of nature"
-Charles Lindbergh

Last year I asked you all to do a rain dance, it occurred to me this week that I forgot to ask you to stop. You can stop now. The rains this week totaled 1.9 inches, enough to make the soil too wet to work and bring me to a screeching halt. I actually had to dig a trench in the field to divert standing water away from some of the tomato plants after the rain on Wednesday afternoon. We need some sunshine and drying winds before I will be able to prepare any ground for planting. Do you remember I said I was just about caught up with the planting schedule? So much for that!

On Monday I made a few needed repairs on the discs and the sprayer in the morning and picked up 60 bales of straw from Geno Lowe in Hebron to mulch the tomatoes. Mulching tomatoes with straw suppresses weeds, prevents water from splashing on the foliage, helps to keep the first generation of potato beetles from climbing up onto the plants and adds organic matter to the soil as it decomposes.

Sue, Jack, Pat, Joan and Les and Patty all showed up to help on Tuesday. I had so much help for Tuesday's harvest that I turned some of the folks loose on some other tasks. Les and Patty tied the tomato plants in the passive house and worked on weeding the onions. Pat and Joan got some weeding done, too.

On Wednesday, Lisa and I thinned some lettuce transplants and worked on weeding the onions. I think by the time we get through weeding the onions it will be time to start all over again. I started to prepare the raised beds for the rest of the peppers, but the rain drove me out of the garden. Charlotte and I were able to prune the tomatoes in the passive house during the rain shower and then went to the field to tie the Big Beef tomato plants. Charlotte lost one of her shoes in the mud, but kept on like a true farmer!

Patrick stopped by to say goodbye in the afternoon. He is on his way to work with an urban farming project in Detroit. After the Irish Drought (over)

Snow Peas with Lemon

- 1 lb snow peas
- 2 tbsp butter
- salt
- 1 tbsp finely grated lemon peel
- 1 tbsp chopped fresh marjoram or parsley, or combination of both

Bring a large pot of water to a boil and add a tablespoon of salt. Add peas and stir over high heat for 2 to 3 minutes (water does not have to return to a boil). Drain and return to pot. Add butter and season to taste with salt. Gently mix in lemon peel and marjoram or parsley; serve immediately.



Sesame Snow Peas

- 1 lb snow peas
- 1 tbsp sesame oil
- 1 tbsp vegetable oil
- 5-6 scallions, white and green part, cut into 2" lengths
- 1 tbsp sesame seeds, toasted
- salt and freshly ground pepper

In a wok or large skillet, heat oils together over medium-high heat. Add scallions and stir-fry for one minute. Add peas and cook for another minute. Add sesame seeds and cook an additional two to three minutes. Season to taste with salt and pepper; serve immediately.

Prep Tips Toast sesame seeds in a 350° oven or in a heavy skillet over high heat for 3-5 minutes, stirring occasionally and watching carefully so they do not burn.

(continued from front)

Wars of last year, it was an emotional moment for both of us. He told me I had taught him a lot about farming, but perhaps more about himself. Farming may come and go in Patrick's life, but he will be living with himself forever. Happy trails, Patrick. Long may you run.

On Thursday, I worked on getting the asparagus patch ready to put the chickens in there for the summer. I should have had them in there 3 weeks ago to feed on the asparagus beetles, but that project kept getting put on the back burner. The chickens enjoy themselves in there, scratching around in the manure mulch, turning it into compost and playing hide and seek under the asparagus canopy. Thursday evening, my older daughter, Heather and I started picking snow peas. She had a date with her boyfriend, Jason, and was in a rush to get it done. I, of course, was doing my best to keep her there for as long as possible. The rain saved her from her old man.

The Friday harvest crew was able to leave their rain gear off for the first time in 3 weeks. Jim, Pat, Lisa, Judith and Kathryn all helped with the harvest. Having to finish picking the snow peas put the pressure on, because they are so labor intensive to pick. Picking strawberries and peas for the same weekly share is cruelty to pickers. Please savor them both.

Heather went to the Berlin farmer's market with the shares and some veggies to sell on Friday afternoon. She enjoys selling in markets and does a good job with it. The Saturday downtown farmer's market continues to improve. We see new faces every week. There are 6 vendors in there now and more will be coming in within the next few weeks.

On Saturday afternoon the core group met to discuss establishing a non-profit organization. This will enable us to attract grant money to assist with some of our goals beyond just growing healthy food. We want to grow a healthy community. Remember: food is the vehicle, community is the destination. Dick outlined the steps for us. More thought is needed before we proceed. If any of you wish to have some input on this important issue, now is the time. Contact Amy Liebman or Dick Bearman.

Onward,
Jay

**Condolenses to Lauren Moriarty on the death of her mother.

Hands On!

What a treat to have snow peas that were on the vine a few short hours ago! Snow peas have edible pods that require little preparation. Jay's Snow peas are so tender this next step may not be necessary, but remember it if you ever have to resort to "store-bought" (ugh!) in the future: Snap off the stem but hold onto it, pulling off the string that runs along the length of the pod. Discard stem and string. Snow peas should be cooked only until they are bright green and tender-crisp, which takes but a few minutes. . . once they lose that bright green color, you've gone too far. Enjoy them anyway and make a note to cook them less the next time. A pound of snow peas serves about four people.



Good Stuff, Cool Stuff

The "Park and Flea" is giving CSA members 50% off their table fees. Please take advantage of their generosity.

The farm is 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.

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.

Congratulations to Jane Messenger on the film festival!



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COMMENTS AND CONTRIBUTIONS

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