



Perspectives of a Farmer's Daughter...

"I am just a dreamer, you are just the dream." - Neil Young, from "Like a Hurricane"

After completing my first year at The George Washington University, farming was not the way I pictured myself spending my summer. In search of something completely different than the typical summer job for a college student as a waitress or lifeguard, I somehow agreed to farm with my father for the summer. After giving it much thought, I decided that I would enjoy rolling out of bed and stepping out my back door to arrive at my summer job. Now that I reflect on the past two and a half months of my life, I have seen myself transform from simply the CSA farmer's daughter into a person who is truly dedicated to such a worthy cause. When Dad asked me to write my perspective for the newsletter this week, I was truly honored. So, here is a week out of the life of Heather Martin on Provident Farm.

I won't tell you how hard I worked on Monday or how much sweat I was able to wring out of my clothes because it was my day off. But, it was a good day for my dad to catch up on some things that needed to be done. He sowed three rows of Royal Burgundy, a purple bean. He also tied, weeded and mulched the Cherokee Purple and Big Beef (don't worry, it's just the variety) tomatoes. He was also able to prepare the ground for Brussels sprouts and sweet potatoes. Tuesday was a harvest day. Victoria, Judith, Theo, Ellie, Loren and Marjorie all came to lend a hand. Judith's son Theo showed us his strength as he dug potatoes, and her daughter Ellie gave us her insight on how to tell whether a yellow bean is ready to be picked. It is incredibly promising to see children thoroughly enjoying themselves on the farm. I was able to transplant the rest of the heirloom tomatoes and replace the ones that were lost as a result of the rain. Wednesday was tons of fun as we swatted the blood-hungry mosquitoes from our faces and drenched ourselves in bug repellent every ten minutes. Despite the bugs, Kathy, Kathryn and I all agreed that hoeing is very rhythmic once you get the hang of it. We hoed the winter squashes and the tomatoes. On Thursday, I understood why I spent most of my day hoeing the weeds away from the bases of the squash plants. I was able to reseed the squash plants that had never made it past the surface of the ground after Russell cultivated what could be reached with the tractor. After this process was over, I stood at one end of the field and thought about all of the work we had put into the squash alone. As I stood there drenched in sweat, my hands caked with dirt, I was filled with complete satisfaction. Friday was another harvest day. Ray, Pat and Jack all came to help. Pat, as you know from her perspective in last week's newsletter, showed her dedication, once again, as she stayed longer than usual to help when she was needed. Jack worked on the cooler and finally got it to work. My Dad couldn't have been happier.

That was just one week out of my life as a farmer's daughter. I have been a farmer's daughter for almost nineteen years now. But, I have never felt as proud of my father as I do now. I am honored to be part of such an important vision. My dad has a lot to say about the world we live in and you better believe I hear most of it. But, for the first time in my life he has reached me without saying a word. His hard work shows me every day what it is like to fulfill a dream. It is these types of experiences in life that teach you much more than sitting in a classroom or reading a book. I can only hope that if I learn one thing from this summer: the importance of not dismissing your dreams as merely dreams but accepting them as possible realities....

Dream on,

Heather L. Martin



In Your Share:

Any of the following?!

Yellow Wax beans
Flat Italian beans
Yukina savoy (looks like a cross between tat-soi and spinach and acts like it, too).

Red and White onions
Tomatoes
Fresh Garlic
Cucumber???
Carrots???

ACCORDING TO A U.N DEVELOPMENT PROGRAM STUDY, THE ESTIMATED AMOUNT REQUIRED ANNUALLY TO PROVIDE FOR "THE MINIMAL CONDITIONS REQUIRED FOR THE FLOWERING OF HUMAN POTENTIAL WORLDWIDE" IS 35 BILLION DOLLARS. THIS NUMBER REPRESENTS 9% OF THE 2003 U.S DEFENSE BUDGET.

FROM JULY/AUGUST ISSUE OF UTNE READER, PAGE 59

Good Stuff, Cool Stuff

Available from Sharon's Natural Gardens, Delmar, DE

Jellies made without sugar!

Stevia and small amounts of fructose are used as sweeteners. Because there is no sugar, there is twice the amount of fruit in the jellies. Good for diabetics and those who want to reduce sugar intake. Must be refrigerated after opening and used within two weeks.

4 oz. size \$4.00, 8 oz. size \$7.50

Available now: Available in Fall

Black Raspberry Grape

Gooseberry Fig

Red Raspberry Apple

\$0.50 refund for returned jar.

Contact her directly, you can pick up at her farm or she can deliver to our pick up locations.

Sharon Carson:

phone: 302-846-2571

e-mail: mugwump@bwave.com

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.

There will be a core group meeting on Saturday, July 19th at the Salisbury Farmer's Market at 10 AM. Core group meetings are open to everyone, and all CSA members are encouraged to attend.

Food for Thought, Thought for Food

From an article in ACRES, USA, July, 2003 issue by Wenonah Hauter:

"Despite thousands of comments to the federal government from parents, teachers and children nationwide opposing irradiated meat in the National School Lunch program (91% of those commenting were against it), the government today ignored the will of its constituents and approved the use of irradiation for the federal nutrition program". □

The USDA program feeds 27 million children a year, and in so doing will become the largest distributor of irradiated food in the world.

Parental concerns and numerous studies showing the potentially harmful health effects of eating irradiated food have been disregarded in favor of covering up the meat industry's sanitation failures. □ There is no federal law that requires labeling of irradiated food. □ Parents will not know what schools will be feeding their children, a clear violation of parents' right to know □ which also makes guinea pigs out of our most vulnerable citizens (the children).

More importantly, the children most likely to eat food purchased through the school lunch program are from lower-income families. □ Frequently, the school lunch is the closest thing to a "square" meal some of these children □ have each day, in some cases, the only meal. □ These children simply do not have the option of refusing it.

Unless rescinded, this garbage-dumping on our children will begin in January 2004. □ Perhaps in the meantime, mothers with school-age children could organize to pack an additional lunch each day for a child that would otherwise be forced to eat this garbage.

□ Wenonah Hauter is the Director of the Public Citizen's Critical Mass Energy and Environment program. □ To read Public Citizen's comments to the USDA on irradiated food school lunch program, log on to

<http://www.citizen.org/documents/schoollunchprogramcomments.pdf>. □ To read a fact sheet on irradiation, go to

<http://www.citizen.org/documents/opposeradfood.pdf>.

Recipes!



Savory Tomatoes

Recipe serves four. It adds color to your plate, great flavor, and depending on what crumbs you use, can be low-fat (low-fat cheese works well, too), and can take on a variety of flavors.

4 medium tomatoes
salt and pepper
1/2 teaspoon crushed basil
1/2 teaspoon crushed oregano
1/3 cup coarsely crushed cracker crumbs (or crouton crumbs)
1/3 cup shredded cheddar cheese (reduced fat, if desired)

Remove stem ends from tomatoes.
Cut tomatoes in half horizontally.
Trim ends to make the halves stand flat, if necessary.
Arrange cut side up on microwaveable plate.
Mix crumbs and herbs; mound evenly on tomatoes.
Microwave uncovered on high for 2 minutes, rotating after 1 minute.
Sprinkle cheese on top of tomatoes and either microwave 1 minute until cheese is melted, or transfer tomatoes to an appropriate pan to broil in the oven or toaster oven until the cheese is bubbly and begins to brown.

Basil Tomatoes

Serves 4
Basil is a great flavor enhancer for tomatoes.
3 tomatoes, sliced thick
2 teaspoons chopped fresh basil
2 teaspoons olive oil
2 teaspoons lemon juice
1/2 teaspoon sugar
1/4 teaspoon pepper

Place tomato slices in shallow serving dish.
Sprinkle with basil.
Mix remaining ingredients.
Pour over tomatoes.
Serve at room temperature.



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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.