



NEWS FROM PROVIDENT ORGANIC FARM

www.providentfarm.org



Season 2, Week 28

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

October 20, 2003

NOTES FROM THE FIELD...

Glance at the sun.

See the moon and the stars.

Gaze at the beauty of earth's greenings.

Now, think.

□ --Hildegard von Bingen



It is apparent there is some confusion about the immediate future of our CSA. I will try to clarify. I have crops in the field and gardens that will continue to harvest through mid-December. We will soon begin planting crops in the passive greenhouse to augment the field and garden plantings into late fall. I will also be planting over-winter crops such as carrots, leeks and spinach soon.

The amount of produce that will harvest for the balance of the season is beyond what will be purchased by my customers at the farmer's markets, but less than can be evenly distributed among the membership. I do not have a strong following at the markets because of the shortage of food this year and because the membership received most of what I was able to harvest thus far this year. Heather was very frustrated (and bored) by this at the Berlin market this summer.

Some of you have said that, in keeping with the spirit of a CSA, you will destroy the coupon I gave you. That is your decision to make I appreciate the sentiment, but I also am aware this would be a financial burden for others. I would not have given you the coupon if I did not intend to redeem it. Whether you redeem your coupons or destroy them, if you do not make purchases at the farmer's markets, I will be throwing food away. **That is a sin of the greatest magnitude and makes us no better than the worst industrial model of agriculture.** If there is any money left in the farm account at the end of the season, I will use it to purchase necessary equipment for the farm. I will not be wintering in Jamaica, folks! (Sorry, Kath).

I am working with Jim Bosworth, the Executive Director of Urban Salisbury, to find a home for a Wednesday Farmer's Market in the downtown area. Because of some unforeseen problems, he was unable to honor a commitment the city had made for a location this year. Some of the vendors were upset by the financial loss that resulted from not having a mid-week market, and it will be an uphill battle to convince them to give any location a try. If we are able to secure a market location, I intend to be there and will let you know where and when. In the meantime, I will come to the Kadushin's every Tuesday afternoon from 4:30 until 6:30. I am working or making arrangements for those of you who have picked up at the farm. Members who usually pick-up at the Messengers on Friday can use their coupons to make purchases at the Salisbury market on Saturday. I will be at the Berlin market as usual.

In working to establish a CSA, my primary goal is to sustain my family. You are aware of some of the other goals we have set for the CSA, hopefully to be achieved through the creation of a non-profit organization so appropriately named LESSON, (Lower Eastern Shore Sustainable Organic Network). Working to establish successful farmer's markets is another goal I would like to work toward, because I believe doing so will help other farmers stay in farming and not grow houses. The rhetoric coming from our elected and appointed officials concerning farming is "Save the Family Farm", but the policy is quite the contrary. The original mission of the land grant universities was intended to get information to **the people**. But because their research is primarily funded by corporate agriculture, their research agenda is fouled (fowled here on Delmarva). There are a few "bright spots" within the system and I intend to hold their feet to the fire, constantly reminding them of who really signs their paychecks. A few weeks ago there was a sidebar piece in the Daily Times about a \$2.5 million grant available from USDA to help create new farmer's markets, and assist existing markets. I called 3 people "in the system" and none of them were aware of it. They are now, and I hope are following up on it. I will check on their progress in a couple of weeks.

Onward,
Jay



Food for Thought, Thought for Food

And the wheel goes 'round and 'round

Every industrialized nation in the world has banned Monsanto's rBGH (bovine growth hormone) as unsafe except the United States where it is legal and unlabeled. How could this be, you ask? Monsanto was required to submit a scientific report on the safety of its growth hormones to the FDA. Margaret Miller, one of Monsanto's researchers, put the report together. Shortly before the report was submitted, Miller left Monsanto and was hired by the FDA. Her first job for the FDA was to determine whether or not to approve the report she wrote for Monsanto. In effect, Monsanto approved its own report. Assisting Miller was another former Monsanto researcher, Susan Sechan. Deciding whether or not rBGH milk should be labeled fell under the jurisdiction of another FDA official, Michael Taylor, who previously worked as a lawyer for Monsanto.

What's good for Monsanto is good for US

Prior to being the Supreme Court Judge who put Bush The Lesser in office, Clarence Thomas was Monsanto's lawyer.

U.S. Secretary of Agriculture Anne Veneman was on the Board of Directors of Monsanto's Calgene Corporation.

Secretary of Defense Donald Rumsfeld was on the Board of Directors of Monsanto's Searle pharmaceuticals.

U.S. Secretary of Health Tommy Thompson received \$50,000 in donations from Monsanto during his winning campaign for Wisconsin governor. The two congressmen receiving the most donations from Monsanto during the last election were Larry Combest (Chairman of the House Agricultural Committee) and Attorney General John Ashcroft.



Joe Lieb

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THE LEADER IN ORGANIC-BASED LAWN CARE

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.

Good Stuff, Cool Stuff

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

Please let Farmer Jay compost your leaves. He needs them in abundance! Call or email the farm to make arrangements.

Recipes!

Broccoli with Spicy Chick Pea Sauce

- 1/2 c Cooked chick peas
- 1 1/4 c Plain nonfat yogurt
- 2 Garlic cloves, peeled and -blanched in boiling water for 2 mins
- 2 T Water
- 1 t Olive oil
- 1 t Lemon juice
- 1/4 t Ground cumin
- 1/4 t Ground red pepper (cayenne)
- 1/8 t Salt, or to taste
- 1 head Broccoli

In a food processor or blender, whirl the chick peas, yogurt, garlic, water, oil, lemon juice, cumin, red pepper, and salt for 1 minute or until smooth. Set aside. Cut the florets off the broccoli and peel and slice the stems 1/2" thick. Arrange the broccoli in a steamer or colander and set over boiling water in a large saucepan. Cover and steam for 6-7 minutes or until crisp-tender. Transfer to a warm serving dish. Spoon the sauce over the broccoli and toss to coat. Serve with roast lamb or chicken.



Broccoli Stir-Fry with Soba

- Oil
- Broccoli
- Sliced scallions
- Minced ginger
- Minced garlic
- Soba (buckwheat noodles)

Slice broccoli on the diagonal for stir-frying-florets, stalks and all. Using a small amount of broccoli at a time, stir-fry in a little oil, along with scallions, ginger and garlic. Serve as a topping for Japanese soba (buckwheat noodle)