



News from Provident Organic Farm



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Season 2, Week 33

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

Nov. 24th, 2003

NOTES FROM THE FIELD #33...

Not that you need to be reminded, but this is Thanksgiving week. It is my favorite week of the year for many reasons. The diminishing workload allows time for pause and reflection, and time to count my blessings.

The first one that comes to mind is simply that I am able to do whatever it is that I am able to do. Certainly, my family is a blessing, they support, advise, assist and respect what I do. I also feel blessed to live in a small community where we all know and care for each other. And I feel blessed by your support of this CSA project. That is a good start, as the week goes on, I will add to the list.

I am leaving this space available for you to do the same, enjoy the exercise,

Onward,

Jay



Those of us whose blessings exceed our needs
are responsible to those whose needs exceed their blessings

~ Anon.



Almost everyone likes pumpkin pie, but for those of us who could do with something new on our feast table this year, give this recipe from Rodale's *Organic Gardening Magazine* a try.....

Honey of an Apple Cake

- 4 c. grated apples (McIntosh, G. Smith, Braeburn, etc.)
- 1 1/4 c. sugar
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. salt
- 1 c. whole-wheat flour
- 1 c. all-purpose flour
- 2 tsp. baking soda
- 2 large eggs
- 3/4 c. canola oil
- 2 Tbsp. honey
- 2 tsp. vanilla extract
- 1 1/2 c. dried raisins or cherries or cranberries
- 1/2 c. chopped nuts



(NOTE: the dried fruit and nuts are optional, as usual. Substitute if needed/desired with your favorite varieties.)

Preheat the oven to 350 degrees F.

In a large mixing bowl, combine and mix the apples, sugar, cinnamon, nutmeg, salt, whole-wheat flour, all-purpose flour, and baking soda.

In a smaller mixing bowl, mix thoroughly together the eggs, canola oil, honey, and vanilla extract.

Combine the two mixtures into one, and when carefully blended fold in the dried fruits and nuts. Pour batter into a greased and floured bundt pan or large cake pan and bake 45 to 50 minutes.

Eat warm or 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.