



# News from Provident Organic Farm



[www.providentfarm.org](http://www.providentfarm.org)

Season 3, Week 8

“dedicated to a safe, just, and sustainable food system”

May 30<sup>th</sup>-June 5th, 2004

## Notes from the Field, v. 3, #8

**Where are the peas?** Well, folks, Murphy grew the peas this year. Everything that could have gone wrong, did go wrong. Initially, the germination was terrible. I did a second sowing right alongside the original rows. This practice makes for tricky cultivation because one row is ready before the other. I was unable to keep them cultivated properly early on. As a result, the weeds stole most of the fertility in the soil. I never got them side-dressed with the fertilizer they needed to compensate for loss to the weeds. It was looking like I could get away with not setting up any irrigation on them, but at the critical stage in their development (when the pods are filling) it got hot and dry. There simply aren't going to be enough peas to justify picking them for the shares. I knew the peas were in trouble all along, but being eternally optimistic, I hoped we would be able to pick them at least once. You are welcome to come down and pick “a mess” for yourselves anytime this week. I will work a crop of peas into the fall planting schedule this year.

Kelly, Heather and I were able to get quite a lot planted this week. The first planting of heirloom tomatoes and eggplants were transplanted. We sowed the purple string beans and the Italian flat beans and seeded more

watermelons and cantaloupes. I have the ground ready to seed another succession of cucumbers and summer squash. We are catching up on the never-ending cultivation tasks, never-ending because the more we plant, the more we need to weed! The looming big project is getting the ground ready for winter squash.

Last week Amy told you about how she and Tim fell in love over a compost pile. Truly, a marriage made in heaven! After Tim unloaded the compost here, I mixed it in my pile to inoculate my compost with the gazillion earthworms that came down from Newtown.

Amy also told you about one of the “crops” we are growing off the farm, **The Medora Harvest Fund**. This effort goes straight to the heart of what a CSA is all about: people helping each other. Food has always been a unifying force in society and using it as a vehicle to build community is the goal. It is also a fitting way to honor a young woman who lived and worked with those ideals. As much as I love to watch plants grow, this is truly our best crop. It is one we can all grow together.

Onward,  
Jay

Congratulations to Dick and Kathy  
on their recent marriage!

### In your share this week:

Collards or Kale  
Salad Turnips  
Beets?  
Zucchini  
Yukina Savoy



For those of you who have no garden space for your Sun Gold tomato plant: you can grow it in a container. The container should be at least 5 gallons, and it must have holes in the bottom for drainage. I have some here on the farm, if you need one. You should fill it with about 2/3 soil and 1/3 compost, well mixed. They can be drench-fed with Neptune's Harvest Fish Fertilizer (available from Johnny's Selected Seeds - 800-854-2580) or I have granular fertilizer here which could be worked in with the compost before you plant it.

*"Good judgment comes from experience, and experience comes from bad judgment"*  
The Old Farmer's Almanac

## Beet Green Casserole with Mozzarella Topping

Find another good beet green recipe in the Week 7, 2003, newsletter (on the website at [www.providentfarm.org/Newsletters/Newsletters2003](http://www.providentfarm.org/Newsletters/Newsletters2003)).

1 1/2 lb	beet greens, trimmed
---	salt and freshly ground pepper
1 c	chicken or vegetable broth
1 c	half and half or half milk/half heavy cream
4 tbsps	butter
1/4 c	flour
1/2 c	grated Parmesan cheese
1/2 c	ricotta cheese
3 tbsps	dry bread crumbs
2 oz	mozzarella cheese, grated

Preheat oven to 375 degrees (350 degrees if glass dish is used). Butter a 1 1/2 quart baking dish or casserole.

Chop greens into half-inch ribbons. In a large sauté pan or skillet, cook greens over low heat, adding them by handfuls and stirring them down as they wilt. If greens seem too dry, add a tablespoon or two of water. Cover tightly with lid and braise greens for 10-15 minutes until tender. Pour off any liquid, and return pan to heat. Stir briefly to evaporate all moisture and season with salt and pepper. Transfer to a bowl and set aside.

Combine broth and cream; set aside.

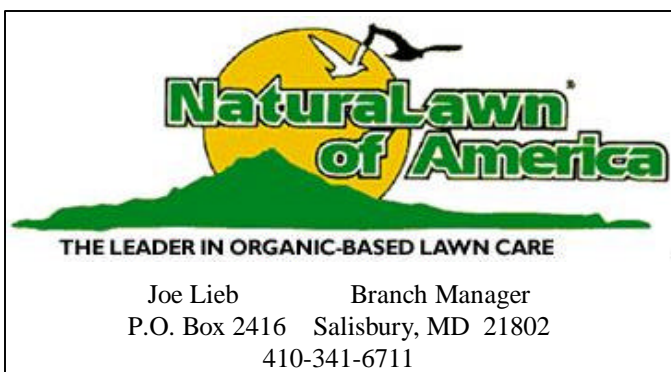
In the same sauté pan, melt butter over low heat. Add flour and cook, stirring, until bubbling but not browned. Increase heat to medium and whisk in broth-cream mixture all at once. Bring to a boil, stirring constantly. Remove from heat and whisk in Parmesan and ricotta.

Stir greens into the cheese sauce and pour into baking dish. Sprinkle evenly with bread crumbs, then with mozzarella cheese. Bake for 20 minutes until sauce is bubbling and mozzarella is melted and lightly browned.

Serves 4-6.

**Prep Tips:** Use any of your favorite greens for this recipe but avoid the stronger flavored ones like turnip greens.

Adapted from *The Complete Vegetable Cookbook*, Lorraine Bodger, 1994.



## Comments & Contributions

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

## Avocado Dressing

1 sm	ripe avocado
1/4 c	fresh lemon juice
1 tsp	Dijon mustard
1/2 tsp	sugar
1-1 1/4 tsp	salt
1/4 c	cream, heavy or half and half
1/2 c	fresh parsley, packed
1/2 c	olive oil

Peel and pit avocado; mash enough to measure about one-half cup. Combine avocado with remaining ingredients in a food processor or blender and process until smooth. If too thick, thin with additional cream.

Makes about 1 1/4 cups.

## Good Stuff, Cool Stuff

For all of you progressives, visit the Salisbury United Progressives Coalition web site at

<http://www.ondelmarva.com/coalition/>

for listings of progressive events on the Shore. It's totally free to submit your organization's events to the web site. There is also a bulletin board for posting ideas, ride shares, bartering requests, etc. The Salisbury United Progressives Coalition is a grass-roots network of progressive individuals and organizations at Salisbury University and throughout the Salisbury, Maryland region. Our goal is to provide a vehicle for "like-minded" people to find each other, to communicate, and to work in common cause for peace, equity, social justice, and genuine democracy. So if you have an event for forward-thinking people (or for people who need to become more forward thinking), send it to Diana Wagner, (email address: [progressives@ondelmarva.com](mailto:progressives@ondelmarva.com)).

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Don't forget that the Farmer's Market has moved! It is now at the corner of Rt. 50 and Rt. 13 in the District Court parking lot on Saturdays 8am to 1pm and Wednesdays 12 noon to 5pm.

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We need plastic grocery bags, but please don't send us bags that have had contact with meat products. We also can't use small bags such as newspaper bags, English muffin bags, etc.